Upcoming Events

Spring Yard Sale
Saturday, April 13 (Rain Date April 27)
8am - 1pm

West End Farmers Market Opening Day
Sunday, May 5
8:30am-1pm

Family Happy Hour at the Gazebo
Friday, May 17
5:30 - 7:30pm

City Council Visits Cameron Station

John Chapman, Allison Silberberg, Timothy Lovain, Redella Pepper, Paul Smedberg, Justin Wilson. If these names sound familiar (and they should), it’s because as of January 2, 2013, they began serving three-year terms on the Alexandria City Council. The group, which includes two freshmen members, was on hand Tuesday evening, February 22, at the Cameron Club to meet, mingle, and discuss local issues with Cameron Station residents.

The event, which was organized by the Cameron Station Civic and Community Associations, was attended by approximately 50 residents. The associations invited the City Council and Mayor William Euille to learn first-hand what was on the minds of Cameron Station residents.

Remarkably, the mayor and his council were all able to juggle their numerous committee meetings, and all were in attendance. Their presence showed great commitment and was a rare chance to get to know them and to get answers and updates.

Though most of the evening was very informal, Mayor Euille and the council did make some official remarks. The mayor spoke about his gratitude for having the opportunity to hear from city residents. He said that he and the council are always available and can be reached through their “Call. Click. Connect.” effort. The online portal to city services and resources can be accessed directly from the Alexandria City home page at www.alexandriava.gov. (See page 10.)

Other council members spoke specifically about issues that impact the West End. Current issues that the city

(Continued on page 10)
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 printed newsletter in which their ad appears. Estimated (not guaranteed) time of delivery for the next issue is the last week of May to first week of June.

Article Submissions:
Any submissions for publication must include 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.

Advertising Rates:
Display Ads (Camera-ready)
1/2 page. ........................................... $220
(horizontal: 7” x 4 ½”;
vertical: 3 ½” x 9 ¼” )
1/4 page (3 ½” x 4 ½”) ............... $135
1/8 page (3 ½” x 2”) .................. $110

Classified Ads (Limit 35 words)
Resident................................. $5
Non-resident......................... $25
Lost & Found, Carpool, etc. ....... Free

Checks should be addressed 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.

About . . . The Compass

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

Back issues of The Compass are available online at www.cameronstation.org. Roll over the “Community” button at the top and go to “Newsletters.”

Editor-in-Chief: Judy Coleman

Editorial Staff: Carla Besosa, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Shandra Kotzun, Cynthia Longo, Barbara Martinez, Deirdre Scott, Pat Sugrue
West End Farmers Market Opens May 5

By Susan Birchler

Spring is around the corner – and just in time to save my tastebuds. I don’t know about you, but I am sick of carrots and yams. And I know I’m not alone. Members of our community regularly greet me by asking, “When is the market opening?”

Good news!

The West End Farmers Market will open for its sixth season on Sunday, May 5. All of our favorite vendors will be there plus a few more.

Don’t miss the opening few weeks. There will be specials, giveaways, and children’s entertainment – not to mention all those crunchy, crispy, yummy vegetables and fruits that our farmers have just picked for our market.

Check our website and Facebook page and follow us on Twitter for regular updates on events, as well as a full list of our vendors.

We look forward to another terrific season! Thank you for your support.

Susan Birchler – Director
Steph Arbieto – Social Media Director
John O’Hare – Market Manager
Don Birchler – Market Manager
Michael Henry – Market Generalist

West End Farmers Market
Open from May to November
on Sundays from 8:30am to 1pm.
www.westendfarmersmarket.org
Facebook: West End Farmers Market
Twitter: @wefm_

Seeking Input on Clubhouse A/V Systems

By Marty Menez
Member of the Cameron Club Facilities Committee

The Board of Directors is soliciting residents’ input about adding audiovisual systems to the three new meeting rooms at the Cameron Club. Residents are invited to speak during the Residents’ Forum at the April 23 board meeting or to send their views to Community Manager Airielle Hansford at ahansford@cameronstation.org.

The board would like to hear about residents’ recommendations for how these meeting rooms could best be equipped for events and activities such as movie nights, Super Bowl parties, family communication via Skype, webinars, and so on. The board would also like to identify residents with expertise who could be consulted in planning and fitting out the new rooms. We look forward to your input!

Help Improve the Fitness Center

By Ray Celeste
Chair of the Cameron Club Facilities Committee

The Facilities Committee is grateful for all of the input it has received for the Fitness Center over the years from residents and Fitness Director Kevin Horner. We are constantly striving to improve the facility and are delighted with the improvements to the Fitness Center. Please keep the suggestions coming. Our Board of Directors has been very amenable to supporting equipment changes and policy changes if they are affordable and make sense for our community. We are excited about the reopening of the entire Cameron Club. So much work has taken place, and we think the newly renovated clubhouse will make living in Cameron Station all the more fun.

Starting a club?

Residents of Cameron Station who are starting clubs or want to invite new members should send an announcement about their group to The Compass by sending an e-mail to: thecompass@cameronstation.org.

Cameron Station Singles Meetup

Cameron Station residents have started a new singles group for activities, pot lucks, and other events. We are already 20 members strong! Meetings will be organized on Meetup.com. For more details, visit www.meetup.com/Cameron-Station-Singles.
On the rainy night of February 26, the Board of Directors of the Cameron Station Community Association gathered in the lunchroom lounge of the Passport MINI dealership on Duke Street to hold what the board hoped would be its last off-campus meeting due to ongoing renovations of the Cameron Club. The board has been grateful to Passport MINI for hosting its off-campus meetings.

