

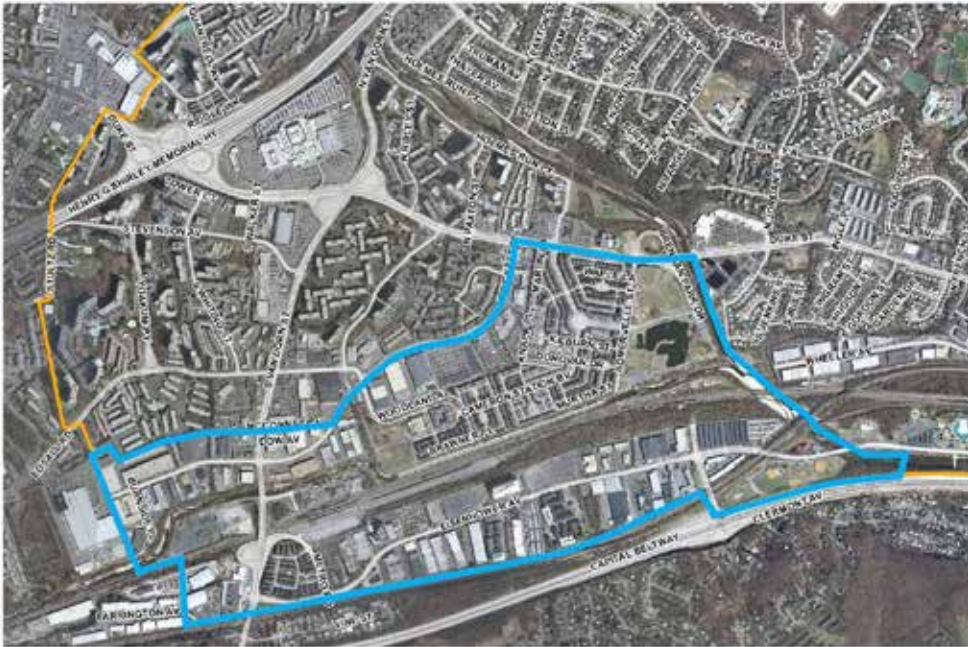
The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 16 Issue 1 • Jan/Feb 2015

Eisenhower West Community Keeps Planning On Track

By Dak Hardwick and Judy Coleman



For more than a year, the City of Alexandria has been engaged in the Eisenhower West Small Area planning process as directed by the Alexandria City Council. The planning area includes the Cameron Station community, as well as the area surrounding the Van Dorn Street Metro Station, the Eisenhower Avenue Valley, Pickett Street, and a section of Van Dorn Street. The goal is to set the course for land use in this part of Alexandria for the next 30 years.

This past spring and summer, a series of meetings were held to shape the vision of the plan area with the Alexandria community and a City-appointed steering committee made up of developer representatives, community members (including from Cameron Station), City commission members, and many others. As a result of these meetings, four different high-level visions for the area were developed and presented to the community on Dec. 8. The four visions are:

Concept A - New Neighborhoods. The overall concept features new residential neighborhoods with neighborhood-serving retail in small, dispersed areas throughout the plan.

This concept most resembles the Cameron Station community today.

Concept B - Recreation and Natural Resources. This concept focuses on mixed-use activity along the Van Dorn Street corridor with an emphasis on major pedestrian connectivity and additional “greening” along Backlick Run.

Concept C - Great Street. This concept focuses on significant development of Eisenhower Avenue as a “great street” and suggests a boulevard lined with ground-floor retail and mixed-use developments anchoring both ends of the street at Van Dorn Metro and Clermont Avenue.

Concept D - Incubator/Employment Center. This concept turns Eisenhower West into an area focused on employment generation and preserves the current industrial/warehouse uses with mixed uses near the Metro and Clermont Avenue.

At the Dec. 8 community meeting, members of the public met in small groups to debate the positives and negatives of all concepts. In general, Concept C “Great Street” was the most preferred concept with elements of Concept D “Incubator/Employment Center” included in the plan.

Many members of the Cameron Station community participated in the meeting and provided their feedback. If you were not able to make the meeting, you can review elements of each concept at <http://engage.alexandriava.gov>. For more information about the Eisenhower West plan in general, visit <http://www.alexandriava.gov/EisenhowerWest>.

Additional Eisenhower West planning meetings are scheduled,

(Continued on page 2)

Planning On Track

(Continued from front page)

including a Steering Committee meeting on Mon., Jan. 26 at the Cameron Station Clubhouse, and the next community meeting planned for Mon., Feb. 9. Please block off some time on your calendar to join the planning effort and make your voice heard about the future of our surrounding neighborhood.

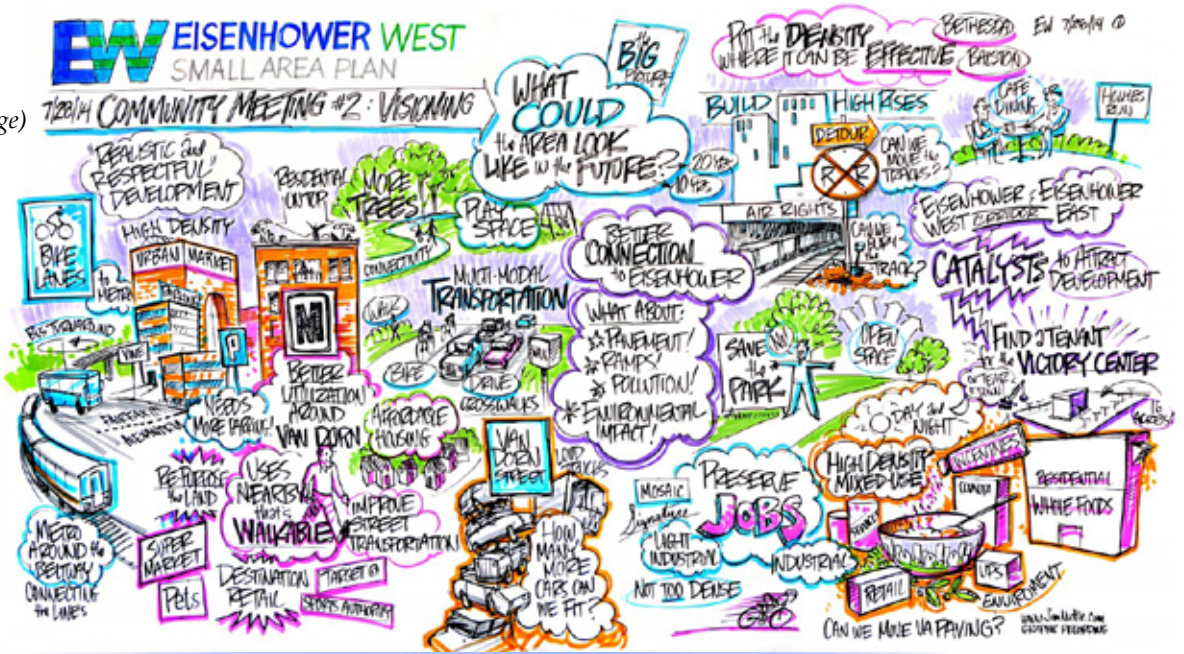


Photo by David Thorpe

About... The Compass

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers. The Compass welcomes your articles and photo submissions, as well as your suggestions for future issues. Please send us an email at TheCompass@cameronstation.org.

Previous issues of The Compass are available online at www.cameronstation.org. Roll over the "Community" heading at the top and click on "Newsletters."

