

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 16 Issue 3 • May/June 2015

## YOU – as *The Compass* Editor

By The Compass Staff

For more than a year, neighbor Melanie Zimmerman has been the Editor-in-Chief of our community newsletter, and she has done a wonderful job. Unfortunately, work and personal obligations have made it impossible for her to continue in this role, and we are looking for someone to take over her position.

The first issue of *The Compass* newsletter published in 2000. It was warmly welcomed by the community as something that set Cameron Station apart from other developments in the area, and demonstrated that we were – and are – a community of neighbors, not just houses.

It would be a shame if this issue of the newsletter were the last one, especially after so many years and so much hard work from many dedicated volunteers. That's why we are putting out a call today for a new Editor-in-Chief to take

over beginning with the September/October issue. The staff discussed reducing the publication schedule to make the job less time-consuming...definitely open to consideration for an interested neighbor.

If you think you would be interested in being Editor-in-Chief of *The Compass*, or would like more information about what the job entails, please email [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org) to discuss this opportunity.

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## Get Involved with Your Cameron Station Civic Association

By Shelli Vasser Gilliam

Did you know the Cameron Station Civic Association (CSCA) is a separate organization from your Homeowners Association? While the Homeowners Association is limited to addressing matters within our community, the CSCA's purpose is to identify areas and issues of concern affecting our community outside of its narrow boundaries and to advocate on behalf of the community.

**A snapshot of some of the issues the CSCA is currently addressing:**

**Fire Station 210** (located on Eisenhower Avenue) – This shiny, new \$15M fire station opened recently, but is unstaffed (that's right, no firefighters). Given the City's budget shortfall and the difficult decisions to make, we were told it could be five years before the station will be staffed appropriately and fully operational.

If a major incident occurs at the Ethanol Transloading Station behind our community, the foam and necessary containment equipment is stored approximately eight miles away at the Potomac Yard Station. If another incident occurs in the City simultaneously, emergency response teams and other first responders may be stretched thin, in a situation where a timely response makes a difference.

In March, CSCA circulated an online petition about this issue. Over 300 signatures were recorded, and the petition

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# Get Involved

(Continued from front page)

was presented to City Council. Additional comments from residents were also submitted. In early April, The Washington Post picked up the story: [www.washingtonpost.com/local/virginia-news/new-fire-station-opens-in-alexandrias-west-end-without-any-firefighters/2015/04/13/1074e40c-e1fe-11e4-81ea-0649268f729e\\_story.html](http://www.washingtonpost.com/local/virginia-news/new-fire-station-opens-in-alexandrias-west-end-without-any-firefighters/2015/04/13/1074e40c-e1fe-11e4-81ea-0649268f729e_story.html).

This issue is uniquely important to the West End, as the only Transloading Station in Alexandria is located within close proximity to our high-density community, which also includes a school, businesses, and surrounding residential communities. As a direct result of CSCA's efforts, the recent budget proposal submitted to City Council appears to provide funding to make the fire station partially operational by the first quarter of next year. However, it is unclear if the specialized foam equipment required to combat ethanol fires will be located at Fire Station 210, or whether a fire truck will move to this location. In short, the fight is far from over, and we need your help and support.

**John Ewald Park Clean-up/Community Service Day to Celebrate Earth Day** - On Saturday, April 25, CSCA partnered with Mayor Bill Euille and the City of Alexandria, Alexandria West Rotary Club, Wakefield-Tarleton Civic Association, Leo A. Daly, Balfour Beatty, Howard Hughes-Landmark Mall, Lancaster Landscapes, and other local businesses and individuals to clean up Ewald Park. Why was this so important? This neighborhood park was in dire need of general cleaning, shrub re-planting, fence painting, and irrigation. Through the combined support of these groups and volunteers, we were able to

provide a clean, safe place for children to play. Many thanks to Howard Hughes Corporation for their generous donation to support the cleanup effort! We are also very grateful to City Kitchen, Harris Teeter, La Casa, London Curry House, Mediterranean Bakery, Namaste, Paisano's, and Savio's Restaurant for their generous food donations in support of the volunteers!

**Eisenhower West Small Area Plan (EWSAP)** - The EWSAP is the most significant planning project in Alexandria West. Several Cameron Station neighbors serve on the Eisenhower West Steering Committee (EWSC), including the CSCA President, Arthur Impastato. We are more than halfway through the planning process for the EWSAP.

The EWSAP envisions mixed-use development along Eisenhower Avenue with high-density development occurring near the under-utilized Van Dorn Metro station. The EWSAP will also provide a blueprint of greater connectivity, particularly with respect to getting to the Van Dorn Metro. We encourage you to get involved in this process.

(Continued on page 7)



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](mailto:TheCompass@cameronstation.org).

Previous issues of *The Compass* are available online at [www.cameronstation.org](http://www.cameronstation.org).

Go under the "News" tab on the home page and click on "Community Communications" on the left hand side.

**Editor-in-Chief:** Melanie Zimmerman

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

**Recurring Contributors:** Susan Birchler and Paula Jarvis

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

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Meetings are the last Tuesday of every month,  
unless otherwise indicated.

## CSCA COMMITTEES

### ACTIVITIES & EVENTS PLANNING COMMITTEE

([events@cameronstation.org](mailto:events@cameronstation.org))

Radhika Goel – Chairperson

### ARCHITECTURAL REVIEW COMMITTEE

([arc@cameronstation.org](mailto:arc@cameronstation.org))

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([facilities@cameronstation.org](mailto:facilities@cameronstation.org))

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([commonarea@cameronstation.org](mailto:commonarea@cameronstation.org))

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### COMMUNICATIONS COMMITTEE

([communications@cameronstation.org](mailto:communications@cameronstation.org))

Donna Gathers – Chairperson

### FINANCIAL ADVISORY COMMITTEE

([fac@cameronstation.org](mailto:fac@cameronstation.org))

Jeff Gathers – Chairperson

## Activities & Events Planning Committee

By Radhika Goel

Cameron Station kicked off its first St. Patrick's Day Happy Hour on March 20. Over 62 residents gathered for fun festivities hosted by the Cameron Station Activities and Events Planning Committee (AEC). Event co-chairs Radhika Goel, Al Luna, Rich and Norma Vargus, Jonathan Lucas, Cindy Nelson, and Pennie Aldrich kicked off the evening with the help of Kevin - The Bagpiper piping to greet guests as they arrived. Residents were surprised to see a bagpiper entertaining at a Cameron Station event. The lively activity included fun trivia about Irish culture, with prizes for the top two winners; mouth-watering

(Continued on Page 4)

## Board & Committee Meeting Dates

- Jun. 2: Activities & Events Planning Committee (1st Tues.)
- Jun. 2: Architectural Review Committee (1st Tues.)
- Jun. 8: Common Area Committee (2d Mon.)
- Jun. 11: Cameron Club Facilities Committee (2d Thur.)
- Jun. 15: Communications Committee (3d Mon.)
- Jun. 25: Financial Advisory Committee (Thur. prior to BoD)
- Jun. 30: Board of Directors (last Tues.)
- Jul. 7: Activities & Events Planning Committee (1st Tues.)
- Jul. 7: Architectural Review Committee (1st Tues.)
- Jul. 9: Cameron Club Facilities Committee (2d Thur.)
- Jul. 13: Common Area Committee (2d Mon.)
- Jul. 20: Communications Committee (3d Mon.)
- Jul. 23: Financial Advisory Committee (Thur. prior to BoD)
- Jul. 28: Board of Directors (last Tues.)
- Aug. 4: Activities & Events Planning Committee (1st Tues.)
- Aug. 4: Architectural Review Committee (1st Tues.)
- Aug. 10: Common Area Committee (2d Mon.)
- Aug. 13: Cameron Club Facilities Committee (2d Thur.)
- Aug. 17: Communications Committee (3d Mon.)
- Aug. 20: Financial Advisory Committee (Thur. prior to BoD)
- Aug. 25: Board of Directors (last Tues.)