Surrounded by posters of Mini cars, and seated at tables with ketchup bottles and salt and pepper shakers for centerpieces, the board carried out its usual business even in this very unusual setting.

New Clubhouse Security System

One key agenda item at the meeting was discussion of security and access systems for the clubhouse. A consultant from security firm SETEC discussed the various options available to the board as it determines the best way to equip the newly renovated Cameron Club. The new security system will use proximity cards rather than swipe cards. (At its March 26 meeting, the Board approved the first phase of the security installation.)

Police Report

Deputy Chief Blaine Corle of the Alexandria Police Department reported on an attempt to crack down on dangerous driving near Samuel W. Tucker Elementary School, where some drivers have been swerving around parked buses into oncoming traffic. The board requested that the police also speak to the school board about the buses that park and stack up on Cameron Station Boulevard, obstructing traffic.

There were also a few minor offenses within Cameron Station, including a package theft and two vehicle break-ins. In addition, an unknown person had dumped about 100 gallons of what appeared to be cooking oil in Backlick Run.

Financial Matters

Treasurer Robert Duncan reported that there was a brief spike in the delinquency rate in January because one of the condominium associations was late in paying its dues. He also reported on the reinvestment of association funds in two CD accounts. The board anticipates that historically low CD return rates over the past few years would start to show as more recent CDs reach maturity, but the sense was that there would be little material effect because interest income represents a very small percentage of the overall budget.

The board approved Cameron Station resident Jeff Gathers as the new chair of the Financial Advisory Committee. The board approved several vendor contracts referred by the Common Area Committee, including contracts for fountain maintenance and tree trimming. Board members Michael Johnson and Alvin Boone asked that management provide more information about the recommendation of the contracts so that the board could be confident the association was getting the best deal possible.

Report from Neighboring Associations About I-395 Flyover Ramp

The board heard a brief presentation from nearby resident Sue Okubo about the new flyover ramp that will be constructed to handle traffic from the I-95 HOT lanes to I-395. The terminus of the ramp was originally planned for Seminary Road but has since been moved back to a point between the Duke Street and Edsall Road exits. Okubo, a resident of the Overlook neighborhood, has formed a residents group that wants VDOT to conduct a site-specific analysis of pollution and traffic associated with the new ramp. She asked the board to sign onto her letters to local government officials. Board President Nick Giannotti said the board would discuss the matter and suggested she raise the issue with the Cameron Station Civic Association as well.

Other Business

The board approved two new members of the Communications Committee and heard reports on the renovations, which at that time had not yet received final approval from the city. (For more information on the renovations, see next page.)

Vehicle Fire in Cameron Station Garage

At about 9pm on Tuesday, February 26, what sounded like small explosions followed by sirens drew many residents in the western end of Cameron Station to their windows. A vehicle had caught fire in a garage at the corner of Bessley Place and Cameron Station Boulevard, according to the Alexandria Fire Department. The popping tires on the vehicle made the explosion sounds that residents heard.

The fire was contained to the garage and largely extinguished by the sprinkler system. Units from both Alexandria and Fairfax County responded to the alarm and were on the scene for less than an hour.

Building codes require homes with four or more stories to have sprinkler systems, according to a Fire Department spokesman.
Renovations in the Home Stretch

Story and photos
by Judy Coleman

The Board of Directors does not have a firm date for the reopening of the Cameron Club. Local permitting was delayed, first, because of issues with the sprinkler system, and currently, because certain kitchen design elements are not compliant with the Americans with Disabilities Act. The contractor must also replace the carpet and the locksets on the interior doors. The board is currently addressing these issues with the contractor and the architect.

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The stairs leading to the second floor meeting rooms and workspaces.

The entry to the Victoria Hebert Great Room.

Second floor workspaces.

The new kitchen off the Great Room.

Plans and schematics for the renovations.
Pride of Ownership Awards: Nominations Due May 20

By Susan Willis
Vice-Chair of the Common Area Committee

It’s that time of year when members of the Common Area Committee start to look forward to recognizing and rewarding our wonderful neighbors who work so hard to create and maintain award-winning properties. Let’s all start looking around our community throughout April and May, and then nominate yourself and your neighbors for our annual Pride of Ownership Award.

What are we looking for? We will be judging the outward appearance with regard to landscaping. That includes the condition of the turf, well-shaped and pruned shrubbery and trees, and aesthetically pleasing and weed-free gardens. Owners should make sure that any added hardscape, decorative pots, or other landscape decor complies with Cameron Station Design & Maintenance Standards and condo covenants requiring pre-approval.

So, let’s get to work! Nominations should be received by Monday, May 20 (email commonarea@cameronstation.org). Judging will take place and winners will be notified within two weeks of that date.

We hope to present these awards at our annual pool party. If you or your organization would like to sponsor or help fund one of the prizes, please send an email to the above address. Thanks for your interest in helping to keep Cameron Station beautiful. Remember, we won the Community Beautification award from the City of Alexandria in 2012, so let’s keep up the good work!

TOKA Named Favorite “Neighborhood Spa”

Cameron Station’s TOKA Salon has received accolades recently from Vogue and Washingtonian magazines. Vogue recognized TOKA for getting “power hair” in Washington, DC in its fall “Best Dressed” issue. Washingtonian also listed TOKA’s Cameron Station location as one of its top four neighborhood spas. The reviewer called TOKA “one of the best salon spas in the area.”

Nerd Alert!

The Financial Advisory Committee is seeking new members to help manage the finances of the Cameron Station Community Association. You must be a homeowner in Cameron Station. Financial experience preferred, CPA or accounting expertise would be a bonus. Contact fac@cameronstation.org for more information.

Meeting Calendar

All meetings start at 7pm unless otherwise indicated.