Editor-in-Chief: Melanie Zimmerman

Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Maya Noronha, Jamie Riedy, and Pat Sugrue

Recurring Contributors: Susan Birchler and Paula Jarvis **Photographer:** David Thorpe

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Board & Committee Meeting Dates

Feb. 3: Activities & Events Planning Committee (1st Tues.)
Feb. 3: Architectural Review Committee (1st Tues.)
Feb. 9: Common Area Committee (2d Mon.)
Feb. 12: Cameron Club Facilities Committee (2d Thur.)
Feb. 16: Communications Committee (3d Mon.)
Feb. 19: Financial Advisory Committee (Thur. prior to BoD)
Feb. 24: Board of Directors (last Tues.)
Mar. 3: Activities & Events Planning Committee (1st Tues.)
Mar. 3: Architectural Review Committee (1st Tues.)
Mar. 9: Common Area Committee (2d Mon.)
Mar. 12: Cameron Club Facilities Committee (2d Thur.)
Mar. 16: Communications Committee (3d Mon.)
Mar. 26: Financial Advisory Committee (Thur. prior to BoD)
Mar. 31: Board of Directors (last Tues.)

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(boardofdirectors@cameronstation.org)

Michael Johnson, President
Igor Dubinsky, Vice President
Megan Brock, Treasurer
Paul Rocchio, Secretary
Jon Dellaria, Director
Donna Kenley, Director
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Meetings are the last Tuesday of every month, unless otherwise indicated.

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

events@cameronstation.org

Radhika Goel - Chairperson

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Elizabeth McAlee - Vice Chair

CAMERON CLUB FACILITIES COMMITTEE

facilities@cameronstation.org

Ray Celeste, Jr. - Chairperson

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commonarea@cameronstation.org

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communications@cameronstation.org

Donna Gathers - Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Jeff Gathers - Chairperson

Activities & Events Committee

Upcoming Events

Feb. 1: Super Bowl Party
Feb. 18: Poker Night
Feb. 20: Adult Happy Hour (Theme: Chinese New Year)
Mar. 18: Poker Night
Mar. 20: Adult Happy Hour (Theme: St. Patrick's Day)

More details will be posted closer to event dates. The committee invites you to suggest opportunities for events or activities - email suggestions to: events@cameronstation.org.

Activities & Events Planning Committee

By Radhika Goel

Cameron Station Events - 2014 in Review

Coming together for the first time this summer, the newly constituted Activities and Events Planning Committee quickly organized to put on a well-rounded line-up of events to keep the community engaged and entertained. The all-volunteer staff hosted an impressive number and variety of activities for all ages: seven Happy Hours, a Snow Cone and Cotton Candy party for children, two yard sales, the annual Pool Party, a Casino Night, a Halloween Party for children, and the annual Holiday Party. It was through the professional and conscientious support provided by our Community Manager, Colleen Hairston (Community Management Corporation), and her team, that these volunteers were able to carry out their assigned tasks.



Attendance at the Happy Hours was very strong, particularly the BYOEverything events. These activities were held on a monthly basis due to popular demand. More than 120 people attended the November Happy Hour and Pizza Party - a record for this type of event!



The annual Holiday party featured Santa Claus for picture taking, a photo booth, the Back Alley

(Continued on Page 4)

Activities & Events Planning Committee

(Continued from page 3)



Blues band, food provided by La Casa Restaurant, and an open bar. All were well-received by the over 550 people who attended. Susan Hughes and Al Luna deserve special recognition for their efforts to make the party a resounding success. They arrived early

to set up for the evening's activities and remained long after the last party-goer to clean up. Community residents, Carla Besosa, and Frank and Sheila Cole, pitched in, unsolicited, to ensure tables were moved back in place. Heartfelt thanks go out to the volunteers who gave their time and energy to ensure the many details were attended to and that everyone had a good time.



Recognition also goes to Sita Higgs, Megan Brock, Stephenie Zvonkovich, and Sherry Andrew.

Upcoming Events for 2015

Building on the successes of 2014, the Activities and Events Planning Committee plans to host a number of new events, while continuing to schedule events the community most enjoys. Among these new events are: a Super Bowl party, Poker Night, and themed Happy Hours - events focusing on the cuisine and music of a selected country on a rotating basis. A film from the country will also be screened. The friendships and engagement which developed in 2014 are signs of the growing sense of community taking place in Cameron Station, with more of the same expected in the new year!

Additional volunteer opportunities are available to coordinate events. High school students fulfilling community service requirements are welcome to volunteer. For additional information, please contact events@cameronstation.org.

Cameron Club Facilities Committee

By Ray Celeste

The Board of Directors established an Ad Hoc Committee for the renovation of our pool and pool deck. The committee chair is former Board of Director, Alvin Boone, who was the project manager for our clubhouse renovation. This is a five-member committee. If you would like to participate on this committee, please contact Alvin Boone at: mroinn21@gmail.com.



From the Communications Committee and *The Compass* Staff, we hope your holidays were very merry! Front row (left to right): Kimberly Dillon, Nicole Gauvin, Donna Gathers (ComCom Chair), Cheri Avila, Catherine Hudleston; Back row (left to right): David Thorpe (Photographer), Jamie Riedy, Judy Coleman, Pat Sugrue, Carla Besosa, Melanie Zimmerman (Editor-in-Chief), Lori Young; Missing from picture but present in spirit: Bill Love (deployed), Lily Engle, Maya Noronha, and Scott E.Z. Franklin.

Linda Greenberg, Living Legend Nominee, Cameron Station Resident

By Bruce Greenberg



Each year, Living Legends of Alexandria, a 501(c)(3), selects nominees who have made a difference in the quality of life here. The project began in 2006 to identify, honor, and chronicle people making current history in Alexandria.

Twenty-four Legends were selected for 2014. Of the 24, Linda Greenberg, a Cameron Station resident, was one. She was selected for her "love of history, and an appreciation for this country's governing documents that inspired her to work with Alexandria's Mayor and City Council to bring in young students to the Council's chambers for the annual commemoration of Constitution Week, inspiring the next generation of leaders."

Legends and nominees will be introduced at the Meet the Legend Reception on Mar. 19, at the Patent & Trademark Madison Building. For more information about "Living Legends of Alexandria," visit www.AlexandriaLegends.org.

2015 Re-Registration

By CSCA Staff

2015 Resident ID stickers, Visitor Parking Passes, Facilities Guest Passes, etc. are available for pick-up at the Management Office! Staff will verify current residency, prior to issuance of 2015 items. The Management Office is located on the second floor of the Cameron Club and is open Mon. through Fri., 9am to 5pm, and Sat., from Noon to 4pm. When re-registering, if you're not already receiving Cameron Station's email blasts, please provide your email address to be added to that service.

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Coffee with Mike

CSCA Board President

Mike Johnson, Board President, invites you to stop by the Cameron Café between 11am and noon, the last Saturday of each month, to discuss Association issues.

Mike will be at the Café on Saturdays,
Feb. 7, Feb. 28, and Mar. 28.

Fitness Center News

By Psy Scott

New Cameron Club Fitness Center Management Company

As recommended by the Cameron Club Facilities Committee, the Board of Directors voted to change the management company provider for the Cameron Club fitness facilities effective Jan. 1, 2015. Professional Fitness Management (ProFIT) was selected as the new provider. Our new Fitness Activities Director, Mr. Psy Scott can be reached by email: cameronclubfitness@gmail.com. For information on any of the programs, please contact the Fitness Center: 703-567-8555 or fitness@cameronstation.org. ProFIT's welcome letter follows:

Dear Residents,

I am very pleased to introduce Professional Fitness Management, LLC (ProFIT) as the new fitness management company for the Cameron Club. ProFIT is a local fitness and wellness management company dedicated to providing you with the best fitness experience possible utilizing the great facilities at the Cameron Club and the Cameron Station Community. ProFIT manages several local facilities, including the Patent Trade Office, Marriott Hotels, The Energy Club in Arlington, and several other high-end residential and office fitness centers. With over 15 years' experience in the

operation and management of recreation, fitness, and corporate wellness centers in the Washington Metropolitan area, ProFIT will utilize our excellent experienced team of professionals to enhance the programs, instruction, and classes that are offered to you.