## Activities & Events Committee

### Upcoming Events

- Jun. 12: Snow Cones at the Pool
- Jun. 17: Poker Night
- Jun. 19: Family Happy Hour (Theme: Italy and Portugal)
- Jun. 26: Cotton Candy at the Pool
- Jul. 10: Snow Cones at the Pool
- Jul. 15: Poker Night
- Jul. 17: Adult Happy Hour (Theme: USA 4th of July, France-Bastille Day)
- Jul. 24: Cotton Candy at the Pool
- Aug. 8: August Pool Party
- Aug. 14: Snow Cones at the Pool
- Aug. 19: Poker Night
- Aug. 21: Adult Happy Hour (Theme: Bollywood Night)
- Aug. 28: Cotton Candy at the Pool
- Sep. 12: Casino Night
- Sep. 16: Poker Night
- Sep. 26: Fall Yard Sale (Rain Date: October 10)

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](mailto:events@cameronstation.org).



## Activities & Events Planning Committee

(Continued from page 3)

food provided by Fiona's Irish Pub; and, music by Paul Gatza, a resident playing his concertina, featuring Irish folk songs and music. This musically sparkling evening inspired residents to sing along. A big THANK YOU goes to volunteers and committee members (Rich and Norma Vargus, Al Luna, Jonathan Lucus, Cindy Nelson, Pennie Aldrich, Paul Gatza, and David Woodhead) for their help with set-up and clean-up.



The Cameron Station community enjoyed several events in the month of April, including the Austria's Founding of the Second Republic and Zimbabwe Independence Day Happy Hour. Our loyal poker

players continued to enjoy monthly Poker Nights organized by the Committee in the great room. This month, a ladies beginner's table was added, with at least seven women learning to play poker while sharing in the camaraderie. Another event was the Spring Egg Hunt, organized by a resident



and sponsored by the AEC. A huge number of kids and parents enjoyed the beautiful day while hunting for eggs. Thank you to the volunteers and committee members who organized, set up, and cleaned up after these events.



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](mailto:events@cameronstation.org).



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# A Bit of This and A Bit of That

## Gym Rats

By Melanie Zimmerman

We are fortunate to have a community fitness center.

However, a few users need reminded of some basic gym etiquette rules:

- It's a small gym – don't block narrow thru-ways.
- Don't leave weights out, under benches, benches under racks, etc. – move 'em back to where they belong.
- Don't hog two to three, or more, machines at one time.
- Don't talk so loudly guests can hear you across the gym and over their earbuds.
- Don't talk on the cell phone – read those big signs.
- Don't play your music so loudly the rest of us can hear it – and don't sing – this is not American Idol.
- Clean off your equipment – your sweat is nasty.
- Don't slam weights – stop breaking the cable machine – you are not “cool” by doing so; it just shows the rest of us you can't handle that weight.
- Re-rack your weights – the rest of us don't want to lift them.
- And please, don't turn every TV station to Fox News.

## Don't Forget

- ✓ Jun. 6 National Trails Day – great day for a hike!
- ✓ Jun. 14 Wegman's opens – Hilltop Village Center, Alexandria
- ✓ Jun. 14 Flag Day
- ✓ Jun. 21 Father's Day
- ✓ Jun. 26-Jul. 5 Police & Fire Games, Fairfax
- ✓ Jul. 3 Independence Day – fireworks!
- ✓ Jul. 14 Bastille Day
- ✓ Aug. Various Restaurant Weeks

## Are You “In-The-Know?”

### Cameron Station Neighbors:

[www.facebook.com/groups/152372111638212/](http://www.facebook.com/groups/152372111638212/)

### Cameron Station Grapevine:

[www.facebook.com/CameronStationGrapevine?ref=br\\_tf](http://www.facebook.com/CameronStationGrapevine?ref=br_tf)



### Cameron Station Moms:

[www.facebook.com/groups/254390294592987/](http://www.facebook.com/groups/254390294592987/)

### Cameron Station Dads:

[www.facebook.com/groups/600554456725854/?ref=br\\_rs](http://www.facebook.com/groups/600554456725854/?ref=br_rs)

### Cameron Station Marketplace:

[www.facebook.com/groups/456302854414369/](http://www.facebook.com/groups/456302854414369/)

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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,  
**Jun. 27, Jul. 25, and Aug. 29.**



# SPIRIT

## Volunteer & Community

### Another Successful Fundraiser for Wounded Warriors

By Pat Sugrue

Kudos to neighbor Dubey Lifmann for her annual Bake Sale for Wounded Warriors. Dubey gives her time and energy throughout the year to help Wounded Warriors at Bethesda Naval Hospital, and in the spring, she organizes a bake sale to bring in additional funds. This year's bake sale raised more than \$1,700!

Dubey wants to thank everyone who made this possible, including: London Curry House for providing space for the sale; the Main Street Market for providing freezer space to keep the baked goods fresh the night before; the local retailers – Cameron Café, Costco, Harris Teeter, Safeway, Super Giant and Giant at Edsall – who donated a variety of items; the many Cameron Station residents who provided home-baked goods – those were snapped up very quickly and brought in the highest amounts; and the many volunteers who shopped, set up, sold, and went out into the neighborhood and parks to bring in additional customers.

And thanks, of course, to all who bought baked goods, those who said “keep the change,” and those who made monetary donations. If you hoped to attend but weren't able to, yet wish to make a donation, please contact Dubey at 703-370-6362.

You are welcome to call or e-mail Dubey with any questions, or if you would like to volunteer to help in the future with the Wounded Warriors. You may also drop off donations at her home.

E-mail: [dubeyd@comcast.net](mailto:dubeyd@comcast.net)  
Telephone: 703-370-6362  
Address: 135 Somerville Street



*Donna Gathers purchased this beautiful cake, baked by talented neighbor Ron Loveng, former "Baker to the Stars" in Hollywood.*

### Volunteer Gardeners: Here to Help!

If you have a “brown thumb” rather than a green one, you will be glad to learn a group of neighbors are eager to share their knowledge about gardening in Cameron Station. They live here and know about our local rocks, clay soil, deep shady places, and areas that bake in the sun. If your plants die too quickly, or you have older plants that need rescue, the volunteers often have ideas to enliven your garden space. They can make recommendations for design, maintenance, suitable new plantings, or identify plants left by a previous owner. Contact them at [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org) to schedule a consultation.



The volunteer gardener group is also looking for new participants. Anyone who loves gardening and helping neighbors – formal expertise is helpful, but not necessary – is most welcome. The level of time commitment is your choice.

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### Find Your Volunteer Match

By Melanie Zimmerman

Now the summer break is here, you may have extra time on your hands. Try filling the extra time with an activity that helps others, makes you feel good, and creates an even better community in which to live – volunteer!

As a military veteran, and spouse, I've had the opportunity to help out many organizations: the American Red Cross, Veteran's Stand-down, hospitals, schools, Air Force Association, and now, my husband and I are volunteers at the local animal shelter and involved in Cameron Station committees. It's fun, rewarding, and a great way to make friends. Searching for a volunteer activity that piques your interest? Search these sites: [www.volunteermatch.org/](http://www.volunteermatch.org/) and [handsonconnect.volunteerallexandria.org/HOC\\_Affiliate\\_Home\\_Page](http://handsonconnect.volunteerallexandria.org/HOC_Affiliate_Home_Page). Then, pat yourself on the back – you ARE making a difference!