Please check www.cameronstation.org to confirm the time and location for each event.

Mon., Apr. 1: Activities and Event Planning Committee
Tues., Apr. 2: Architectural Review Committee
Tues., Apr. 9: Common Area Committee
Thurs., Apr. 4: Civic Association
Thurs., Apr. 11: Cameron Club Facilities Committee
Mon., Apr. 15: Communications Committee
Thurs., Apr. 18: Financial Advisory Committee
Tues., Apr. 23: Board of Directors
Let’s talk about shade! Shade is a fact of life for many gardeners in Cameron Station; some folks have garden spots that never receive full sun, and many places get a bit of sun, but nowhere near enough to support summer bloomers like geraniums or zinnias. But don’t despair; there are many plants that will thrive in shade and will light up your up your garden spots this summer.

**Watch Out for Impatiens**

Before we go any further, a warning is necessary: Impatiens, which are usually a shade gardener’s favorite, may be affected by downy mildew this year, and planting is not recommended. You will still see impatiens for sale in many places because they have been grown in sterile conditions, but once they arrive at your house, you cannot assume they will remain in good health because the pathogen that causes downy mildew persists in the soil and is also spread by airborne spores. Best just to cross it off your list. (While the New Guinea impatiens is not susceptible to the disease, it is a finicky grower and not as carefree as other plants you could consider.)

**Getting Some Color**

For a summer planting that will provide some color in the shade, you can always count on Coleus. It is super easy to grow and comes in eye-popping colors and patterns, grown of course for its showy leaves.

Begonias are another good performer, and for a bit of variety, consider the graceful dragonwing types. Tuberous begonias, although expensive, are also worth considering for their luscious big blooms, and their tubers can be dried and saved over the winter.

Caladiums, like coleus, are grown for their big, beautiful leaves and have a bulb that can be saved year to year. Caladiums are found in tones from cool silvery whites to hot, hot magentas, and full shade does not slow them down at all.

Mona Lavender Plectranthus will grow in the shade with delicate blue flowers covering the top of a bushy, rounded plant. It needs a little room to spread out by summer’s end, however.

**Native Plants**

There are wonderful native plants that bloom in the shade and have the advantage of attracting the birds and butterflies that add such a wonderful dimension to our outdoor spaces. For spring blooms, try the native Cardinal Flower, Lobelia cardinalis, sunny yellow Golden Groundsel, Packera aurea; or Foam Flower, Tiarella cordifolia. For blooms later in the season, mix in Zig Zag goldenrods, Solidago flexicaulis; fragrant Hoary Mountain Mint, Pycanthemum incanum, silvery blue all summer with small white flowers later on; or White Wood Aster, Eurybia divaricate. All three are 100% guaranteed to bring butterflies.

These native plants will all come back on their own. Throw in a cinnamon fern or two, Osmunda cinnamomea, with their showy fronds, and you will have something interesting and new to watch and enjoy all summer long.

**Shade Gardening Tip**

Watering in the shade is much the same as watering in the sun: you have to supply water when the plant needs it, and you need to discover how to tell. Watering early in the morning is always the best practice; it helps prevent molds and mildews by allowing surfaces, both soil and plant, to dry out before evening.

Suzanne Dingwell is a Cameron Station resident.

**Where to Buy Shade Plants**

Greenstreet Gardens
1721 W. Braddock Rd.
(intersection of King St. and Quaker Ln.)
www.greenstreetgardens.com

Nature by Design (native plants)
300 Calvert Ave.
(off Rte. 1 by Potomac Yard)
www.nature-by-design.com

Nalls Produce
7310 Beulah St.
(up the road from Ft. Belvoir)
Birgitta Dewell is not a jewelry maker by trade. Her “real” job is Strategic Account Executive for CVS Caremark, a high-intensity, high-pressure position that she handles from her house on John Ticer Drive. As she explained, “The only jewelry involved in this job is when I dress up to meet a client!”

But jewelry making has become a passion for B (as she is called by her friends), and after a year of filling her free time with her hobby, she has decided to turn this hobby into a helping hand for local charities.

Flash back, first, to one of those important client meetings, when B went looking for a classic pendant necklace to complement her serious business suit. Not having much luck, she came upon the Potomac Bead Company in Old Town Alexandria and was captivated by the beauty of the items in the window. She also saw its sign for jewelry-making classes. This sounded like something that would be fun, enable her to create the kind of jewelry she would like to wear, and perhaps even have a “medicinal” component – provide some relief from the stress of her job.

B was right on all counts. But she knew she “might be opening a Pandora’s Box.” Her friends fell in love with her designs, she fell in love with the process, and B found herself making more jewelry than she and her friends could use. Her friends urged her to sell her jewelry, but she wasn’t confident that others would respond to her designs as she and her friends did. She decided to test the idea by holding open houses, where her jewelry was showcased and guests enjoyed champagne and hors d’oeuvres in a friendly, no-pressure environment. The open houses were a success, her designs were well received, and B’s hobby developed into a small business known as “B Candy Collection.” (The name combines her nickname and her husband’s last name, and also conveys her belief that “jewelry is a kind of candy.”)

Well, B is now ready to turn that candy into a sweet deal for Alexandria charities. Beginning with her next open house on May 19, B will donate 10% of her gross sales to a local organization. An avid dog lover and devoted to her French bulldog Louis Bon Bon (aka Lou Candy), she is selecting the Alexandria Animal Welfare League as her first recipient. (A perfect choice for dog-friendly Cameron Station!) Guests will find necklaces, earrings and bracelets, with an emphasis on gemstones, Swarovski crystals, and wire, metal and sterling silver designs. (B does not mass produce her work, but rather makes only one or two of the same design.) She hopes to hold open houses several times a year, with a different Alexandria charity benefitting each time. And her collection will be growing – B plans to take classes at the Torpedo Factory, where she will learn soldering and metal manipulation to be able to create more unique designs from scratch.