As we begin the transition to take over operations on January 1, 2015, I would also like to take this opportunity to introduce your new Fitness Activities Director, Mr. Psy Scott. Psy has an extensive background in personal training, exercise class instruction, and fitness facility management. In addition to his martial arts and fitness experience, Psy is a professional dancer with specialties in Latin, contemporary jazz and modern dance, both as an instructor and performer. Over the next few weeks we will announce our new class schedule, which will include 5 new complimentary classes! Please watch for a new class schedule that will be issued separately. Procedures for class sign up and payment will continue as usual, but as we move forward we will introduce our on-line Class and Fitness Schedule in which you can sign up and pay for classes and personal training.

(Continued on page 15)

Winter 2015 Class Schedule - 5 New Complimentary Classes!



Club Hours
 Monday - Friday
 4:45am-11pm
 Saturday & Sunday
 7am-8pm

Class Color Codes
 Current Program
 Current Class
 New Class

Location Code
 Multipurpose Court - MPC
 Great Room - GR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am	CLASSES begin January 5th, 2015 Happy NEW YEAR!	5:45am - 6:45am BodyBackFit4Mom Brooke MPC		5:45am - 6:45am BodyBackFit4Mom Brooke MPC			
7am-8am	8:30am - 10am Workout Parents MPC		8:30am - 10am Workout Parents MPC		8:30am - 10am Workout Parents MPC	7am - 8am BodyBackFit4Mom Brooke MPC	
9am - 10am		9am - 10am Morning Yoga Camille GR					
10am-11am	Complimentary Class		Complimentary Class			10am - 12pm Pick-up Basketball MPC	
11am-12pm	11am - 12pm Stretch and Core Psy MPC		11am - 12pm Stretch and Core Psy MPC		Complimentary Class		
12pm-1pm					12pm - 1pm Women in Weights Psy Fitness Center		
1pm-2pm							
2pm-3pm							
3pm-4pm	3:30pm - 5pm Workout Parents MPC	3:30pm - 5pm Pick-up Basketball MPC	3:30pm - 5pm Workout Parents MPC	3:30pm - 5pm Pick-up Basketball MPC	3:30pm - 5pm Workout Parents MPC		
4pm-5pm							
5pm-6pm		Complimentary Class		Complimentary Class			
6pm-7pm		6:30pm - 7:30pm Beginner Boot Camp Psy MPC		6:30pm - 7:30pm Beginner Boot Camp Psy MPC			
7pm-8pm		8pm - 9:30pm Pick-up Basketball MPC	7:30pm - 8:30pm Yin Yoga Kittie GR	7:30pm - 8:30PM All Levels Yoga Kittie GR	8pm - 9:30pm Pick-up Basketball MPC		

Contact us at cameronclubfitness@gmail.com

Phone Number: 703-567-8555

2015

Cameron Club Class Schedule

A Bit of This and A Bit of That

Are You “In-The-Know?”

Cameron Station Neighbors:

<https://www.facebook.com/groups/152372111638212/>

Cameron Station Grapevine:

https://www.facebook.com/CameronStationGrapevine?ref=br_tf



Cameron Station Moms:

<https://www.facebook.com/groups/254390294592987/>

Cameron Station Dads:

https://www.facebook.com/groups/600554456725854/?ref=br_rs

Cameron Station Marketplace:

<https://www.facebook.com/groups/456302854414369/>

Time for High Tea

By Melanie Zimmerman

To practice “Hygge” from Susan Birchler’s Winter Hygge article in this issue, try High Tea!

- ◇ Park Hyatt Tea Cellar at 1201 24th Street NW – the Dalai Lama drinks tea here when he’s in town. Great selection of vintage teas and very good sweet and savory buffet.
- ◇ Peacock Alley Tea at The Willard Hotel – great service and lovely at-your-table treats.
- ◇ British Pantry on Route 50 near Aldie, VA – for a more traditional British tea experience.
- ◇ Tea at The Grille/Morrison House in Old Town, Alexandria – they host “Story Time Tea.”
- ◇ The Mansion on O Street by Dupont Circle – Sunday High Tea as the Royals do.
- ◇ The Jefferson Hotel – tea in the lovely Greenhouse.
- ◇ Empress Lounge at The Mandarin Oriental Hotel – delicious.
- ◇ Parisienne Afternoon Tea at Fontaine Caffe & Creperie in Old Town – LOVE Fontaine!
- ◇ Afternoon Tea at The Reynolds Tavern in Annapolis – a 1747 tavern with traditional English tea.
- ◇ Tea and Sympathy in Greenwich Village, New York City – all things British.
- ◇ Or a quick stop by the Old Town Coffee, Tea & Spice shop on South Union Street – choose any tea on the shelf and get a cup-to-go for \$1.

Invitation to Join The Compass Staff

We have an opening for a volunteer writer. If you would like to author interest articles for our community newsletter, please email TheCompass@cameronstation.org.

Don’t Forget

- √ Shop for your Super Bowl goodies by Feb. 1.
- √ Make those Feb. 14 Valentine’s Day plans with your Significant Other – a three-day weekend!
- √ Netflix’s House of Cards, Season 3, returns Feb. 27.
- √ Daylight Savings Time changes Mar. 8.
- √ Sport your green on Mar. 17 for St. Patrick’s Day – or Mar. 7 at the Old Town parade.

And have you spotted our resident FOX? Seen oft’ at night near John Ticer Drive...he’s been difficult to catch on camera. Apparently, he’s looking for a new lady friend. 😊



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Wounded Warriors

By Dubey Lifmann

We had another successful visit last November. Soldiers were lined up, waiting for us to set up because they were interested in the winter jackets and beautiful, hand-knitted scarves we brought. The items were gone in five minutes! We take this opportunity to thank Susan Willis for her assistance, and her church for the donated scarves.

Our next visit will be February 10. If you received gifts this holiday season that you can't use, please remember our Wounded

Warriors. Helpful donations to the Wounded Warriors are new clothes, winter accessories, baseball hats, etc.

You are welcome to call or email me with any questions, or if you would like to volunteer. You may also drop off donations at my home.

E-mail: dubeyd@comcast.net

Telephone: 703-370-6362

Address: 135 Somerville Street

Updated CSCA Snow Removal Volunteer/Paid Provider List

All owners and residents are required to clear snow and ice from the driveways serving their home, the lead walkway to their residence, and any sidewalks fronting or bordering the home no later than 24 hours after each snow event. Please make advance arrangements with neighbors to clear snow from your property in the event you are away from home. Alternately, you can contract removal services with a contractor of your choice. Residents with physical limitations may contact the following volunteers, if available, for assistance.

Volunteers:

•Josh Kennedy:
703-431-2283 or joshuakennedy5@gmail.com

•Matthew Schmitz:
630-981-1604 or matthew.j.schmitz@gmail.com

•Paula & Jonathan Jarvis:
571-257-5542 or praerose@gmail.com

•Mara Benner:
703-823-2078 or steve.mara@comcast.net

Paid Providers:

•Nick Karsko:
703-408-5856 or nick.karsko@gmail.com

•Joseph Lepak:
703-751-1056 or jeffreylepak777@gmail.com
(Boy Scout Trip Fundraiser)

Boy Scout Ready to Help!

By Joseph Lepak

Happy New Year! I am a Boy Scout in a local troop. I am 13 years old, in the 8th grade, and I also wrestle for T.C. Williams High School.

I am trying to raise money to attend the Boy Scout World Jamboree in Japan this July. A Scout only has one chance of going - must be 14-17 years old - and the Jamboree only meets once every four years. Washington, DC, has so many Scouts that they are able to send a dedicated troop consisting of Scouts from this area.

I am asking neighbors if I may shovel your driveways, babysit, pet-sit, rake leaves, or perform similar tasks to help me meet my monetary goal. If I can be of assistance, please contact me at 703-751-1056 or email jeffreylepak777@gmail.com. Thank you!