# Alexandria Mentoring Partnership

Calling all mentors! Have some time on your hands and interested in helping others? The Alexandria Mentoring Partnership (AMP) is currently experiencing a mentor shortage. Our City's children need you! If you are able to mentor or tutor a child for an average of one hour a week, please contact the AMP Coordinator at 703-746-4144 or email [mentoring@alexandriava.gov](mailto:mentoring@alexandriava.gov) for more information. Once you submit an application, a referral request will be sent to the Partnership program of your choice. The program will contact you and provide details on the structure, time commitment, background checks, and interview process. Thanks for considering this important investment in our community. For information on mentoring opportunities, go to Alexandria Mentoring Partnership Programs at <http://alexandriava.gov/Mentoring>.

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## Get Involved

*(Continued from page 2)*

**Norfolk Southern Ethanol Transloading Facility** - Norfolk Southern wants to double its ethanol transloading operations. It has repeatedly refused to curtail nighttime work or consider moving the operation away from our high-density community. The CSCA led the recent fight to request DOT issue regulations prohibiting ethanol transloading facilities from locating within a half mile of a high-density community. The CSCA is working with the City to get Congressional pressure on DOT to adopt such regulations.

Mark Jinks, our new City Manager, is scheduled as the main speaker at our May meeting to address the FY2016 budget, Norfolk Southern's ethanol transloading facility, Fire Station 210, and getting Congressional support for DOT regulations. We invite you to like our Facebook page, [www.facebook.com/cameronstationcivicasociation](http://www.facebook.com/cameronstationcivicasociation), or send a message to [cameronstationcivic@gmail.com](mailto:cameronstationcivic@gmail.com) for more information.

Join us for our next membership meeting on Wednesday, September 2, in the Cameron Club Henderson Room, to hear what's going on in Alexandria West!

Please consider making a difference in our community by joining the Cameron Station Civic Association, which is a voluntary organization separate from the Cameron Station Homeowners Association. Submit your name, address, email address, and phone number, with \$20 annual membership dues per household, and mail to: Cameron Station Civic Association, 200 Cameron Station Blvd., Alexandria, VA 22304.

## Lupus Night – a Success!

*By Carla Besosa*

Neighbors came out in full force on April 14 to join London Curry House in the fight against Lupus. Folks enjoyed food, drink, and camaraderie while the staff catered to the needs of all. It was heartwarming to witness such support by Cameron Station residents and the London Curry House (which donated a percentage of total sales). I extend my personal thanks for your participation and generous contributions.

### What is Lupus?

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). The immune system loses the ability to distinguish between foreign invaders and the body's healthy tissues. Auto-antibodies are created that attack and destroy the body's healthy tissue. For more information, see: [www.lupus.org](http://www.lupus.org).



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# Alexandria West Rotary Club

## Focuses on Improving Ewald Park

By Jonathan Lucas



Left to Right: Mayor Bill Eville, Mindy Lyle, and Jonathan Lucas, President, AWRC.

April 23, Alexandria, VA – Alexandria West Rotary Club (AWRC) teamed up with Savio's Restaurant to host its first fundraiser in support of the renovation of Ewald Park, down the street from Cameron Station. AWRC is working with Mayor Eville, Alexandria Parks and Recreation Department, and our very own resident and community activist, Mindy Lyle, to raise money and in-kind services to rehabilitate the park for the large number of youth in the area. The club received donations from countless West End residents and a generous gift from Howard Hughes-Landmark Mall.

This event was followed up by an Earth Day clean-up of Ewald Park where over 60 community members from Cameron Station planted bushes, mulched, and painted fencing. This is the beginning of a long-term restoration project that will include additional basketball courts, an upgraded soccer field, a picnic area, and a new pavilion.

AWRC would like to thank the many companies, community associations (including Cameron Station), and host of local restaurants that supported the clean-up.

If you wish to donate to the park project or learn more about Alexandria West Rotary Club, please contact: Jonathan Lucas at 443-326-0244 or [jtlucas@gmail.com](mailto:jtlucas@gmail.com) or [www.facebook.com/AlexandriaWestRotaryClub](http://www.facebook.com/AlexandriaWestRotaryClub)



Cameron Station residents, Rhonda and Roseanne Moore.



List of sponsors and supporters of the clean-up event.



Ewald Park fundraiser with CSCA.

## In Memoriam: Nancy K. Stout, Sunrise December 11, 1943 – Sunset April 5, 2015

Thank you to Mike Fellenz for providing these memories and photo of Nancy.



Nancy K. Stout, an eight-year resident of Cameron Station, passed away on Easter Sunday, April 5. She excelled professionally, travelled extensively, exercised rigorously, and loved deeply. Nancy lived a beautifully full life.

Nancy's federal government career spanned more than 38 years and included high-level positions in intelligence resource management, research and analysis, and policy.

After retiring from the government, she spent several years working for BAE Systems, a British multi-national defense, security, and aerospace company, before retiring to Colorado with her husband Mike Fellenz to ski and bike and sell real estate.

After the events of 9/11, Nancy returned to BAE at the

company's request, and later worked for Booz Allen Hamilton.

Throughout her high-powered career, Nancy still found time to travel the world with Mike. They sailed the rivers of Europe, biked the five boroughs of New York City, explored the ruins of Machu Picchu, rafted the Colorado River, hiked the Grand Canyon, fished in Alaska, toured Vietnam, Cambodia, and the Caribbean, and visited wild game parks in Africa.

Above all, Nancy treasured time spent in her Cameron Station home with its parks, access to bike trails and gym, and caring neighbors and friends. In addition, she treasured the time spent with Mike's granddaughters, reveling in the wonders of family and childhood.

As Spring approaches, and Cameron Station becomes the beautiful home she knew and loved so well, remember Nancy – plant flowers!

Funeral services at Arlington are pending. See [www.everlywheatley.com](http://www.everlywheatley.com) (enter Nancy K. Stout) for funeral and obituary details and pictures.

# Use It or Lose It

By Paula Jarvis

"Use it or lose it" applies to more than annual leave – it applies to your muscles. During the first 30 years, we build muscle size and strength. Then during our 30s, if we are not actively working to maintain or increase our strength, we start to lose muscle mass and function. From that point forward, an inactive person will lose an average of 3-5% of their muscle mass per decade. By your mid-50s, you will have lost up to 10% of your strength, and up to 15% by your mid-60s. So if you don't care about getting stronger, you should care about getting weaker!

It's important to think about muscle strength in much broader terms than performing pull-ups or biceps curls. Muscle strength is critical to daily activities – after all, muscles support our skeletal structure. Decreased strength affects walking, sitting, climbing stairs, lifting, pulling, and pushing. Decreased strength can contribute to chronic pain, particularly back pain. It can slow you down, make you susceptible to falls and resultant sprains or broken bones. Conversely, there are numerous and sometimes surprising benefits to practicing regular strength training.

Increasing muscle mass changes your body composition. You will develop more lean tissue in relation to your body fat. Your clothes will fit better, and you will look and feel better.

Your posture will improve. Strong core muscles support your spine and help improve back issues or prevent you from developing them.

Muscles burn more calories than fat. If you're interested in weight loss, don't rely on just cardio to burn calories. Adjust your eating appropriately and also regularly strength train.