B invites her Cameron Station neighbors to her next open house on Sunday, May 19, at 4909 John Ticer Drive, 1-4pm. You may see a sampling of her designs on Facebook – B Candy Collection – or at www.bcandycollection.etsy.com, but having seen some of her pieces in person, I don’t think the photos do them justice! To RSVP, please contact B at info@bcandycollection.com or 301-648-7147.

Neighbors in the News

Cameron Station is filled with interesting people doing interesting things. If you would like to be recognized in a future issue of The Compass, or if you have a neighbor you think deserves recognition, please email information to thecompass@cameronstation.org.

By Pat Sugrue

Cameron Station Neighbor Adds Fun to Fundraising

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A Slow Start to Spring

Disposing of Electronics and Hazardous Substances

City of Alexandria residents may dispose of household hazardous waste such as leftover paint, cleaning solvent, and other hazardous household materials safely, conveniently, and at no cost through the Household Waste Facility, 3224 Colvin Street. The city also accepts computers, televisions, VCRs, printers, stereos, cellular phones, and many other types of electronics at this site.

The facility is open Mondays and Saturdays (except holidays) from 7:30am to 3:30pm. The facility is available to city residents only; photo identification will be required to prove residency at time of drop-off. No appliances (air conditioners, dehumidifiers, microwaves, etc.) are accepted.

For more information about the Household Hazardous Waste Facility or about household hazardous waste collection, including lists of acceptable waste items, please visit www.alexandriava.gov/tes.

Lupus Fundraiser at Cafe Pizzaiolo

Cafe Pizzaiolo hosted a fundraiser for the Alexandria Lupus Support Group on March 20 at its Cameron Station location. The event raised over $1,600.

Organizer Carla Besosa reports that the attendees ate, drank, stocked up on beer/wine, bought gift cards, made donations to the Lupus Foundation, and participated in a drawing. In the end, Besosa said, “it’s good for the cause, it’s good for Pizzaiolo, and it promotes a sense of camaraderie in the neighborhood.”

Besosa expressed her gratitude to Cafe P’s owners, Christine and Larry Ponzi for their support in hosting community events.

Local Events

Sat. April 20:
Alexandria Earth Day Festival in Ben Brenman Park. 10am-2pm. Features live music, food and drink, live animal exhibits, and the annual spring tree sale.

Thurs. April 18 - Sun. April 21:
Beatley Library Book Sale. For more information, visit www.alexandria.lib.va.us.

Photos by Janice Wolfe-Easley
City Council Visits Cameron Station
(Continued from page 1)

is managing and planning include long waiting lists for enrollment at Samuel W. Tucker Elementary School, the groundbreaking of the Landmark Gateway construction, West End transportation growth, and the anticipated Fall 2013 closing of Mango Mike’s.

While enjoying wine, sandwiches, and desserts, residents discussed issues such as the impact of the pending federal government sequestration on the city budget. Alexandria has a “fund balance” that can be tapped into should federal budget cuts impact grants that fund crucial resident services.

Another hot topic of concern was the recurring Norfolk Southern ethanol spills. The most recent spill at the transloading facility, located behind a portion of Cameron Station by Boothe Park, occurred on February 12, 2013. The previous spill occurred on September 5, 2012. The spills have been determined to be non-hazardous to the neighboring community.

With so much change happening in the West End, it’s unfortunate that resident attendance at the meeting wasn’t greater. Fortunately, we have the Civic and Community associations to represent our universal interests.

Cameron Station Residents Appointed to City Commissions

By Judy Coleman

The City Council recently appointed Mindy Lyle to the Board of Zoning Appeals and Derek Hyra to the Planning and Zoning Commission. In addition, Compass editor Judy Coleman was appointed to the Park and Recreation Commission last September and is now Vice-Chair.

Alexandria’s citizen boards and commissions advise City Council and staff on local policy and legislation. As focus shifts from the Waterfront to the West End, these citizen groups play an increasingly important role for Cameron Station. Local redevelopment, school and park planning, and transportation issues are frequently front and center.

A current list of commission vacancies is on the city’s website at http://alexandriava.gov/Boards.

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Cameron Station References Available

- Clean Kitchen Sinks/Counters
- Clean Inside Microwave
- Clean Outside of Appliances
- Wipe Cabinet Doors
- Clean Table & Chairs
- Mop/Wax Tile Floors
- Make Beds & Change Linens
- Remove Trash
- Vacuum All Carpet Areas
- Remove Cobwebs
- Sanitize Bathroom Fixtures
- Clean & Sanitize Tubs & Showers
- Polish Chrome Fixtures
- Wash Bathroom Floor
- Dust Sills, Ledges & Baseboards
- Dust Furniture/Shelves/Pictures

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Tucker Elementary News  By Jocelyn Katsock

Registration Begins April 8
Kindergarten registration for Samuel Tucker Elementary begins Monday, April 8. To register your child, please schedule an appointment with Registrar Adelle Tolle at 703-933-6300. If you missed the February Open House, the school will schedule individual tours for families by appointment. Please inform new neighbors with children moving into the neighborhood that school starts in August.

Annual Fundraiser for Spring Fling
The Tucker Elementary Spring Fling fundraiser will be held April 19. This annual fundraiser, run by the PTA, supports school staff and facilities. If anyone in the Cameron Station community is interested in donating to the auction, donations are greatly appreciated! Donations are tax-deductible. Please email the PTA at tuckertigersroar@gmail.com to donate.