Adopt-a-Family Program Helps Dozens of Families

By Mindy Lyle

For 14 years, the Cameron Station community has assisted Tucker Elementary with the Adopt-a-Family program to help families have a happy holiday. The program, and number of volunteers, have grown over the years. Once again, Cameron Station residents, nearby neighborhoods, dinner clubs, Virginia Paving, and HOA committees adopted families. This year, our program had additional help from new participants, including: West End Rotary Club, Councilwoman Del Pepper, and the Fairfax County

(Continued on Page 15)

Clothing Swap Benefits the Neighbors and the Needy

By Pat Sugrue and Nancy Firestone

This fall, a number of neighbors emptied their closets of clothes they no longer liked, no longer fit into, or had purchased and never even worn. They brought these items, along with purses, hats, scarves, gloves, jewelry – every accessory or type of clothing imaginable – to the Sugrues' home on John Ticer Drive for a clothing swap.

For one Saturday afternoon, the townhouse was turned into a thrift store, complete with clothing racks and full-length mirrors, and as an added treat, wine and snacks to enhance the shopping experience.

The prices could not be beat – everything was free – so every participant went home with at least one item, and usually more. Several were seen wearing hats and scarves while stuffing items into their “new” purses and carrying shopping bags in each hand to their cars. The women were warned not to leave the clothes they arrived in out in the open, or someone might wear them home!



It was a fun-filled afternoon,

but the best part was that in spite of all the treasures that found new homes in Cameron Station closets, we were able to deliver a dozen lawn-and-leaf-sized bags of clothing and accessories to the Matthew 25 Thrift Shop at Our Lady Queen of Peace Catholic Church. Not only do many of us now have new wardrobes, but many wonderful women in Arlington and Alexandria do, too.

If you've never attended a clothing swap before, it's a lot of fun. And it's even more fun to host, as the host gets first pick! Nancy and Pat are happy to share their experience and advice with any interested parties.



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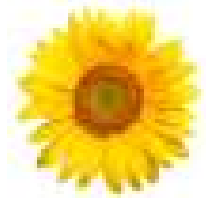
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Carla's Picks

By Carla Besosa

Alexandria (Old Town)

Feb. 16 - George Washington's Birthday Parade

American Century Theater (Arlington)

Mar. 19-22 - Broadway Hit Parade

Anacostia Playhouse (DC)

Feb. 5-Mar. 1 - *Frozen*

Arena Stage (DC)

Feb. 6-Mar. 8 - *King Hedley II*

Mar. 6-Apr. 26 - *The Originalist*

Atlas Theater (DC)

Mar. 13-14 - Dream Logic

Mar. 21 - Go-Go Symphony

Mar. 26-29 - Eye of the Tiger - A 1980s American Cabaret (Congressional Chorus)

The Barns at Wolf Trap (Vienna)

Mar. 29-31 - Art Garfunkel

Birchmere (Del Ray)

Feb. 4 - Minnie Driver

Feb. 11 - Travis Tritt

Feb. 25 - Keb' Mo'

Mar. 1 - British Invasion

Mar. 2-3 - Beth Hart

Mar. 15 - Tommy Emmanuel

Mar. 19 - Three Dog Night

Mar. 20 - Oak Ridge Boys

Mar. 22 - Regina Carter

Black Rock Center for the Arts (Germantown)

Feb. 8 - Black Violin / Classical, Hip Hop, Pop, R&B

Creative Cauldron (Falls Church)

Jan. 30-Feb. 22 - *Turn of the Screw*

Mar. 6-29 - *The Jungle Book*

Del Ray Artisans Gallery (Del Ray)

Feb. 6 - Opening Reception / "Elements"

Dulles Expo Center (Chantilly)

Mar. 1-2 - DC Big Flea Market

Mar. 14-16 - International Gem & Jewelry Show

Mar. 21-23 - Super Pet Expo

Mar. 28-30 - Craftsmen's Classic Arts & Crafts Festival

1st Stage Theater (Tysons)

Feb. 6-Mar. 1 - *Doubt, A Parable*

Gadsby's Tavern (Old Town)

Feb. 8 - Tea with Martha Washington

Gala Theater (Adams Morgan)

Feb. 5-Mar. 1 - House of Desires/*Los Empeños de una Casa*

George Mason Center for the Arts (Fairfax)

Feb. 14-15 - Virginia Opera: *Salome*

Mar. 21-22 - Virginia Opera: *La Traviata*

Mar. 28 - Mason School of Dance Annual Gala

The Hamilton (DC)

Feb. 14 - Beatles Tribute

Feb. 17 - Dirty Dozen Brass Band

Howard Theater (DC)

Feb. 28 - The Prince & Michael Jackson Experience

Mar. 1 - Maysa

Indigo Landing (GW Pkwy on the Potomac)

Every Sunday - Angie Miller

Jammin Java (Vienna)

Feb. 14 - Nighthawks

Feb. 15 - Beatles Tribute

Mar. 6 - Antigone Rising

Mar. 20 - Toby Lightman & Emerson Hart

Mar. 29 - Don Ross

Kennedy Center (DC)

Mar. 5-9 - Washington Ballet: British Invasion

Little Theater of Alexandria (Old Town)

Feb. 28-Mar. 21 - *God of Carnage*

Lorton Workhouse (Lorton)

Feb. 11 - Prison Lecture Series

Mar. 11 - Prison Lecture Series

Metro Stage (Alexandria)

Jan. 21-Mar. 15 - *Bessie's Blues*

Mount Vernon (Alexandria)

Feb. 14-16 - George Washington's Birthday Celebration

National Theater (DC)

Feb. 10-15 - *Chicago*

Mar. 17-29 - *Blithe Spirit* (with Angela Lansbury)

Patriot Center (Fairfax)

Mar. 13-14 - Harlem Globetrotters

Mar. 19 - Pentatonix

Round House Theater (Bethesda)

Jan. 27-Feb. 22 - *Rapture, Blister, Burn*

The State Theater (Falls Church)

Feb. 7 - Bruce Springsteen Tribute
Feb. 13 - Rolling Stones Tribute
Mar. 14 - Led Zeppelin Tribute

St. Elmo's Coffee Pub (Del Ray)

Feb. 7 - Dan Lipton & Alan Barnosky
Feb. 8 - Janna Audey
Mar. 27 - Janna Audey

The Strathmore (Bethesda)

Feb. 6 - Savion Glover
Feb. 14 - John Pizzarelli & Jane Monheit
Feb. 19 - BSO / Patti Austin sings Ella & The Duke
Feb. 20-21 - Harry Connick, Jr.
Feb. 26 - Diana Krall
Mar. 1 - Annapolis Symphony Orchestra with Simone Dennerstein (piano)
Mar. 29 - National Philharmonic / Rachmaninoff's Piano Concerto #3

Studio Theater (DC)

Mar. 11-Apr. 19 - *Laugh*

Synetic Theater (Crystal City)

Feb. 11-Mar. 22 - *Much Ado About Nothing*

Theater J (DC)

Mar. 18-Apr. 19 - *Honest Truth*

Warner Theater (DC)

Feb. 20-21 - Tedeschi Trucks Band
Mar. 1 - Hall & Oats

Woolly Mammoth Theater (DC)

Feb. 9-Mar. 8 - *Cherokee*

And Another Thing...

-Did you know that "Keb' Mo'" is contracted from "Kevin Moore?"

-Chinese New Year is Feb. 19. This is the Year of the Goat (people born 2015, 2003, 1991, 1979, and so forth at 12-year intervals). Wear red to ward off evil spirits!

Movie: Keep an eye out for the *Oscar Live Action Shorts*, an amazing two hours of cinema artistry!

Award Shows:

Feb. 8 - Grammy Awards
Feb. 22 - Academy Awards

Music: Check out *Another Day* (2003), by Molly Johnson

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Restaurant Review:

City Kitchen

By Carla Besosa

It's new, it's good, and it's right around the corner from us! City Kitchen is our newest neighbor, located in the Trade Center (former location of Pepi's Pizza Box, across from The Home Depot). Its mission is to offer American and global cuisine from cities worldwide. The Chef has prepared these regional dishes with his own culinary flare.