Strength training makes stronger bones. Bones respond to the demand placed on them by building density. You can increase the demand on bones by requiring them to move against resistance.

Stronger muscles reduce the risk of falling. Performing squats, lunges, and step-ups can help offset the weakening effect of sitting all day.

More muscle mass and less fat improves the body's insulin response, decreasing your chance of developing Type 2 diabetes.

Strength training can improve your mood, help you to sleep better, reduce chronic pain, and improve your attention.

Heart disease, arthritis, diabetes, obesity, and depression are all positively impacted by strength training programs.

If you are new to strength training and believe the Fitness Center is full of bodybuilders, pay a few visits and take a look. Young and old, men and women, experienced and newcomers all use the gym. If you don't like a gym atmosphere, you can easily exercise at home. Start with body weight exercises like squats, lunges, pushups, sit-ups, and step-ups. Add resistance with weights or resistance tubing.

Most importantly, just get started! The benefits are numerous and the alternative of becoming steadily weaker is totally avoidable. Make this summer the beginning of your strength training program.

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

**Would you choose the most experienced surgeon or one that does it once in awhile?**



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# Farmers Market Season Opening!

*By Susan Birchler, West End Farmers Market Director*

"Eat Well and Have Fun!" That is the West End Farmers Market motto and boy, did we have fun at the season opening on May 3! Let's take a look at all the fun and good eats you can expect EVERY SUNDAY at your neighborhood farmers market!

**EAT WELL!** Whether you crave good hearty breads, scones, zucchini and banana type breads, or a sweeter variety of baked goods like pastries, cookies, pound and rum cakes, brownies, coconut squares, gluten-free cookies, or profiteroles, you can find what you crave at one of our five bakers.

Choose from four farmers and one orchard for the vegetables and fruits you enjoy. The farmers agree that the weather this year brought the peach, apricot, plum, and apple trees into bloom early! Look for these fresh-picked fruits in your farmers market sometime in early June (apples in August). In the meantime enjoy strawberries, raspberries, and blackberries. So much sweetness in one little tiny fruit! Check our Facebook page and twitter for news of what can be found at the market each week. Definitely don't miss that first week of peaches.

It's summer and that means snack time. Tommy the Cheese Guy sells a variety of gourmet and regular cheeses – easy to take on a picnic. Our new vendor, Black Pug Smokehouse, has smoked cheeses AND smoked peanut butter, which was absolutely delicious. He sold out of his cheeses before the market ended. Fresh Joseph sells home-made mozzarella. Hummus anyone? The market has a new vendor selling delicious, home-made hummus. Pair with bread or some veggies and you have a quick healthy summer dinner.

(Top Secret – negotiations are in the works for a gelato truck at the market. Cross your fingers!)

**HAVE FUN!** Artisans, non-profit agencies, singers, dancers – you can find them every week at the farmers market. Please support Alexandra, our resident Irish Dancer; she is saving up to participate in competitions. Lovely, graceful, and extremely talented, you can find her at one end of the market dancing her heart out. At the other end of the market, our resident bard, Alex Young, sings about life, love, and of course farming. (Just kidding – how many songs are about farming?) In between, you can find local artisans selling soaps, clever stationary, jewelry, dog biscuits and toys, kitchen linens, children's booties and clothing, wooden toys, pottery, and more.

I could write all day, but a picture is worth a thousand words. Here are some photos of our opening day. Don't miss all the fun and food at your West End Farmers Market, Sundays, 8:30am to 1pm, May through October, in the south parking lot of Ben Brenman Park.

[www.westendfarmersmarket.org](http://www.westendfarmersmarket.org)  
[www.facebook.com/WestEndFarmersMarket](https://www.facebook.com/WestEndFarmersMarket)  
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*Photos by Dana Thorpe*



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# Carla's Picks

By Carla Besosa

## Alexandria

Jun. 5 - 2nd Annual Food Truck Rodeo (Southern Towers, 4901 Seminary Road)

Jun. 5-7 - Washington Metropolitan Philharmonic on the grounds of the G.W. Masonic Memorial

Jun. 6 - Rockstock: Riverfront Celebration (food, drinks, & music)

- ➔ Over 100 beers/ciders/wines
- ➔ 30 regional craft food purveyors
- ➔ Live music, pie eating contest, cake walk, and more

Jun. 13 - Old Town Arts & Crafts Fair (Market Square)

Jul. 10-19 - FIRST Alexandria Live Music Week (30+ restaurants participating)

Plus:

2nd Friday Celebration (Old Town)

Music at Twilight/Concerts in the Park - John Carlyle Square Park: Jun. 4, 18; Jul. 16, 30; Aug. 6; and Market Square: Aug. 2

Alexandria/USA birthday celebration! Oronoco Bay Park 7-10pm

## Atlas Performing Arts Center (DC)

Jul. 7-Aug 2 - Sweeney Todd (Prog Metal Version)

## The Barns at Wolf Trap (Vienna)

Wolf Trap Opera Company (pre-show talk 1 hour prior)

- ➔ *The Marriage of Figaro* (Mozart) - Italian with English subtitles Jun. 6, 12, 14, 17, 20
- ➔ *The Ghost of Versailles* (Corigliano) - English with subtitles Jul. 10, 12, 15, 18

## Birchmere (Arlandria)

Jun. 18 - Mark O'Connor

Jun. 21 - Madeleine Peyroux

Jun. 22 - David Crosby (of CS&N)

Jun. 29 - The Rippingtons

Jul. 1 - America

Jul. 16-18 - The Bacon Brothers

Jul. 23 - Peter White & Richard Elliot

Sep. 20 - Gatlin Brothers

## Blues Alley (Georgetown)

Jun. 6 - Veronneau (samba)

Jun. 16-21 - Terence Blanchard (trumpet)

Jul. 16-19 - Marcus Johnson (keys/smooth funk)

## Creative Cauldron (Falls Church)

Jun. 5-21 - The Little Prince

## Del Ray

1st Thursday - special events, food, & music

3rd Thursday - Del Ray Business Association hosts a happy hour 5:30-7:30 (rotating venue)

Jun. 27 - Del Ray Music Festival

Cinema Del Ray (8-10pm)

- ➔ Jun. 20 - Anastasia
- ➔ Jul. 18 - Penguins of Madagascar
- ➔ Aug. 15 - Finding Nemo

## Del Ray Artisans Gallery (Del Ray)

Jun. 5 - Opening Reception: Building Bridges

Aug. 7 - Opening Reception: Au Natural

Sep. 4 - Opening Reception: ALTARS/Religious Rituals

## Dulles Expo Center (Chantilly)

Jul. 18-19 - D.C. Big Flea Market

Aug. 1-2 - Brick Fair (Lego Festival)

Aug. 14-16 - International Gem & Jewelry Show

Sep. 19-20 - D.C. Big Flea Market

Sep. 25-27 - Capital Home Show

## 1st Stage Theater (Tysons)

Jun. 5-28 - The Good Counselor

## Gala Theater (Adams Morgan)

Jun. 4-28 - Las Polacas - The Jewish Girls of Buenos Aires

## George Mason Center for the Arts (Fairfax)

Sep. 26 - An Evening with Bernadette Peters

## The Hamilton (DC)

Jun. 11 - Paquito D'Rivera Quintet with Edmar Castenada (a young Colombian harpist who is one of the most visually entertaining musicians I've ever seen!)