Jocelyn Katsock is a Cameron Station resident and Tucker parent.

City Launches New Hotline for Resident Questions
“Call. Click. Connect.” is the City of Alexandria’s new online system for the public to enter, track, and resolve service requests. It is designed to help the city respond more efficiently.

Users can call 703-746-HELP (4357), or click the web portal on www.alexandriava.gov to access information and connect with the city government. Users can create and track the status of their own requests, from start to finish, either online or by telephone. A Contact Center staffed with experienced professionals is also available to respond to customer inquiries.

The city plans to use the information documented through Call.Click.Connect. to track service request trends, determine emerging policy concerns, improve service delivery, and make better policy decisions.

Resources at CameronStation.Org
Calendar of Events and Meetings
Fitness Center Information
Board Minutes and Agendas
CSCA Policies
Back Issues of The Compass and more...

Book Clubs
In each issue, The Compass lists books currently being read by the two resident book clubs, primarily for other residents’ interest. The book clubs are not accepting new members, except as noted below.* If you have a book club and want to share what your members are reading, please contact The Compass at thecompass@cameronstation.org.

Monday Night Bookball
April: Ancestor Stones by Aminatta Forna
May: The Sun Also Rises by Ernest Hemingway
* Limited openings available. Contact: P.J. at psottile@steptoe.com.

Reading Between the Wines
April: Annie Freeman’s Fabulous Traveling Funeral by Kris Radish
May: Gone Girl by Gillian Flynn

Cameron Club
Fitness Center Hours
Monday-Friday
4:45am-11pm
Saturday-Sunday
7am-8pm
The Fitness Center’s regular hours will be in effect every day, except for the following:
Closed:
Thanksgiving Day, Christmas Eve, Christmas Day, New Year’s Day
Closing at 6pm:
Fourth of July, Thanksgiving Eve, New Year’s Eve
Opening at 8am:

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The Compass
March/April 2013
www.cameronstation.org
This article is one of a continuing series about the history of Cameron Station street names. In the January/February issue of The Compass, we talked about Henry Crecy Yarrow, who owned the land here during the 1890s.

Cameron Station Street Names: Kilburn Street

By Judy Coleman

In 1903, Dr. Yarrow sold his farm, “The Meadows,” to United States Navy Commander William Kilburn and his wife Helen. Kilburn had recently retired from the Navy, in which he had served for nearly 30 years.

The Kilburns were faced with disaster almost immediately after they moved onto the land. A fire destroyed a number of the farm buildings on April 22, 1904. The Alexandria Gazette reported that the fire was caused by a defective flue and that it destroyed most of the furniture in the house, which was a “familiar landmark” in the area. For a time, the Kilburns lived as the guests of a family who lived by the Seminary.

Commander Kilburn kept a low profile in the community—at least compared to his highly public father-in-law, Rear Admiral Bartlett J. Cromwell. Kilburn, however, had a respectable Navy career of his own, culminating in his service as captain of the U.S.S. Aileen during the Spanish-American War. Aileen was originally a private yacht but had been outfitted for military service by the New York State Militia. During the war, Aileen patrolled up and down the Atlantic Coast.

Prior to his service on Aileen, Kilburn held a number of posts both on and offshore. He was appointed to the Naval Academy from California in 1865 and did tours on a number of convoy ships. He also served as an ordnance inspector and as an officer on training ships. In 1890, at the age of 51, he married Helen Huber Cromwell, the 19-year-old daughter of Rear Admiral Cromwell. They had a son, Charles, who later attended West Point and became a colonel in the Army. Kilburn had previously been a widower, and had a son from a prior marriage, Dana.

Kilburn does not have much of a documentary record but appears as party in two lawsuits. In Kilburn v. United States, he sought backpay for a period of time at the beginning of his naval career where he was on leave, having announced his intention to resign. Suffice it to say, he was not successful in that suit.

Kilburn was also named as a defendant in Alexandria Circuit Court in Cogan v. Kilburn, a suit that appears to have been brought by a local plumber. The nature and result of the suit are unknown.

The Kilburns did not stay long in the Alexandria area. They sold The Meadows in 1906 and apparently stayed with the Cromwells at their posh DC address near Dupont Circle for some years thereafter. That house, at 1525 New Hampshire Avenue NW, is now the Embassy of Mozambique.
The Compass Visits: The Brew Ridge Trail

By Judy Coleman and Rupert Munro

This article is one in a series about destinations within a day’s travel of Cameron Station.

Looking for a trip the men in your household can enjoy? Consider The Brew Ridge Trail, a cluster of breweries located just south of Charlottesville at the foot of the Blue Ridge Mountains. There are also wineries, a cidery, and a meadery in the area to accommodate diverse beverage interests in the same household.

The anchor of the Brew Ridge Trail is 2010 World Beer Cup Champion Small Brewery, Devil’s Backbone Brewpub. Located near the Wintergreen Resort in Nellysford, Virginia, Devil’s Backbone has produced numerous award-winning beers, including its Vienna Lager and Eight-Point IPA. While both of these fine beverages are available at our local Harris Teeter (Total Wine carries their heavier Dark Abbey Ale), it’s much more fun to go straight to the source and enjoy the wonderful atmosphere of its log-cabin-style smokehouse. Built from reclaimed tobacco barn wood, the building is nestled behind Ski Barn and has plenty of parking for the horde of fans that turn up every night. The bar affords patrons a glimpse of the giant vats used to brew some of the beers, as well as examples of the local wildlife adorning the walls. Be warned, Devil’s Backbone will be packed on the weekend, but it’s well worth the wait, and there’s often live music to while away the evening. Craft beer fans, remember to take a growler!