The space has been totally renovated. The bar area includes bar stools and high tables, surrounded by widescreen TVs. The modern-industrial décor is chic, and the five-foot inset fireplace welcoming. You'll marvel at the transition.

Whether you are in the mood for lunch, brunch, dinner, or happy hour, City Kitchen will appeal. My favorite appetizer is definitely the *Baltimore Crab Cakes* - three mini crab cakes made with jumbo lump crab and laced with old bay aioli. The *Fresno 'Chokes* are beckoning me as well - baby artichoke halves, seasoned, flash-fried, and served with a zesty lemon aioli. *Stone Oven Pizzas* are a convenient 11", and the chef makes his own crust. Inspired by various regions, he's given catchy names to the dishes. City Kitchen offers *Chattanooga Chicken* (with gouda cheese, apple-wood bacon, spicy beer mustard, and a bourbon glaze), *New Orleans Muffuletta*, *Kansas City Dry Aged Strip* (12 oz. Angus, char-grilled in béarnaise butter), *Anchorage Salmon Oscar* (topped with lump crab imperial and champagne hollandaise), and *Long Island Roasted Duck* (brushed with a blueberry balsamic reduction).

Valuable input from neighbors includes rave reviews of the *Jackson City Sliders* ("tastiest burgers ever"), *Boston Clam Chowda'* ("can't get enough"), and *Bar Harbor Scallops* ("excellent"). Favorite sides: *Bacon Brussels* and *Truffle Fries*. A couple of freshly made desserts are available each day, varying with the whim of the kitchen.

The beer selection is plentiful, to say the least. There are 14 drafts and an additional 80 bottled beers. Growlers are also available. They pour 15 wines by the glass and stock 59 wines by the bottle. The creation of a bar menu, offering specialty cocktails and bar food, is underway.

Everyone on staff at City Kitchen has been extremely welcoming - hostesses, servers, bartenders, and the general manager. The service is efficient and their dispositions are pleasant. City Kitchen is the newest addition to the Fat City Restaurant Group, which includes Shooter McGee's, Ramparts, and T.J. Stone's.

Editor's Note: As two of those self-proclaimed "Foodies," my husband and I thoroughly enjoy City Kitchen! In four visits, all selections have been very tasty, the service fantastic, and the best part, you can hop right through the fence off of Bessley Place/rear of Livermore Lane...right to their front door. It has been pointed out to me, however, their menu does not cater to vegetarians...perhaps we can persuade them to increase those offerings.



City Kitchen

330 S. Pickett St.
Alexandria, VA 22304
703-685-9172
www.fatcitykitchen.com

Pizzas \$12-\$15
Lunch \$9-\$14
Entrees \$15-\$28
Brunch \$8-\$18

Hours

Daily 11am-11:30pm
Happy Hour 4-7pm

Smoking

No

HC Access

Yes

Parking

Lot

Reservations

Yes (Open Table)

Price

Appetizers \$8-\$13
Salads \$6-\$9
Sides \$3-\$5



Adopt-A-Family

(continued from page 8)

Office of Redevelopment.

Thanks to the participants, we were able to help over 50 families during the holiday season. A typical family receives a gift card for food and other household items such as sheets, towels, dishes, kitchen items, and cleaning supplies. Each child in the family receives a few toys and clothing items such as jeans, sweaters, socks, and pajamas. This year, we also provided assistance in the form of gifts and gift cards toward a "Mother's Shopping Day," which helped additional families.

As always, this program presents a number of unique situations, and Cameron Station residents are always happy to help. We provided gifts for a very ill mother and her daughter, and for a family in which the older child's wish was that the younger sister's wish be granted. Many children requested gift cards for food rather than toys.

Whether you adopted a family, supplied gift cards, contributed money, shopped for presents, or wrapped packages, your contribution put a smile on the faces of children and adults on Christmas morning.

The families are very appreciative of the contributions and gifts; however, the needs do not end with the holiday season. During the year, Tucker Elementary will accept donations of gift cards to help sustain these families. If you would like to donate something during the "off season," please drop off a gift card at the school office, and know that it will be appreciated and put to good use.



Gifts collected by good neighbors for four of our adopted families

Welcome New Management Office Staff

By Colleen Hairston

As some of you know, 2014 was a year of change in the Management Office. The Community Association has a five-member staff, including the Community Manager, Assistant Manager, Covenants Administrator, Administrative Assistant, and Maintenance Technician. Staffing for all of the positions, except mine, changed in 2014. The good news is twofold. First, all of the former staff members left due to promotions and are happy in their new positions, some working closer to home! Secondly, the new staff members have come up to speed quickly and are quite pleased to be working for the Cameron Station Community. Here's a little information on the most recent staff members to join the team:

Deirdre Baldino, Assistant Manager, started in October 2014. Deirdre has worked in the community management industry for more than seven years and previously managed three of Cameron Station's Condominium Associations. Deirdre is the management liaison to the Cameron Club Facilities Committee and also oversees the Fitness Center management company contract. Some of her other responsibilities include working closely with the Administrative Assistant, coordinating maintenance of the Association's website, and publishing the weekly email blasts.

Meghan Marville, Covenants Administrator, started in November 2014. Meghan has worked in the property management industry for more than five years. Her strong organizational and writing skills are well-suited for her position. Covenants (rules) enforcement is a difficult job, and Meghan's pleasant demeanor has been well-received by those homeowners and residents who have had an occasion to interact with her.

Stephanie Herbolsheimer, Administrative Assistant, started in December 2014. Stephanie has worked in customer service for more than six years and has strong IT skills. Her sunny demeanor has earned her the nickname "Sunny."

New Fitness Management

(continued from page 6)

Rest assured we will continue to offer the same classes, popular programs and activities you have enjoyed over the years at the Cameron Club. We understand that any change can be challenging and I assure you we are committed to doing our absolute best to make it as seamless as possible for you. Unfortunately, we will not have access to the current Fitness Center User email database. In order to best communicate with you, we will need to develop a new email contact list. If you are interested in participating and adding your name and email to our new contact list, please respond to Psy Scott at cameronclubfitness@gmail.com. Please feel free to offer your suggestions and comments.

We look forward to meeting you and getting started!

Yours in Health and Fitness,
Rich - Richard C. Mandley
President, Professional Fitness Management, LLC
rmandley@professionalfitnessmanagment.com
&
Psy - Psy Scott
Fitness and Activities Director
cameronclubfitness@gmail.com

A Low-Maintenance Garden

By Linda Greenberg and Kathy McCollom, Volunteer Gardeners

One of the most common questions asked by Cameron Station residents is: "What looks attractive and is easy to care for?" Here are some considerations and options for a low-maintenance garden space.

Anything green and growing requires some maintenance. First, decide whether you want to do the work yourself or pay someone else to do it. Even a few bushes and mulch require some care: most bushes need to be pruned or shaped and the mulch replenished once a year, with some time needed to pull weeds every few weeks. It's much easier to regularly pull out tiny weeds by hand than to dig them out once they are large and established.

The fewer growing things you plant, the lower the maintenance. Consider Japanese style gardens that use multiple textures of pebbles and borders to fill areas. These are very attractive and work well where there are extremes, such as very shady areas or areas that bake in the summer sun. Japanese gardens should be professionally designed and installed, but last a long time.

An irrigation system for your garden space can give you many more plant options while reducing the need for daily hand watering in hot summer months.

Many perennial plants can tough it out through the summer once they are established. This means frequent watering the first year so they don't dry out. After that, they only need watering during long heat waves. The tradeoff is that most perennials have a short blooming period, whereas annuals bloom all summer.

High-maintenance plants are those pretty annuals that decorate home and garden stores. They need regular feedings, watering, and weeding, and some require regular deadheading (removing spent flowers) to keep them blooming. Potted plants may need watering morning and evening on hottest days.

Want more ideas and individual help? Contact the Cameron Station Volunteer Gardeners for a consultation at gardeners@cameronstation.org. We'll be happy to take a look at your area and make specific recommendations to help you and your garden thrive.