Jul. 2 - Red Molly

Sep. 11-12 - The Fab Faux (perhaps the best Beatles cover band in the area)

## Howard Theater (DC)

Jul. 18 - Salt-N-Pepa

## The Hub Theater (Fairfax)

Jul. 10-Aug. 2 - Leto Legend



### **Indigo Landing (GW Pkwy on the Potomac)**

Every Sunday - Angie Miller

### **Jammin Java (Vienna)**

Jun. 1 - Anna Nalick

Jun. 19 - Julie Murphy Wells (of Eddie from Ohio)

Jul. 17 - Deanna Bogart Band

Aug. 5 - Dan Navarro (of Lowen & Navarro)

### **Kennedy Center (DC)**

Jun. 5-6 - NSO Pops: Let's Be Frank - The Songs of Frank Sinatra

Sep. 19-Oct. 3 - Washington National Opera: Carmen

### **Little Theater of Alexandria (Old Town)**

Jun. 6-27 - Dirty Blond (comedic story of Mae West)

Jul. 25-Aug. 15 - In the Heights

### **Lorton Workhouse (Lorton)**

Cabaret Series: Jun. 7; Jul. 12, 31; Sep. 5

Cinema Under the Stars: Jun. 19, 26

### **Metro Stage (Alexandria)**

Jul. 10-Aug. 2 - The Island

### **National Harbor (P.G. Co.)**

Jun. 19 - Beer, Bourbon, & BBQ Festival

Sundays - Movies on the Potomac (6-8pm)

Military Concert Series (Jun. 13, 20; Jul. 11, 25; Aug. 1, 8, 15, 22, 29; Sep. 12)

### **Schlesinger Center (Alexandria Campus NVCC)**

Jun. 13 - Born 2 Dance Studio

Jun. 20 - US Marine Chamber Orchestra (free)

### **St. Elmo's Coffee Pub (Del Ray)**

Jun. 12 - Dan Lipton & Alan Barnosky

Jul. 17 - Back Alley Blues Boys

Jul. 21 - Janna Audey

Aug. 14 - Dan Lipton & Alan Barnosky

Aug. 28 - Back Alley Blues Boys

Sep. 25 - Janna Audey

### **The Strathmore (Bethesda)**

Jun. 25 - Mormon Tabernacle Choir

Aug. 4 - Boz Scaggs

Aug. 26 - Melissa Etheridge

Sep. 30 - Chick Corea & Béla Fleck

### **Vienna**

Jun.-Sep. - Summer on the Green concert series (35 concerts - see schedule online)

### **Wolf Trap (Vienna)**

Jun. 18 - Lindsey Stirling - The Music Box Tour

Jun. 21 - Tchaikovsky's 1812 Overture (NSO)

Jul. 10 - Pink Martini

Jul. 7 - Beethoven's Symphony No. 5 (NSO)

Jul. 19 - Patti LaBelle

Jul. 25 - Diana Krall

Jul. 28 - Indigo Girls

Aug. 6 - The Piano Guys

Aug. 7 - Madame Butterfly (Puccini)

Aug. 18 - ZZ Top

Aug. 25 - Santana

Sep. 6 - Rodrigo y Gabriela

Sep. 11 - Jackson Browne

Sep. 12-13 - Kelly Clarkson & Pentatonix

## **And Another Thing...**

(in my stream-of-consciousness order)

### **New Eats!**

-Hunting Creek, 1106 King Street - Steakhouse opened by the A La Lucia folks

-Bistrot Royal, 1201 N. Royal Street - Casual French fare (former location of Bastille)

-Bastille, 606 N. Fayette Street - New location near Braddock Metro Station

-Mackie's Bar & Grill, 907 King Street- Remember former Food Matters bartender, Phil? He's the Bar Manager (former location of Layla's)

-Captain Gregory's Donut Speakeasy, 804 N. Henry Street - Opening soon

# Red, White, and Blue – A National Day of Recognition Turns 65

By Debbie Routt

Given the history of our community – site of the former U.S. Army post, Cameron Station – here's a short history on National Flag Day, and tips on how to display and care for your flag. Be sure to show your colors on June 14!

The idea of an annual day specifically celebrating the flag is believed to have originated in 1885. School teacher, Bernard J. Cigrand, arranged for the pupils of Fredonia, WI Public School, District 6, to observe June 14, which was the 108th anniversary of the official adoption of the Stars and Stripes as "Flag Birthday."

Inspired by over three decades of state and local celebrations, Flag Day – the anniversary of the Flag Resolution of 1777 – was officially established by the Proclamation of President Woodrow Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3, 1949, that President Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

Did you know there is an established U.S. Flag Code, which formalizes and unifies the traditional ways in which we give respect to the U.S. flag? The Code was first published in 1923, and adopted by Congress in 1942. It is based on the belief the American flag "represents a living country and is itself considered a living thing." It contains specific instructions on how the flag is, and is not, to be used. This includes etiquette such as: a) the flag should never be dipped to any person or thing; and b) the flag should not be used as drapery to cover a desk or platform (bunting is best used for this purpose, in lieu of the flag). The code also details how the flag should be raised and lowered, cleaned, mended, or destroyed, if it is no longer fit to serve as a symbol of our country.

The code also outlines how the flag should be displayed in- and out-of-doors. Key provisions include:

- When the flag is displayed from a staff projecting from a window, balcony, or building, the union should be at the peak of the staff (unless at half-staff);
- When it is displayed from the same flagpole with another flag – of a state, society, or Scout unit – the flag of the United States must always be at the top;
- When the flag is displayed over a street, it should be hung vertically, with the union to the north or east. If the flag

is suspended over a sidewalk, the flag's union should be farthest from the building;

- When flown with flags of states, communities, or societies on separate flag poles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor – to its own right.
- The other flags may be smaller, but none may be larger;
- No other flag ever should be placed above it;
- The flag of the United States is always the first flag raised and the last to be lowered;
- When flown with the national banner of other countries, each flag must be displayed from a separate pole of the same height; each flag should be the same size; the flag of one nation may not be displayed above that of another nation.



Photo by Dana Thorpe

Another aspect to proper outdoor flag display concerns lighting. The U.S. flag is traditionally flown from dawn to dusk, so it is always illuminated by the sun. It is allowed to be flown at night, however, under certain guidelines. Since it must be illuminated during the day, the same holds true for night. A floodlight or spotlight must be shown on the flag, for instance, by placing a floodlight on the ground, under, or near the flagpole base. To stand up to the weather, 24-hour, full-weather flags of nylon, with embroidered or appliqued stars, work best. They can take rain, snow, and strong winds. If an ordinary flag is used, it may need to be replaced frequently.

Test your red, white, and blue IQ with these frequently asked flag questions ([www.usflag.org](http://www.usflag.org)):

Why is the flag patch on U.S. Armed Forces Uniforms "backwards"?

Where is the flag flown 24 hours a day by law?

What do the colors and gold fringe on the flag mean?

For more on flag rules and rituals, go to <http://amhistory.si.edu/starspangledbanner/flag-rules-and-rituals.aspx> or consider an outing to the Smithsonian National Museum of American History on the Mall.

Celebrate National Flag Day 2015 and show your red, white, and blue!

# Another Day, Another Beach

By Susan Birchler, West End Farmers Market Director

I had my head poked out the rental car window providing driving instructions to my sister. "To the right just a little, yeah that's it!" The right tire grazed a metal pipe sticking out of the road, the left dipped into the rim of a pothole. I lifted my eyes from the dirt road and there it was. Gorgeous turquoise-blue water, white sand, and breezy palm trees bowing to the beach. The scene was so beautiful, it was practically a cliché. Thus we found ourselves at Friar's Bay Beach on St. Martin.