Just five minutes up the road is the Wild Wolf Brewing Company, a relative newcomer to the area. The brewpub is located in the renovated Nellysford schoolhouse and has a cute covered patio which, as luck would have it, also features live music. The back section, like Devil’s Backbone, shows off the brew room, but it is much more intimate, with a handful of tables and a dozen seats at the bar. The atmosphere at Wild Wolf may be a little more muted than the bustling Devil’s Backbone scene, but the beer holds its own, and the place has become more popular over time and is a necessary stop on the Trail.

Before leaving Nellysford on the trip north, it is worth a stop at the Bold Rock cidery, which is right on the main road. Just last year, one of the world’s best cider-makers and former brew-master for Magners moved to the Blue Ridge area from New Zealand and helped found Bold Rock. It’s had tremendous success so far, and you can even find its two cider drinks by the bottle at Total Wine. There’s a warm welcome in their tasting room (dogs are welcome, too) and tastings of all three blends are complimentary, although it’s hard not to purchase a six-pack of each to take home.

The third brewery on the Trail is the Blue Mountain Brewery. This is the easiest and probably most child-friendly of the three brewpubs. It is located closer to the main junction with Route 6 and has a more open outdoor space. They have a good selection of food offerings and a decent beer and wine list.

Virginia wine-lovers in your group can also pay a visit to Wintergreen Vineyards (just up the road from Devil’s Backbone) and to Afton Winery.

Fortunately, after all this eating and drinking, there are a number of activity options in the area, including the hiking trails at Wintergreen Resort (where there is also a spa and golf course) and some of the flat trails on the Rockfish Valley Loop. A new natural history center has just opened on the valley floor, and the staff can guide you to the right options.

To get there: Take I-66 West to Exit 43A for Route 29 South. Head south to Charlottesville, then follow signs for Route 250/I-64 West. Take I-64 West to Exit 107. Turn left onto Route 250, go about five miles, then turn left onto Route 151. It is about 12 miles to Nellysford.

The Breweries

Devil’s Backbone
www.dbbrewingcompany.com

Wild Wolf Brewing Company
www.wildwolfbeer.com

Blue Mountain Brewery
www.bluemountainbeer.com
Restaurant Review: Dos Amigos

By Carla Besosa

Dos Amigos means two friends, but who are these two friends? Hector Lobo and Ricardo Arias, two very experienced restaurateurs committed to providing you with a positive culinary experience.

Dos Amigos is adjacent to the Braddock Road Metro station and easily accessible by vehicle as well. Though the space is small, it has a lot to offer. Seating options include traditional tables, high tables, and the bar. The walls sport a red/aqua color combination, and there are plenty of windows and an open kitchen. Displayed on the walls is Candace Clifford’s photographic series “Images from Oaxaca” (check her out on Facebook), an appropriate complement to the décor.

The owners are the chefs, so you are likely to witness Hector and Ricardo selecting, chopping, mixing, and arranging your selection of nourishment. I admire the hands-on approach, which is an indication of the owners’ commitment to the quality of the food and the satisfaction of the patron. The food is fresh and really does look like the photos on the website!

For starters, you receive the complimentary chips and salsa. They even make their own tortilla chips! My litmus test is the Guacamole. They make a fresh, authentic, unadulterated guacamole that is sure to please. I have also enjoyed their Quesadillas (available with spinach, veggies, grilled chicken, grilled beef, or shrimp). Though this dish appears in the appetizer menu, I have no problem making a meal out of it. The Tortilla Soup has also received high marks, as did the Shrimp & Avocado Salad (perfect with their honey-lime vinaigrette).

Of course they offer the standard Tex-Mex fare (Enchiladas, Burritos, Fajitas, Tacos, Chimichangas, etc.). But you can take it up a notch and enjoy Grilled Salmon, Tilapia, Mahi Mahi, Baby Back Ribs, Steak Laredo, or Camarones a la Plancha (marinated grilled shrimp).

In the mood for a sandwich? If they’re all as yummy as the Turkey Burger I had (generous size with pepperjack cheese, applewood-smoked bacon, and grilled onions), you’re in for a treat! If you’re into “hot,” there’s even a Texas Inferno Burger with grilled onions, pepper jack cheese, jalapeños, and buffalo sauce...OUCH!

Desserts vary but the Tres Leches takes the cake—did I really just say that?

Dos Amigos stocks a full bar, makes a mean margarita, and carries a broad selection of south-of-the-border beers. There’s something for everyone.

I’ve been to Dos Amigos for lunch, happy hour, and dinner. I’ve been there on weekdays and weekends. I’ve been there when it’s been extremely busy and not so busy. I’ve been there with a party of two and a party of six. No matter the time, day, or crowd, it’s been a fun experience, and the quality of food and efficiency of service are unwavering. Hector and Ricardo are never too busy to interact with their customers, adding to the neighborhood charm. That connection, coupled with fresh food in festive surroundings, makes Dos Amigos a welcome addition to Alexandria.

---

Dos Amigos
535 E. Braddock Rd
(Corner of E. Braddock Rd & N. West St.)
Alexandria, VA 22314

Website: www.dosamigosoldtown.com
Email: info@dosamigosoldtown.com

Hours of Operation
Mon.-Sat. 11am-10pm
Sun. 11am-9pm

Price Range
Appetizers $5.95-$12.95
Soups & Salads $4.95-$11.95
Sandwiches $8.95-$10.95
Entrees $9.95-$17.95

Smoking
No

Bar
Full

Handicapped-Accessible
Yes

Parking
Primarily Street
(with limited designated garage and parking lot spaces)

Reservations
Parties of 6 or more
Fitness Center News

By Kevin Horner

Group Exercise Classes
See the spring activities schedule below for classes and times. Residents can always drop in on a class for a $10 fee. These classes are great for everyone who has resolved to be healthy and fit in 2013! If you do not receive emails from the fitness center, please email Kevin at fitness@cameronstation.org to be put on the list.