Inclement Weather Information for Cameron Station Residents

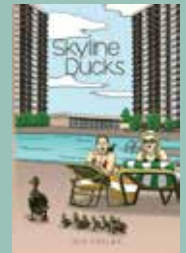
Inclement Weather Policy for the Shuttle Bus, Management Office, and Fitness Center

The Association, through either its Board of Directors or management staff, may make a determination that the weather conditions affecting the Association warrant the closing of any, or all, of the Association's common area facilities, or the cancellation of events scheduled to be held in any of the Association's common area facilities. If that decision is made, the Association shall endeavor to publish notification of such closure or cancellation. Shuttle Bus, Management Office, and Fitness Center operations generally follow the Federal Government's delayed opening, closures, and early release procedures. Residents will be notified via email blast. If you have not signed up for the email blast, visit www.cameronstation.org to do so. If you need assistance, please call the management office at 703-567-4881. To receive shuttle bus alerts, text "ARM" to 313131.

Classified Ads

Accounting Services for Personal and Small Businesses. Preparation of Individual Tax Returns, Corporate Tax Returns, Financial Statements, Payroll, 1099s and Sales Tax returns. Call 561-307-0874 or npathak2@yahoo.com.

Ducks swimming in the Nature Preserve pond may be descendants of ducks born in bushes by Skyline Plaza Condominiums. Read about their early life in [Skyline Ducks](#) by Joy Peeler, a children's book on Amazon.



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INTERESTED IN PLACING A CLASSIFIED AD?
See the information on page 20.

Tucker School News

By Pamela DeNunzio

Happy New Year!

Tucker students enjoyed a long holiday break and returned to school on Jan. 5. As we start the new year, we continue to promote our service initiative. Families in our school community are in great need. Coats and grocery store gift cards are desperately needed. Donations may be dropped off at the Tucker front office Mon.-Fri. 8am-2:30pm. We greatly appreciate any help Cameron Station can provide us as we help families who need assistance. Thank you for the outpouring of support we have received in terms of donated books for our Alexandria Book Shelf. We continue to take book donations to keep our shelf full for students who do not have home libraries. The book donation drop-off bin is in Tucker's front lobby.

Animal Shelter...a Happy Place?

By Melanie Zimmerman

Since I recently started volunteering at our local animal shelter, I've heard friends say:

"Oh, I can't go into an animal shelter, it's so sad!"

"I've never adopted from a shelter."

"The adoption process was so long - they asked so many questions!"

"Don't you know they euthanize the animals after 24 hours?"

Some of those statements may be true of some shelters, but I can honestly say NONE of those statements are true of the Vola Lawson Animal Shelter managed by the Animal Welfare League of Alexandria.

Walk in and feel the difference. A volunteer greets you warmly in the sunny atrium and directs you to the adoption areas. As you pass through the adoption hallway, check out the amazing artwork by local talent along the walls. The adoption desk volunteer eagerly answers your questions and lets you meet the animals. I've been in several other shelters and I've never been permitted to walk in, select a cat, open the cage, and pet it without waiting for a staff member to come by with a set of keys. Shelter cats have nice, larger-than-normal, colorful cages with tunnels, climbing toys, and soft beds. Dogs have large kennels with cots and are treated to frequent walks and bite-size hot dogs by a full host of volunteer animal lovers.

And don't forget the other small animals: parakeets and other birds; cute, fuzzy rabbits; hamsters; and turtles!

The love and care our community gives to this animal shelter is noticeable in the number of foster care givers, memorial donations, and the number of donated items stacked in the foyer, ready to be sorted for use. The staff continually finds creative ways to encourage happy adoptions: the annual calendar, the expressive pictures on Facebook, photos with Santa, newsletters, partnerships (Alexandria Police Department, Meals on Wheels, other DC-wide shelters), classes, children's camps, and counseling available to adopters and volunteers.

Please remember to respect our crossing guards as you drive to work. They help our students arrive safely at school. We appreciate your minding the 25 mph speed limit. These precautions keep Cameron Station a safe, and loved, community.

Thank you to Mindy Lyle who coordinated the Tucker Adopt-A-Family for the holidays. As always, it was a huge success, and Tucker families were treated to some special surprises.

In 2015, we hope to bring Tucker students interesting new opportunities. If you, or someone you know, works for/or has contact with an agency you feel Tucker students could benefit hearing from, please contact us at tuckertigersroar@gmail.com. We would love to have speakers talk to students about anything from outer space...to cooking!

Check out a few key points published in their fall newsletter (http://alexandriaanimals.org/wp-content/uploads/2014/09/15-AWLVA-0814-N_rev1.pdf):

- The shelter nearly doubled adoptions in 2014. For the first seven months of 2014, adoptions rose from 532 to 855, compared with the same period in 2013. The most dramatic change was in dogs – from 189 to 453!
- They transformed the adoption process to make it a more welcoming and enjoyable process. The shelter staff discovered that some of the previous policies and procedures were likely screening out people who could have been great adopters. (My point exactly!)

So the next time you're looking to add a furry pet or small animal to your home, don't be scared -- walk over to the Vola Lawson Animal Shelter and find your new friend!

Interested in volunteering?

See their website for details:

<http://alexandriaanimals.org/volunteer-faqs.html>



Neighbor Profile: Lily Engle

By Maya Noronha

Cameron Station neighbor, Lily Engle, moved to Alexandria in 1996 to take a job with a local law firm after graduating from UVA Law School. Lily and her husband, Peter Dingman, moved to Cameron Station in July 2009 and immediately appreciated the accessibility our neighborhood offers to local, natural, and cultural places. As Deputy General Counsel for The Conservation Fund, headquartered in Arlington, VA, Lily recently provided some insight into this worthy cause and her very interesting career!

1. What inspired you to work for **The Conservation Fund** (TCF)?

I had been in the private practice of law in small firms in Alexandria for 10 years, and, while I loved the practice of law, I was feeling a bit dragged down by the administrative burdens of operating a small business. I stumbled across the job at TCF, and it was as if it had been designed for me. I had a background in real estate, business, and employment law, and had a personal background steeped in the outdoors, historic and natural places, and a connection with nature. TCF allows me to combine my personal and professional history to help conserve our land and water for future generations. It is a dream job! TCF especially appealed to me because of its unique business model: TCF is a 501c3--a dual, nonprofit charter of environmental conservation and sustainable economic development--so it seeks to find areas where both objectives can be accomplished (our Forestry work and Sustainable Programs are examples, see *Forestry and Sustainable Programs* at www.conservationfund.org).

Further, TCF is not a member organization, so we devote only 2% of our costs to administrative expenses and pour the rest into substantive efforts. TCF is an organization with a staff of only 150, and we do hundreds of millions of dollars a year in conservation work--it is truly an amazing place. See <http://www.conservationfund.org/who-we-are/financials/>.

2. What are some major conservation efforts you've worked on?

I do legal work, apportioned between our conservation work, general business, and human resources work, for our Land Conservation Loan Program, and for our Freshwater Institute, so I work on many issues. We divide the country among four lawyers--I work on New England, California, Montana/Wyoming/Idaho, Alaska, and areas in the Midwest. I do all the legal work for our loan program, and we have made loans in almost all 50 states. Some key projects have put over 28,000 acres under conservation easements in Wyoming this year alone, letting ranching families continue to ranch on their historic family farms, while keeping the land from being developed for oil and gas or housing, and protecting the migratory path for antelope. See *Protecting The "Path Of The Pronghorn" In Wyoming*.

This year also brought several wonderful loans, including one that enabled a large public market to be opened in the center of Boston, giving local farmers an outlet for their products. See *Boston Public Market Finally Ready for Construction - The Boston Globe*.