Another day on a Caribbean Island with 37 beaches. Some of those beaches are not so great. But many of them are lovely, and worth the inevitable potholed adventure to get to them.

Unlike in the United States where clear, big signs lead the way, on St. Martin, roads dead-end at the beach, and often, stores and restaurants line the beach road. The main road goes around and around the island. Getting to the beach requires careful surveillance of street signs, and trust of those signs – even as you turn down a residential street, turn into a dirt lane, and become convinced this road is a mistake. Inevitably, one more curve, and there you are, at a beach!

Since St. Martin is a French/Dutch Island, you will not find tacky stores or french fry joints at the end of those dirt roads. But you will find two or three open-air French restaurants snuggled up against the sea-grape bushes and palm trees, serving unbelievable, gourmet food: Salad Nicoise; steak with fries; grilled fish with rice and a salad; as well as a dish no U.S. health department would ever allow in the heat, on a beach, in an open air kitchen – steak tartare (raw steak). Although every beach on the island is a public beach, the restaurants stake a claim to the sand in front of them for resort-worthy chaise lounges and umbrellas. On St. Martin's beaches, you can't buy a beach toy or sunscreen, but you can lean back in comfort on your lounge chair with a cocktail and fine food. Bless the French for being foodies.

Each beach has its own personality. Some people stay in one place and wallow in the luxury of fine food, powdery sand, and quiet waves; while others, like my sister and me, cannot resist the urge to explore. The goal? Another day, another beach! Here are my top three favorites:

Friar's Beach: small, intimate, not overly crowded, quiet, only two restaurants, lots of space, and lovely, shallow, clear water with small waves. For the adventurous, a path over the hill leads to the completely secluded and natural Happy Bay, which I hear is fantastic. Friar's Beach hypnotized us. We stayed the entire day!

Isle de Pinel: absolutely clear, calm water, and little fishies everywhere. Take a ferry or rent a kayak to get there. Two restaurants – one a little noisier with a party atmosphere. A store is tucked under the palm trees, surrounded by grape bushes. You could walk right by it if you are not paying attention. If feeling rambunctious, walk over the hill to the Atlantic Ocean

side where the waves are rougher. Comparatively speaking, it is like swimming at the Outer Banks. But why would you do that when clear, calm turquoise waters are waiting for you on the inlet side?

Le Galion: the equivalent to a community swimming pool. Not touristy, lots of local families. The water is shallow and calm with more kelp/seaweed beds than others. This is a wide, protected bay in which you can experience a number of non-electronic water-sports: kayaking, paddle-boarding, and wind-boarding. You can hire a boat or rent a kayak to go out to the snorkeling site or further out to the surfing area where the waves hit the reef protecting the bay. More low-key and every-day, but lots of fun and a good place to come if the wind is whipping up waves at the other beaches. The water rarely gets rough here.

A week after arriving home, it snowed. When my fingers and toes get too cold, I just pull up memories of my favorite beaches and smile. I have the best of both worlds!





# Restaurant Review

## Restaurant Review: El Primero Bar & Grill

By Carla Besosa



The West End's best kept secret! Unassumingly located in Van Dorn Plaza, El Primero presents a quality, upscale dining experience. I've heard many neighbors have already ventured there, all with rave reviews and intentions of returning.

El Primero is spacious, the distance from Cameron Station is negligible, and parking is abundant. Done in classic-modern design, the space is classy but simple, with large windows for natural light. A private room seats 26 and can be used for meetings,

parties, or restaurant overflow.

The menu is rather cosmopolitan, with a Latin flare. Everything is fresh, and made to order. Start with their Shrimp in Garlic (sautéed in fresh garlic and a white wine sauce) or their seared Ahi Tuna (finished with olive oil and balsamic), perfectly grilled on the outside and pink inside. The Calamari, the Ceviche, and particularly the Stuffed Avocado (filled with a blend of shrimp, tomato, onion, mango, and cilantro) also receive high acclaim. The Salsa is freshly homemade, as is the Guacamole. The Tortilla Soup exceeds expectations, and the El Primero Salad is an artistic mix of mesclun, avocado, and hearts of palm, topped with their delicious house dressing.

I can attest to the quality of the Jumbo Shrimp a La Crème, done in a sauvignon blanc crème sauce that perfectly compliments without being too heavy or rich. Other entrees that may entice you include the Grilled Quails (marinated and grilled with a red wine reduction), the Fresh Rack of Lamb (in a red wine & rosemary sauce), or the Sautéed Atlantic Salmon & Shrimp (in a light champagne cream sauce). The Latino section of the menu includes a variety of Burritos, Enchiladas, Quesadillas, and the most impressive Vegetarian Fajita I've ever seen.

Desserts are homemade and vary with the whim of the kitchen, as does the lunch menu. I enjoyed their beautifully grilled Crab Cake Sandwich with homemade remoulade. A children's menu is also available for the diminutive diner.

The 10-seat bar offers a pleasant reprieve from the otherwise crowded Alexandria bar scene. Check out Happy Hour with discounts on beer, wine, cocktails, and appetizers. Frozen margaritas are available in strawberry, piña colada, and plain. Not a drinker? Their iced tea is freshly brewed.

Everyone I've heard offer comment on El Primero has used the word fresh. Everything served is impressively so, and greatly enhances one's dining experience. Culinary creations are made to order, so relax and enjoy.

Pay a visit to our new neighbors at El Primero. An excellent option for premier dining (as the name suggests) right here in the West End! ¡Buen Provecho!



## El Primero Bar & Grill

241 South Van Dorn Street  
(North end of Van Dorn Plaza)  
Alexandria, VA 22304  
703-746-9054  
[www.elprimerorestaurant.com](http://www.elprimerorestaurant.com)

### Hours

Sun.-Thurs. 11am-11pm  
Fri.-Sat. 11am-midnight

### Happy Hour

Mon.-Fri. 4-7pm

### Price

Appetizers \$8-\$12  
Soups & Salads \$9-\$18  
Entrees \$11-\$26  
Desserts \$6

### Smoking

No

### HC Access

Yes

### Parking

Lot

### Reservations

Yes

# Fitness Center News

By Psy Scott

**Group Exercise Classes:** Starting April 6 at 6pm, we will have Yoga for Athletes, taught by the one and only, Thierry Chiapello. Do you love to dance? If you do, then we've got a class for you. Coming to Cameron Station Fitness Center, we are now bringing to you one of the hottest dances in the world – Salsa! Learn to dance with Sabor. See the front desk for more information. Residents can drop in on a class for only \$10.

## Fitness Center Reminders:

\* Cell phone use is not allowed in the Fitness Center. Please use the stairwell or the front lobby to make and receive phone calls.

**Like us on Facebook:** To "Like" us on Facebook, go to Facebook, type in Cameron Station Fitness Center, and click "like this page!"

Professional Fitness Management, in conjunction with Cameron Station, appreciates your commitment to fitness, and we value your support throughout the year.

For information on any of the programs, or to be put on the Fitness Center email list, please contact the Fitness Center: 703-567-8555 or [fitness@cameronstation.org](mailto:fitness@cameronstation.org).

## DREAMING OF A HEALTHY RETIREMENT?

It's never too early to start planning for retirement and major expenses like healthcare.

Especially since healthcare spending is projected to grow 6.3% annually through 2019, according to a Health Affairs study. Unfortunately, too many people neglect to plan for healthcare costs in retirement.

The reality is you'll have many important considerations as you near retirement, and healthcare expenses like Medicare and long-term care insurance should be among them.

