

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 18 Issue 1 • Jan-Feb 2017

A Very Special Thank You to Our Sponsors and Volunteers for Making 2016 a Big Success!

By Radhika Goel

Thank you for helping us raise over \$16,000!



(Photo credit: Jasmine Tupelo)

With 33 events, over 3,000 in attendance, more than seven amazing sponsors, and over \$16,000 in sponsorships, we thank you!

After this amazing year, it's time for us to thank all of our generous sponsors and volunteers for their continual support of the Cameron Station Activities & Events Planning Committee. Your commitment to helping our committee organize community events, which help homeowners to meet their neighbors, feel more affiliated and engaged with their community, and build relationships, is appreciated by our residents, board members, and especially the Events Committee.

With Cameron Station being a unique, quaint community with a limited budget, we depend on the generosity of businesses and individuals to help with these types of events to take place. With a limited budget, it would not have been possible without the support of our sponsors to plan and put on 33 well-organized events this year. We sincerely appreciate your support. Because of your involvement, our committee continues to be very successful. We wish all of our sponsors and donors continued growth and prosperity

in their businesses for the coming year. We look forward to your support of future community events.



(Photo credit: David Thorpe)

Thank you to the volunteers who worked so hard on the days before, during, and after the events. I would like to thank all of the committee members and volunteers for their time and very hard work, who spent countless hours to meet and plan to ensure the success of the events. We appreciate all of your time and effort!

We had a very successful year, particularly with the Cameron Station Holiday Party, which provided great food, dancing, and, with many thanks to supporting businesses, an abundance of fantastic activities for everyone to enjoy. We would like to express our gratitude to our members and the many generous sponsors for their contributions to one

(See Special Thanks continued on page 2.)

Special Thanks

(continued from front page)

incredible show. A special thank you goes to the volunteers who spent their Saturday and Sunday with us for the setup of the event.

We would also like to highlight one sponsor in particular – 529 Kids Consign. This year, we found ourselves in need of a Santa Claus sponsor just 15 days before the party. Within five minutes of reaching out to several businesses, 529 Kids Consign sponsored the vendor that provided a Santa Claus. Irina Babb also deserves extra recognition as she donated over \$4,000 for our events and volunteered her precious eight hours for the party setup and bartending efforts! However, every sponsor is important and vital to the success of the events, and we would like to thank each and every one of them for their support. All of them have made this year another big success. We would also like to thank Pat Sugrue



(Photo credit: Jasmine Tupelo)

and *The Compass* team as they are the driving force behind helping us get volunteers for the events. Thank you very much for not giving up and for helping us to find volunteers. Another big thank you goes to the residents who came, enjoyed, and participated in the activities.

Thank you for being a part of our committee and for supporting our community. We are proud to be a part of yours.

The committee invites you to suggest opportunities for events or activities. Additional volunteer opportunities are available to coordinate events. High school students fulfilling community service requirements are welcome to volunteer. For additional information or suggestions, please contact events@cameronstation.org.

Editor's Note: The Compass staff wants to send a thank you of our own to Radhika Goel for her dedication and commitment to the Activities & Events Planning Committee. Radhika, you really have gone above and beyond in your role, and I know the community is greatly appreciative of the time and effort you have invested in making sure that residents have continued opportunities to meet and enjoy the company of others. Your efforts will not soon be forgotten!

Website Registration

If you have not already registered for the Cameron Station website, www.cameronstation.org, please do so. If you have, please make sure you have updated your profile with all of your information. If you have any problems, please contact the Management Office at admin@cameronstation.org or call 703-567-4881.

About . . . *The Compass*

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

Previous issues of *The Compass* are available online at www.cameronstation.org. Go under the "News" tab on the home page and click on "Community Communications" on the left hand side.