3. Has The Conservation Fund been active in Virginia (near Cameron Station)?

TCF operates on our partner's priorities, so we get involved when a partner (state, local, federal, land trust, etc.) asks us. We've done a great deal in Virginia and Maryland, playing a large part in conserving battlefields, natural places, and historic sites. TCF was integral in the conservation of a large part of Antietam National Battlefield and in the creation of the Harriet Tubman National Monument in Maryland. Along the coast, our work led to the creation of the John Smith Historic Water Trail that lets people paddle and learn from interactive information buoys along their journey. See *Southeast Coast Saltwater Paddling Trail; Harriet Tubman Underground Railroad National Monument; and Civil War Battlefield Conservation: Focus on Antietam*.

We also work on urban efforts that enhance communities: <http://www.conservationfund.org/type-of-place/vibrant-communities/>.

4. What can neighbors do to protect the environment?

Visit and support our National Parks and outdoor places; let your representatives know that nature and the outdoors is important to everyone, regardless of political affiliation. We all love to run, bike, hike, hunt, fish, and be outside, and the spaces available for those activities are diminishing. And, of course, donate to organizations such as TCF and get involved with local and national conservation efforts. Once our natural and historic treasures are lost, we cannot get them back.



By Wait Barrows



Book Clubs

Monday Night Bookball

Openings for new members – contact PJ at sottilepj@aol.com.

Jan.: *My Wish List* by Gregoire Delacourt, translated by Anthea Bell

Feb.: *Little Bee* by Chris Cleave

Mar.: *Unbroken* by Laura Hillenbrand

Reading Between the Wines

Feb.: *Brooklyn* by Colm Toibin

Mar.: *Zeitoun* by Dave Eggers



Third Tuesday Book Club

For further information contact Mary Birchler at MHBirchler@gmail.com.

Jan.: *The Goldfinch* by Donna Tartt – Chapters 1-6 on Jan. 20

Feb.: *The Goldfinch* by Donna Tartt – Remaining Chapters on Feb. 17

Mar.: *Station Eleven* by Emily St. John Mandel on Mar. 17

Apr.: *One Summer Afternoon* by Bill Bryson on Apr. 21

Dealing with Slumps

By Paula Jarvis

Beginning a weight loss program can be an exciting time. You have enthusiasm, a plan, and high hopes. As you begin exercising and making healthier food choices, you begin to see success. Your success renews your commitment, and you feel it's really working! This will continue for a while, until you hit the first inevitable slump, which has the potential to derail your program. Slumps occur for any number of reasons: illness or injury, work or home crisis, scale phobia, vacation, or parties. To continue with your successful weight control, you need to be able to get through the slumps and get back on track.



Consider a baby learning to walk. She has been crawling for quite some time, and it works well for her. When she decides to try walking, she feels pretty unsteady, but she makes a few steps. She begins to get stronger and to be able to stay up even longer. She gets lots of support and attention from the grownups for this new activity. Sometimes she falls, and reverts back to crawling. It's faster, it's easier, and it's familiar. That doesn't mean she's going to become a crawler again – it's just a brief relapse. She's on her way to being a walker.

As is the case with the baby, perfection is not a reasonable standard to set for yourself. Consistency and persistence will bring success. Everyone experiences lapses, so accept this fact, and forgive yourself when it happens. But remember, forgiveness and acceptance is not permission to continue down the path of non-compliance. You may hear your inner voice saying something like this: "Here we go again. I really can't stick with anything. I'm going to fail at this again. I have no self-control. I might as well give up now and eat whatever I want. Forget it for this week, I can start over next week. I already missed my workout and my walk, I might as well miss it again." It's time to change the message on that tape. Try substituting those negative thoughts with more positive and encouraging comments: "I slipped up and made some unhealthy choices, but I'll get back on track now. That was just a bump in the road, and I'm going to continue with what I know is the best thing for my body and my health."

Try to identify what caused the slump, and take action. Maybe you're feeling emotions that need to be addressed. Find a non-food way to nurture yourself: a good book, a massage, a long walk, a bubble bath, a conversation with a friend, or dancing. Perhaps your routine was interrupted by a trip, an unusually hectic period in your life, or the holiday party circuit. Look at your schedule and identify some short blocks of time that you can devote to bursts of exercise. Get back into feeling like an "exerciser" by doing a few simple things, like going for a short walk, performing a few abdominal crunches, or climbing the stairs. If it was boredom with your exercise or eating program, try mixing it up. Enroll in a new class, try a different cardio machine or activity, or try a new exercise video. Pick a different walking route. Buy a new cookbook that focuses on simple, low-calorie meals. Join a group, or consult a professional. Just thinking about the slump isn't enough. Take positive action to rebuild your momentum. And don't forget the self-talk. Tell yourself, "I'm back on track now!"

Paula Jarvis is a Certified Personal Trainer and Wellness Coach, living in Cameron Station.

Advertising & Submissions Policies & Procedures

Advertising:

The *Compass* newsletter is published bimonthly. Advertising space is filled on a first-come, first-served basis, and the ads published in each issue are solely at the discretion of the newsletter staff or Communications Committee. **Only one ad per advertiser per issue is permitted. Ads must be submitted NO EARLIER than the 15th of the month preceding issue date and no later than the 30th (see box).** Payment must accompany all ads. Artwork must be camera-ready: 65 line screen or 300 dpi. **ELECTRONIC SUBMISSIONS ARE PREFERRED.** Advertisers will receive a copy of the newsletter in which their ad appears. Estimated (not guaranteed) time of delivery for the next issue is the last week of March to first week of April.

Article Submissions:

Any submissions for publication must include the writer's name, address, and phone number and must be received **by the 30th of the month preceding issue date (see box).** The newsletter staff, Communications Committee, or Board of Directors reserves the right to edit submissions for typos, length, tone, and content. They will also determine the newsletter to be "full" at their discretion. Articles are to be factual and of public interest. Editorial content may be deemed inappropriate at the discretion of the newsletter staff, Communications Committee, or Board of Directors. Photographs submitted will be returned to sender if accompanied by a self-addressed, stamped envelope.

Publishing Deadlines

January/February	December 30
March/April	February 27
May/June	April 30
September/October	August 28
November/December	October 30

Advertising Rates:

Display Ads (Camera-ready)	
1/4 page (3 1/2" x 4 1/2").....	\$150
1/8 page (3 1/2" x 2").....	\$125

Classified Ads (Limit 35 words)

Resident.....	\$5
Non-resident.....	\$25
Lost & Found, Carpool, etc.	Free

Checks should be payable to Cameron Station Community Association and sent with camera-ready artwork to *The Compass*, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to admin@cameronstation.org.

Note: The included advertisements, articles, or references to websites of third parties do not indicate an endorsement by Cameron Station Community Association, Inc. and are not verified for accuracy. *The Compass* will not be responsible for poor ad reproduction due to the quality of the material provided by advertisers.



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\$25 off a Class

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The Little Gym of Alexandria at Van Dorn

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* Offer not valid on previously reserved birthday parties. Must mention at the time of reservation. Cannot be combined with other offers. Expires 2/28/15.

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COMMUNITY MANAGEMENT

Cameron Station Community Association Community Management Coporation (CMC)

Phone: 703-631-7200 Onsite Office 703-567-4881
After Hours Emergencies 301-446-2635

Colleen Hairston, Community Manager
communitymanager@cameronstation.org

Deirdre Baldino, Assistant Community Manager
assistantmanager@cameronstation.org

Meghan Marville, Covenants Administrator
covenants@cameronstation.org

Stephanie Herbolsheimer, Administrative Assistant
admin@cameronstation.org
703-567-4881, 703-567-4883 (fax)

Psy Scott, Director
Cameron Station Fitness Center
fitness@cameronstation.org
703-567-8555

CONDOMINIUM MANAGEMENT

Cameron Station Condominium "The Residences":

FirstService Residential Management
Onsite Office: 703-751-5002; Corporate: 703-385-1133
After Hour Emergency: Same
Angela Luker, Community Manager
angela.lucker@fsresidential.com

Carlton Place Condominium:
Abaris Realty
Phone: 301-468-8919 After Hour Emergency: Same
Dany Abebe, Property Manager, *dabebe@abarisrealty.com*

Condominiums at Cameron Boulevard
CMC
Phone: 703-631-7200
After Hour Emergency: 301-446-2635
Gita Lainez, Manager, *glainez@cmc-management.com*

Main Street Condominium
GHA Community Management
Phone: 703-752-8300
After Hour Emergency: 888-660-7132
John Lyons, Property Manager, *jlyons@phacm.com*

Oakland Hall & Woodland Hall Condominimums:
CMC
Phone 703-631-7200
After Hour Emergency: 301-446-2635
Jackie Deane, Property Manager
jdeane@cmc-management.com

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Having Fun in Winter Hygge

By Susan Birchler, West End Farmers Market Director

Our community looked terrific this Christmas! But by the time you read this, the fizz, buzz, and excitement of the holiday season will be packed away with the decorations and lights. Those lovely parties, presents, visitors, and New Year's Eve celebrations are a 2014 memory.