It's time to stop dreaming and start planning.  
Let's get started.

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# The Community Can Count on London Curry House

By Pat Sugrue

In April, Asad Sheikh, the owner of London Curry House, reached out to resident Al Luna in his capacity as a Tucker Elementary PTA Board member and a member of the Cameron Station Activities and Events Committee. Asad explained he wanted to do more to become part of the Cameron Station community. This is what he offered to do:

1. Provide a complimentary entrée for the April 17 Cameron Station Adult Happy Hour.
2. Host an additional Cameron Station Adult Happy Hour on May 1 and provide food and drink specials.
3. Fund the Tucker Elementary Emergency Lunch Fund (used when students do not have funds in their lunch account) for the remainder of the school year.
4. Sponsor Tucker Elementary during the Alexandria Spring2Action One Day of Giving on April 22, giving a percentage of the day's proceeds to Tucker to purchase items to benefit the school.
5. Offer free Kids Meal coupons to Tucker Elementary students who exhibit good behavior or meet academic goals.

These are gracious and generous gestures on Asad's part, benefiting not just the Cameron Station community, but our neighborhood school community as well. This is not the first time Asad has been willing to help. In early April, London Curry House hosted the Annual Lupus Foundation Fundraiser, during which 10% of every food item, beverage, or gift card purchased was donated to Lupus research. On May 2, the restaurant donated space for the Annual Bake Sale for the Wounded Warriors. As of April, London Curry House is open on Mondays, and a free kid's meal is offered with the purchase of each adult meal. Most recently, the staff came to the aid of a neighbor who was admitted to Alexandria Hospital one evening after the hospital kitchen had closed. The staff delivered dinner directly to her room!

If you haven't tried London Curry House yet, now would be a great time to show your support for this community restaurant. Thank you, Asad, and the London Curry House staff. We are fortunate to have you in Cameron Station.



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# DIY Composting

By Debbie Routt

So you're peeling vegetables to make a culinary feast for dinner. Or you just ground Italian roasted coffee beans to make the perfect French press pot of coffee. Have you ever had that nagging feeling and asked yourself "Gee, isn't there something I could do with the peelings (or ground beans, brown lettuce leaves, banana peels, etc...insert frequent kitchen discards here)?"

There is something: DIY/do-it-yourself composting!

Composting is technically a form of recycling. While experts may disagree on the benefits of open- vs. closed-air systems, dry versus wet, contained or uncontained, worms or no-worms systems, just keep in mind that no matter what, you cannot mess up composting. All you have to do is add your ingredients and churn them several times per week.

To start on your road to "greener" living by composting is relatively quick and easy. It should cost around \$15 max, and take about 30 minutes of your time to start.

## Contained or Uncontained

You can make your compost pile with minimal time, effort, and cost by building a starter heap using a plastic trash receptacle with a lid. A wide array of bins is available for sale at home improvement centers. While you are shopping, consider buying a pitch fork, aerator, thermometer, and a probe.

You should drill approximately 4 or 5 holes on each side, bottom, and lid of the trash can you select. The more air that circulates inside your receptacle, the better. Once you finished drilling the holes, fill the can about one-third full with grass clippings and leaves. Spray them with a little water so they are damp.

There is no exact "recipe" for compost, however, the greater the amount of green materials – grass and nitrogen-rich materials such as food scraps – the better your results. Brown materials, such as dry greens and wood, add carbon. Other supplies include soil, finished compost, bone meal, blood meal, ashes, fertilizer rock dust, and starter material.

## Yard Waste

Any yard waste you would typically throw out can be composted. Moist greens will produce odors; using wide surface areas for wood scraps allows it to decompose more quickly. Heat weeds to over 140 degrees to kill the seeds before you add them to your compost. Do not compost sick, acidic, or poisonous plants.

## Kitchen Waste

You can then compost organic food waste, manure, and paper waste. Food waste such as vegetable and fruit scraps, breads, pastas, coffee grounds, egg shells, and tea bags are acceptable nitrogen sources for your compost bin. You can also compost feathers, sawdust, and other such materials.

## Non-Compost Approved

You should not add meat or fats from your food waste. Also avoid rocks, garden weed roots, dairy waste, synthetics, treated wood material, bones, and anything exposed to toxic chemicals.

## Success Steps

To make sure your composter stays sealed, use bungee cords to secure the trash receptacle lid. Try to store your compost bin in a sunny spot to help break things down more quickly. Every few days, have your exercise-starved children (grandchildren, visiting nieces and nephews) roll the bin around your yard to mix things up. When you are by yourself, use a pitchfork to aerate your compost mix. You can check the temperature with a thermometer. Composting will slow down naturally with cooler temperatures.

## Need More Info?

Check out [compostingcouncil.org/factsheets-and-free-reports](http://compostingcouncil.org/factsheets-and-free-reports) for information on composting, as well as health and safety tips. Or go to [www.mastercomposter.com](http://www.mastercomposter.com) for tips, research reports, and best practices. Whatever you do, have fun, and know your first DIY steps will improve "green" practices across Cameron Station.

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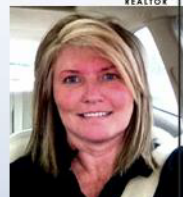
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# HEROES AND HORSES

By Ruth Jenkins (with Lily Engle)

My husband, Phillip Jenkins, is a retired Army Vietnam veteran and I am a retired Department of the Army civilian. I was working in the Pentagon on 9/11 and lost eight close friends in the attack. I grew up poor in Brunswick County, and I know about the need for a good, safe, positive environment for our children.

In 2013, Phillip and I bought a 60-acre farm on Clemmons Road in Brunswick County — it is still mostly forested with pine trees. We established Horseplay Farms, which is a for-profit farm offering boarding, training, camps, riding lessons, trail rides, and anything “farm” experience for Brunswick County children and adults.

We also established Our Heroes, a 501c3 public charity, based at Horseplay Farms, to serve: our Wounded Warriors; veterans; disabled and disadvantaged children; at-risk youth; disabled adults; families of these heroes; and aged, neglected, abused horses.



In addition to providing the equine-assisted therapy programs, it is so peaceful to be at the farm with the animals and little or no “electronics.” I read recently a school system had taken a group of students, sent them to a farm once a week for a couple of hours — and at the end of the test

period, they measured a noticeable decrease in the stress level of the children. As you see from the pictures, we have trees, picnic tables, and a pond with fish the kids love to feed. We also have a trail cleared around the perimeter of the farm for riding, walking, jogging, etc. The future plan is to have small trail markers that name the native plants, trees, and animals along the trail — one unique, native plant is the Venus Flytrap!

For our summer camp program last year, Phillip made bird house kits for the kids and each child painted and assembled their bird house to take home. The Brunswick Search and Rescue Team (who trains at the Farm) came each week and gave the kids a “Hug a Tree” demonstration and sent them home with an individual survival kit — the Hug a Tree Program teaches children what to do if they are lost in the woods — basically hug a tree and stay in place. The kit contains a large plastic bag to make a simple protective covering; and a CD used for signaling, etc.

The kids had a full week of horse education and riding, doing tasks around the farm, riding the tractor, fishing with cane poles, water balloon fights, creating their own slip and slide, etc. — no cell phones/iPad/etc. allowed!

We have volunteers who come out and work with their hands, work with the horses — and enjoy the Farm.

We are having a ball with school field trips, scout camping activities, working with special needs kids, our Camp Lejeune Heroes — it is all so rewarding.