Editor-in-Chief: Megan Skinner

Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin, Maya Noronha, Debbie Routt, Eric Veres, 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

(boardofdirectors@cameronstation.org)

Jon Dellaria - President
Michael Johnson - Vice President
Stephanie Bibighaus - Secretary
Megan Brock - Treasurer
Donna Kenley - Director
Rodney Gray - Director
Elliott Waters - Director

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

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

events@cameronstation.org

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Mark Brzezinski - Chairperson

CAMERON CLUB FACILITIES COMMITTEE

facilities@cameronstation.org

Ray Celeste, Jr. - Chairperson

COMMON AREA COMMITTEE

commonarea@cameronstation.org

Robert Burns - Chairperson

COMMUNICATIONS COMMITTEE

communications@cameronstation.org

Kimberly Dillon - Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Jeff Gathers - Chairperson

Workout Parents

Are you an at-home mom or dad who would like a chance to get a workout during the day? Here's an opportunity to get some exercise and take a short break from the kids, all under one roof at the Cameron Club. On Mondays and Wednesdays, from 3:30 to 4:30pm, you can bring your kids to the Victoria Hebert Great Room on the first floor of the Club and alternate childcare duties with other participating parents. *This is not a babysitting service!*



For more details, contact the Fitness Center at 703-567-8555 or *fitness@cameronstation.org*.

Are You "In-the-Know?"

Cameron Station Community Association Inc.
www.facebook.com/Cameron-Station-Community-Association-Inc-183570388335041/?fref=ts

Cameron Station Neighbors
www.facebook.com/groups/152372111638212/

Cameron Station Marketplace
www.facebook.com/groups/456302854414369/

Cameron Station Grapevine
www.facebook.com/CameronStationGrapevine?ref=br_tf

Cameron Station Moms
www.facebook.com/groups/254390294592987/

Cameron Station Dads
www.facebook.com/groups/600554456725854/?ref=br_rs

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Architectural Review Committee

By Elizabeth McAlee

If you are reading this issue of *The Compass* and still have your holiday lights strung, please remove them. Seasonal lights and decorations must be removed within three weeks of the end of that seasonal holiday. Thank you.

The Appeals Process

Over the course of a year, less than 10% of the applications that the ARC reviews are disapproved. A resident has the prerogative to appeal that application to the Cameron Station Board of Directors. The criteria for the appeal must fall under at least one of these categories:

- The proper procedures were not followed by the ARC during the administration or review process.
- The applicant was not afforded the opportunity to be heard or to present information pertinent to the issue being considered.
- The ARC decision was irrational and inconsistent with the criteria set forth in this document (Design and Maintenance Standards on page 6).

A resident who wants to appeal has 10 calendar days from receipt of the ARC's decision; the appeal must be in writing and submitted through the Covenants Administrator who can assist each applicant with the process.

The Board has 60 calendar days from receipt of the appeal by the Management Office to review the appeal and make a decision. The resident appealing should be notified at least 10 calendar days before the Board meets. The applicant may attend the Board's meeting in person but is not required to do so. The Board discusses all appeals during its closed (executive) session, but the decision is made during an open portion of its meeting. The resident will be notified of the decision within seven calendar days of the hearing. The Board of Directors' decision on the appeal is final.

Snow Removal

Residents are required to clear snow and ice from their driveways, lead walks, and sidewalks bordering their homes within 24 hours of the end of each snow event. The City of Alexandria has the same 24-hour requirement. Homeowners who rent their property or whose property is vacant are still responsible for ensuring snow and ice removal is done. Owners with tenants and/or property managers must inform these people of this community requirement. Failure to clear sidewalks, walkways, and

driveways within the 24-hour period may result in fines levied against the property. Please contact the Management Office if hardship or illness prevents compliance with this requirement, which is a measure to ensure the safety of all Cameron Station residents and those who serve our community.

Editor's Note: The Compass staff wants to thank Elizabeth McAlee for her contributions to the Architectural Review Committee. Elizabeth, we appreciate your dedication to ensuring that Cameron Station remains as one of the most beautiful neighborhoods in our area, and we thank you for the time you have invested in authoring informative updates for The Compass. We miss you already!

Communications Committee

By Megan Skinner

In January, the Communications Committee met with volunteers who are interested in joining the public relations (PR) subcommittee. The PR committee will work as an outlet to reach those outside of Cameron Station's walls. We all know how special and unique Cameron Station is, and we want others to be a part of that experience as well. We look forward to what 2017 will bring for our community!



Warm up to our winter-specific home selling strategy.