Now it's January. The lengthy darkness, the shivering chill, and dreary gray appear to be endless. Where's the fun? Where is that sense of being connected, enjoying time with friends and family? Did it really disappear at 12:01am on January 1?

Will the extreme cold of January and February freeze out our fun, push us towards blanket-wrapped hibernation, or can we create some special experiences by embracing winter rather than fighting it?

I suggest we emulate how Nordic people embrace winter and see it as a special opportunity to experience what they call Hygge (pronounced Heu-gah or HYU-gah-lee, depending on the source).

Hygge is loosely defined as creating mindful coziness, making each moment special by planning for it, being present during it, and enjoying the moment thoroughly as it unfolds. Hygge also implies community, closeness, sharing, and celebrating those parts of our lives that provide meaning and value. Helen Dyrbye in *Xenophobe's Guide to the Danes* states "Hygge is about people's behavior toward each other. It is the art of creating intimacy: a sense of comradeship, conviviality, and contentment rolled into one."

An example of Hygge could be: planning a quiet evening with a hot bath and a good book. Make it special by lighting candles, getting out fluffy new towels, turning off the phone, and just relaxing completely for a few hours.

A more communal Hygge experience might be to: invite friends over for hot chocolate and games, or for home-made stew; have a winter-themed cocktail party, movie night, or pot-luck; make cookies with the family; go sledding together or build a neighborhood snowman; or just stop at the mailbox to say hi and chat. It can also include making a conscious effort to keep in touch with people you know, maybe taking advantage of the Jan./Feb. lull to invite a few new people over.

This is my take on Hygge. To turn the forced downtime of winter into an opportunity for cozy contentment by slowing down. To enjoy solitary time by making the mundane exceptional, by planning special time with friends and family, and remembering to keep in touch.

It actually seems like a pretty good plan for the whole year! In Denmark, the sun sets before 4pm. The Danish people, despite living with long (really long by our standards!) winters, rank number 1 in the U.N. World Happiness Report. That status must be due, in part, by their embrace of Hygge. I intend to practice Hygge for the next two to three months and bring my personal happiness up to the Danish level. Are you with me? Who's on for winter cocktails?



By Walt Barrows



Martini Monday

An advertisement for Trademasters Service. The background is light blue with faint snowflake patterns. At the top left is a logo with a water drop and the word "Trademasters" in a bold, sans-serif font. Below the logo, it says "SERVICE" and "Heating • Air Conditioning • Plumbing • Electrical". The main text in the center reads "Heating Inspections prevent you from being home in the cold". Below this, it says "Call for your inspection" and "Emergency Service Available 24/7". The phone number "703-496-4565" and email "service@trademasters.com" are listed. On the right side, there is a photograph of a young child wearing a winter jacket and a striped scarf. At the bottom left, there is a logo for "IE3 Experts" and the website "www.trademasters.com". At the bottom right, there is a small version of the Trademasters logo.

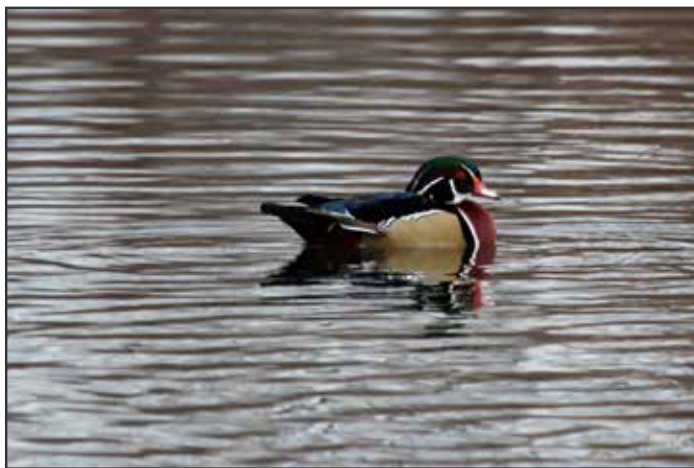
Spotlight on City Parks near Cameron Station

By Jamie Riedy

Long-time Cameron Station residents will perhaps remember the clean-up effort in July 2001 when 60 neighbors worked together to remove tons of algae and garbage from Cameron Lake, or recall walking the peace labyrinth in Ben Brenman Park on a 9-11 anniversary, or the dedication of Armistead Boothe Park in June 2000. But if you are new to Cameron Station, you might be curious about our local parks and their namesakes.

Abutting the west end of the community, Armistead Boothe Park is a well-used recreation area of nearly 11 acres with a popular children's playground, picnic pavilion, and basketball/tennis courts. The park was dedicated in June 2000 and honors Alexandria native Armistead L. Boothe, who was Alexandria's City Attorney in the 1930s and 1940s, after serving as a special assistant in the U.S. Office of Attorney General. The park recently reopened after an extensive renovation.

The approximately 60-acre Ben Brenman Park, located on the east end of Cameron Station, is a multi-use, urban park, replete with benches and walking paths. It hosts a children's playground, picnic pavilion, and a dog park area. Its amphitheater, athletic fields, and pond - home to hooded mergansers, wood ducks, mallards, great blue heron, turtles, and koi - offer a retreat for many Alexandria residents. Dedicated in June 1998, Brenman Park is named for U.S. Army Colonel Ben Brenman, a long-time advocate for Alexandria.



Cameron Station Linear Park, a paved walking and bicycle path, connects the Armistead Boothe and Ben Brenman parks and is heavily used by area dog owners and fitness enthusiasts.

Conveniently connecting paths also invite exploration to other city parks, including the James Marx All Veterans Park. This 38-acre park is the site of a memorial, hiking and biking trails,



and an observation deck which looks out over Holmes Run and Brookvalley Park, which is home to Alexandria's Bicentennial Tree, an enormous willow oak, reportedly one of the city's oldest trees. In addition to enjoying natural areas, picnic spots, and a playground, residents can cultivate produce in garden plots available for rent. For more information, call Alexandria's Recreation, Parks, and Cultural Activities Department at 703-746-4343.

Brookvalley Park and All Veteran's Park are linked by the Charles Beatley, Jr. Bridge. Beatley served five terms as Mayor of Alexandria (1967-1976 and 1979-1985), during which he championed the City's historic preservation and economic growth. The Beatley Central Library, located across from Cameron Station along Duke Street, is also named in his honor.

Cameron Station residents cherish the parks that surround the neighborhood. In addition to figuring prominently in the development of the community, the parks provide places for fun and exercise, dog walking, the farmer's market, family gatherings, picnics, nature hikes, and meditation - all contributing to the health and well-being of those who call Cameron Station and Alexandria home. Explore and enjoy them!

Additional Nearby Recreation Possibilities:

- Clermont Natural Park - 6 acres of wooded area.
- Tarleton Park - 6 acres / dog exercise area / trail / play area / playground
- Joseph Hensley Park - 22 acres / softball fields / soccer field / restrooms / parking / picnic / park shelter with grill.
- Cameron Run Regional Park - Great Waves Water Park / fishing lake / miniature golf course / batting cages / picnic shelters / pavilion.
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