Even though both activities are start-ups, we accomplished a lot in 2014, including: providing on-site clinics at Camp Lejeune, NC; hosting active-duty Wounded Warriors and their families for a weekend at the Farm; hosting a “First Responders Appreciation Day”; sponsoring summer camp attendance for abused and/or under-privileged children; providing one-on-one therapeutic riding sessions for Wounded Warriors; providing a training venue for the Brunswick Search and Rescue team; and sponsoring a “Bands for the Brave” recognition for our military personnel (active duty, National Guard, reserve, retired).

In 2015, our goal is to expand/increase the “Heroes” served to include:

- (1) CLASS FIELD TRIPS: \$250 sponsors a class field trip filled with equine and farm education events and a horse ride for each child.
- (2) SUMMER CAMP: \$300 sponsors one underprivileged/disabled/at-risk child’s exciting one-week summer camp, filled with farm and equine activities. Our goal is to sponsor/subsidize 50 disadvantaged children for a one-week day camp program.
- (3) ON-SITE CLINICS, CAMP LEJEUNE: \$500 sponsors one on-site equine-assisted therapy clinic at Camp Lejeune for our active-duty Wounded Warriors under treatment through the Phoenix Program for PTSD and/or substance abuse. Additionally, the clinical psychologist who manages the Phoenix Program has already inquired about a weekend at the Farm in May for her patients.

*(Continued on page 26)*



# Advertising & Submissions Policies & Procedures

## Advertising:

The *Compass* newsletter is published bimonthly and distributed to approximately 1,800 residences, as well as displayed on the Cameron Station website. 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 in JPEG or TIFF format: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. Ads appear in black/white in printed copies; but are displayed in color on the website. 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 September to first week of October.

## 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. 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 (3.5" x 4.5") .....	\$150
1/8 page (3.5" 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](mailto: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.



**Put on your super cape...** it's time for an adventure! Our all-new Super Kids' Quest Summer Camp is full of exciting, creative missions where kids will exercise their muscles, imaginations and cooperation skills to complete a different Quest each day! Plus, flexible scheduling options allow you to sign your Super Kid up for several weeks, a single week or even just a day at a time!

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Buy One, Get One Offer cannot be applied to previous camp day purchases. You can use Buy One, Get One for up to 10 free days of camp (20 total camp days) and the coupon can only be used one time. Expires on June 30, 2015.



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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](mailto:communitymanager@cameronstation.org)

**Deirdre Baldino**, Assistant Community Manager  
[assistantmanager@cameronstation.org](mailto:assistantmanager@cameronstation.org)

**Meghan Marville**, Covenants Administrator  
[covenants@cameronstation.org](mailto:covenants@cameronstation.org)

**Stephanie Herbolsheimer**, Administrative Assistant  
[admin@cameronstation.org](mailto:admin@cameronstation.org)  
703-567-4881, 703-567-4883 (fax)

**Psy Scott**, Director  
Cameron Station Fitness Center  
[cameronclubfitness@gmail.com](mailto:cameronclubfitness@gmail.com)  
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](mailto:angela.lucker@fsresidential.com)

### Carlton Place Condominium:

Abaris Realty

Phone: 301-468-8919 After Hour Emergency: Same  
Dany Abebe, Property Manager, [dabebe@abarisrealty.com](mailto: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](mailto: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](mailto:jlyons@phacm.com)

### Oakland Hall & Woodland Hall Condominiums:

CMC

Phone 703-631-7200

After Hour Emergency: 301-446-2635

Jackie Deane, Property Manager  
[jdeane@cmc-management.com](mailto:jdeane@cmc-management.com)

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# Book Clubs

## Monday Night Bookball

Monday Night Book Ball has openings for new members – contact P.J. at [sottilepj@aol.com](mailto:sottilepj@aol.com).

Jun.: *The Storied Life of A.J. Fikry* by Gabrielle Zevin

Jul.: *Big Little Lies* by Liane Moriarty

## Reading Between the Wines

Jun.: *Growing Up* by Russell Baker

Jul.: *Confessions of a Wildlife Filmmaker* by Chris Palmer

## Third Tuesday Book Club

New members are welcome. Just email Mary Birchler at [MHBirchler@gmail.com](mailto:MHBirchler@gmail.com).

Jun.: *Wild* by Cheryl Strayed

Jul.: *Doc* by Mary Doria Russell

Aug.: *Driving the King* by Ravi Howard

Sep.: *True Story: Murder, Memoir, Mea Culpa* by Michael Finkel

## Heroes and Horses

(continued from page 23)

In addition to the above specific uses, we also need donations in any amount to provide one-on-one therapeutic riding sessions with our served population. Included in this population are Brunswick County Public School special needs children who receive limited equine therapy sessions during the school year, but we are seeking donations to enable us to provide this valuable, life-changing therapy for the children throughout the year. We also need support for feed and veterinarian care for several aged horses who have found their “end of life” home with Our Heroes.



We also welcome corporate sponsorship to support Our Heroes, for: an outdoor arena, additional paddocks, and run-in shelter for each paddock; second electrical meter; pastures (fencing, fertilizer, and seed); and to construct enclosed stalls for boarding. We are also in need a four-wheeled utility vehicle or golf cart to more easily transport our Heroes who are unable to walk more than very short distances.

For more information:  
[www.ourheroesinc.org](http://www.ourheroesinc.org) and  
[www.horseplayfarms.org](http://www.horseplayfarms.org).





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National Association of Residential Property Managers



# Support Your Local Beeks: Not All Honey Is Made Equal

By Debbie Routt



Photo by David Thorpe

Some say local honey can cure your seasonal allergies, and others say it's just plain good. Whether you want to reduce your carbon footprint or support local agriculture, when you buy honey made by bees in your neighborhood, it is a good thing to do. But there's another reason you should support your local "beeks," or beekeepers, when buying honey: your own health safety.

International honey launderers (yes, honey is "laundered," just like money) ship contaminated honey from many countries, with few or nonexistent quality controls, to the U.S., often using intermediaries, who may falsify shipping labels or other documents. The honey you purchase at your grocery chain might be labeled as a product of Australia, Thailand, or India, but there's a good chance it came from an unspecified corner of Asia or other imprecise location. Barrels of honey have been known to travel from one far-flung country to one or more foreign countries, where they are re-labeled and re-shipped to the U.S., and distributed by packing companies. Such firms are usually unaware of the scheme.



Photo by David Thorpe

This "laundered" honey can be diluted with corn syrup or sugar water, and you may not know you are being ripped off. Of greater concern is the likelihood of antibiotic or pesticide contamination of such impure honey.

According to the Virginia Beekeepers Association (VBA), [www.virginiabeekeepers.org](http://www.virginiabeekeepers.org), nearly four dozen beekeeping clubs are organized around the state. VBA offers beekeeping classes, a Master Beekeeper Program, and various resources like national, state, and local sites, a bee website, supplies (queens and nucs), and retail information on wooden-ware equipment to raise honey bees, harvest comb, pollen, propolis, and other bee "products," in addition to their delicious golden nectar.

Virginia boasts raw, clover, wildflower, tulip poplar, black locust, wild rose, blackberry, buckwheat, and infused honeys (lavender or cinnamon), just to name a few. So next time you head to the West End Farmers Market, or venture to your favorite neighborhood retailer, be sure to ask about local honey, made with love, by bees in Virginia. They, their beeks, and your good health, will benefit!

To find local Virginia honey retailers, go to [vafinest.va-vdacs.com/?category=Honey](http://vafinest.va-vdacs.com/?category=Honey).



Photo by David Thorpe

# The compass

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