Personal Training Available
The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

Since everyone has unique goals, we offer a variety of program formats to meet your needs. The following formats are available:
- Private One-on-One Training (1 hour)
- Express One-on-One ½-Hour Training

Fitness Center Reminders
When using the dumbbell area, please refrain from dropping the dumbbells. Since we are on the second floor, dropping the weights causes damage to the ceiling on the first level. This is a rule stated in the Cameron Club rules and regulations.

All of us at the Cameron Club appreciate everyone’s commitment to fitness, and we value your support throughout the year. Thanks for making the fitness program here at Cameron Station a huge success!

For information on any of the programs, please contact the fitness center: 703-567-8555 or fitness@cameronstation.org.

 SPRING ACTIVITIES SCHEDULE

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<tr>
<th>Time</th>
<th>Monday</th>
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<td>8:30AM-10AM</td>
<td>8:30-10:00AM Workout Parents</td>
<td>9:00-10:00AM Yoga (Denise)</td>
<td>8:30-10:00AM Workout Parents</td>
<td>9:00-10:00AM Yoga/Sculpt (Denise)</td>
<td>8:30-10:00AM Workout Parents</td>
<td>9:00-10:00AM Fitness Fusion (Denise)</td>
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<tr>
<td>6:15PM-6:45PM</td>
<td>6:45-7:45PM Cardio Boot Camp (Sarah)</td>
<td>6:15PM-7:15PM Core Concepts (Kimber)</td>
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<td>7:30PM</td>
<td>7:30-8:30PM Pilates (Denise)</td>
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Drop-ins are welcome on a space-available basis for $10.

This schedule can change at any time due to low class participation, so please call the fitness center for an updated schedule.
What’s Taste Got To Do With It?

By Paula Jarvis

Eating is a complex behavior, and we do it for many reasons. From a biological point of view, we need to fuel our bodies with energy (calories) and to provide ourselves with essential nutrients (vitamins, minerals, fats, proteins, carbohydrates, and water) for the healthy functioning of our bodies’ systems. But there are many other factors involved in our eating choices, and they often contribute to overeating and to less healthy choices.

Ideally, we eat when we’re hungry, and we stop when our hunger is satisfied. Often, however, our decisions of when, what and how much are influenced by social situations, emotions, and convenience. And of course, we are always influenced by the smell, appearance, texture, and taste of our food.

Of all the factors listed above, I think taste might be the most powerful. Regardless of all the other factors, if a food doesn’t taste good to us, we don’t eat it. Conversely, if a food DOES taste good to us, we often eat more than we need, whether or not we’re hungry, and even if we know it’s high in calories, fat, and/or salt, and therefore to be eaten only in small amounts.

The trick, then, is to find foods that taste good to us and are good for us. Consider the foods that we know are good for us. Vegetables, fruit, whole grains, fish, lean meat, and beans. Now think of what taste, or flavor makes our foods appealing to many of us - butter, salt, fat, and sugar. How do you enjoy your vegetables - with butter and/or cheese? How about your salad -- lots of salad dressing? Butter or oil on your rice? Sugar and butter on your oatmeal? Cheese in your burrito? Do you like your chicken and fish fried? The snack aisle in the market is filled with crunchy treats that are high in fat, salt, sugar, and calories, with little else to offer.

So what are folks to do if they just don’t like those foods that are good for them unless they’re flavored with fat, salt, and sugar? You can teach your body to prefer other flavors. By introducing new flavors to your palate, you can gradually replace your preference for fat, salt, and sugar with an appreciation for garlic, onions, herbs and spices and citrus. These are all low-calorie additions to your food that will enhance its natural flavors and help to wean you from your dependence on fat, salt, and sugar. Cooking a healthy and flavorful meal can take as little as 20 minutes.

My suggestion to anyone trying to adopt a healthy eating style is to buy a simple cookbook or search online for recipes that feature low-fat cooking using herbs and spices. Many international cuisines are characterized by distinct groups of herbs and spices, which might appeal to you. Become familiar with one new herb or spice at a time. Perhaps try basil, cilantro, rosemary, or thyme, all of which are available fresh in the supermarket. Try a few recipes, find a new favorite for your family. Over time you will find you have replaced the unhealthy threesome of fat, salt, and sugar with an entirely new collection of flavors to make your food interesting, delicious, and healthy. Combine these changes with portion control and an exercise routine, and you’ll have three important components of a healthy lifestyle!

Here is a very low-calorie, low-fat recipe for a marinade – a great way to add flavor and moistness to meats, fish, chicken, and vegetables before roasting or grilling. It can also be added as a sauce after cooking. Never use marinade on cooked food after it has had raw meat or fish in it, unless you boil it first to kill any bacteria. If you plan to use some of the marinade at serving time, reserve a portion for this purpose.

Charmoula

Charmoula is a traditional herb sauce used to season or marinate fish and would also be great on chicken and vegetables.

- 1 Tbsp olive oil
- 1 tsp paprika
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp ground black pepper
- 2 garlic cloves
- 1 cup loosely packed fresh cilantro
- 1 cup loosely packed fresh parsley
- 2 Tbsp capers
- 2 tsp grated lemon rind
- ¼ cup fresh lemon juice

Paula Jarvis is a certified Personal Trainer living in Cameron Station.
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Carla’s Picks

By Carla Besosa

The Arc (Southeast DC)
May 18-19  The Washington Ballet dances to Prokofiev’s Peter & the Wolf

The Barns (Vienna)
Apr. 19  Paula Cole - Remember “Where Have all the Cowboys Gone”?

Birchmere (Arlandria)
Apr. 7  2 Cellos - Croatian cellists Luka Suljic & Stjepan Hauser will wow you with their crossover-classical music-making
May 9  Beth Hart - The rocker-turned-blues-artist who made the world sit up and take notice when she covered Buddy Guy’s “I’d Rather Go Blind” at the Kennedy Center Honors. (http://www.youtube.com/watch?v=fALdOkf_eCM)

Blue Arbor Café (Occoquan)
May 10  Janna Audey performs in the courtyard 12-3pm

Creative Cauldron (Falls Church)
May 2-26  Thunder Knocking at the Door - This play is pulsing with the music of Keb Mo’.

Del Ray Artisans Gallery (Del Ray)
Apr. 5  Opening reception for the Turn on Your Masters exhibit
May 3  Opening reception for TC Williams Students exhibit

Dulles Expo Center (Chantilly)
May 17-19  Gem & Jewelry Show - Sensory overload! Great prices!

Gadsby’s Tavern Museum (Old Town)
Apr. 6  Eighth Annual Rum Punch Challenger
Apr. 21  Presidential Salon with James Madison

George Mason University (Fairfax)
Apr. 1  Vision Series Lectures (free): Transformational Leadership
Apr. 11-13  George Mason Dance Spring Concert at the Harris Theater
Apr. 22  Vision Series Lectures (free): Fast Food Kids
May 3-4  George Mason Dance May Concert at the Harris Theater

(includes one piece choreographed by Cameron Station’s own Luis Torres!)

The Hub Theater (Fairfax)
Apr. 5-28  A Man, His Wife, & His Hat

Jammin Java (Vienna)
Apr. 16  A Cappella Scene - Featuring four local groups. (If you haven’t seen Jammin Java lately, it’s undergone a facelift.)

Kennedy Center (DC)
May 8-12  The Washington Ballet - Hemingway: The Sun Also Rises

Old Town
Apr. 20  80th Annual Historic Homes & Garden Tour

Port City Playhouse (Alexandria)
Apr. 19- May 4  Six Degrees of Separation

Potomac Riverboat Co. (Old Town)
Now-Apr. 14  View the National Cherry Blossoms by Water

St. Elmo’s Coffee Pub
Apr. 24  Open Mic Night - Hosted by Kate Moran - Support live music, support amateur musicians, support chutzpah!

Sugarloaf Craft Show (MD.)
Apr. 12-14  Montgomery Co. Fairgrounds, Gaithersburg

Viva Vienna! Festival (Vienna)
May 25-27  Rides! Music! Crafts! Food!

And Another Thing…

● The preliminary 2013 Wolf Trap schedule has surfaced! This year’s impressive list of headliners includes Josh Groban, Pat Benatar, Melissa Etheridge, Anita Baker, Doobie Brothers, and the National Symphony Orchestra (performing Carmina Burana).

● Did you know that there is a museum right down the street from us? The Patent & Trade Office has its own unique museum.

● At the Bidding for Good website (www.biddingforgood.com) you can bid on lots of really cool things while simultaneously supporting various non-profits.

● Check out the following new albums:
  Lindsey Stirling by Lindsey Stirling
  In2ition by 2 Cellos
  Don’t Explain by Beth Hart & Joe Bonamassa
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*Sun 9:00AM~8:00PM

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Driscoll Photography

Mini Photo Sessions at Ben Brenman Park
Saturday, April 27th
nicole@driscollkids.com | 703.835.3102
www.driscollkids.com
Gibberman Dental is pleased to announce that we have relocated our dental office to Beauregard Square at 6303 Little River Turnpike, Suite 205, Alexandria VA 22312. Our new office is less than two miles west of our previous location on Duke Street. It provides more convenient parking, modern handicapped accessible restrooms, and a most welcome elevator to reach our second floor suite. You will see many similarities from our previous office at this new location, but without the physical constraints that would have prevented us from being able to provide you all the future advancements that will be occurring in oral health care. If you have any questions, please feel free to contact our office at 703.823.6616.
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Washington, DC 20007
202.333.5133

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801 Pennsylvania Ave, NW
Washington, DC 20004
202.628.5133

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(between 68th & 69th) 2nd Fl
New York, NY 10065
212.517.5133

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4907 Brenman Park Drive, Alexandria, VA 22304
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theteam@cameronstation.com

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Matthew Rupert  
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Meetings are the fourth Tuesday of every month, unless otherwise indicated.

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Mary Meghan Flynn, Asst. Community Manager assistantmanager@cameronstation.org
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703-567-8555

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Carlton Place Condominium
Oakland Hall at Cameron Station Condominium
Woodland Hall at Cameron Station Condominium

Management Company: Community Management Corporation
Deirdre Baldino, Manager on site at Cameron Club:
  703-212-8020, 703-212-8021 (fax),
  dbaldino@cmc-management.com

Main Street Condominium
Management Company: GHA Community Management, 703-752-8300
After-Hours Emergencies, 888-660-7132
Elevator Emergencies, 800-995-5093

Unit Owners Association of the Condominiums at Cameron Boulevard (Centex Condos)
Judy Wojciechowski, President
Management Company: Klingbeil, Powell & Alutz, Inc.
  703-532-5005

The Residences at Cameron Station
Management Company: Armstrong Management
  703-385-1133
Angela Luker, Community Manager:
  On-site number, 703-751-4070

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