Some people think homes don't sell in December, January and February. Don't be snowed by this...we sold 48 homes during these months last winter. It takes the right plan and the right team. We'll stage your home to make it feel warm. We'll pay the first \$500 towards snow removal to get buyers to your door. We provide shoe-covers so dirt and salt aren't tracked in. Any photos with snow in them are re-shot once the snow melts. We're out in force after storms to make sure signs are straight and looking good. Vacant properties are checked at least twice a week for temperature and condition. We even serve cider and gingerbread cookies at open houses. With our correct pricing, internet syndication, re-targeting, print and relocation networking, you can stay toasty while we work to get you the top price this winter.

TOM & CINDY
AND ASSOCIATES



TomandCindy@HelloVirginia.com
www.HelloVirginia.com • 703-822-0207



Start 2017 with Positive Changes for a Healthy Year

By Paula Jarvis

As you look forward to the year ahead, many of you will be committing to make healthy changes in your life – exercising more, losing weight, improving your nutrition, sleeping more, and reducing stress. My experience has shown me that individuals are most successful when they make very specific changes in their lifestyles that will support their long-term goals and when they couch the changes in positive terms.

While this list is by no means complete, it has many of the components of a healthy lifestyle. Perhaps you will find some steps here that you can take to improve your health and wellness in 2017.

- Keep a journal. If you hate this idea (I know a lot of people do), just do it for a couple of days to see what is revealed. It can be extremely illuminating. Record how much you sleep, what you eat, how much you eat, when you eat, and how you felt when you ate. Write down your activity (e.g., how much, how long, and how you felt). How do you relax and recharge? Keep track of your emotions, and write down your successes. Make a point of recording at least one healthy thing you do every day – keep it positive!
- Get enough sleep. Research conducted at Columbia University found that those who slept only four hours a night were 73% more likely to be obese, and those who slept six hours were 25% more likely to be obese. This research did not prove a cause-and-effect relationship, but there is an association. Lack of sleep impacts hormones that affect food intake and appetite. When we are tired, we find ourselves low in energy, so we often reach for a snack. Turn off the TV early, and get into bed. Snooze and lose!
- Eat breakfast. Jump start your metabolism by giving your body fuel for the day. Breakfast eaters are more successful at weight loss. And remember – breakfast does not mean doughnuts, muffins, or high-sugar cereals. Look for lean protein and low fat, low sugar, complex carbohydrates.
- Eat regularly. When you are just starting to feel hungry, have a balanced snack (e.g., slices of turkey and cherry tomatoes, hummus and carrot sticks, cottage cheese and fruit, unsweetened yogurt and fruit). Eating every few hours keeps your blood sugar from dipping low and helps you to avoid choosing convenience foods, which are often high in fat, calories, and sugar and low in nutrition.
- Learn how many and what type of calories you are eating each day and how much activity you get. You need to know this in order to choose where to make changes. Each meal or snack should contain lean protein, vegetables or fruit, and a small amount of fat. There are a number of great apps available to help.
- Be self-aware. Pay attention to your hunger and your satiety. Pay attention to when your clothes feel tight. If you're tired, sleep more. If you're stressed, find a way to relieve your stress. Don't look to food or alcohol to soothe you, relieve boredom, give you a sense of belonging, or wake you up. Eat before you are famished, and only eat enough to satisfy your hunger.
- Get organized and plan ahead. Stock your home with healthy options, including a variety of fresh vegetables and fruits and lean proteins. Buy containers to make it easy to carry lunches and snacks with you. You'll save money, and you'll have healthier options available to you.
- Drink plenty of water. Take half of your body weight, change the pounds to ounces – that is how much you should drink. If you weigh 160, drink 80 oz.
- Drink alcohol moderately. For women, this means one drink a day or seven a week. For men, it's twice that. Alcoholic beverages have a broader impact than simply adding calories, and overindulging can sabotage weight loss and have many detrimental health effects, including an increased likelihood of many diseases.
- Reduce your portion sizes. Use the palm of your hand or a fist for a gauge to measure the serving size for most vegetable, protein, fruit, and grain foods. For fats, such as peanut butter, the serving size is usually a fingertip.
- Get aerobic exercise at least a half hour every day. Move briskly enough to get out of breath. If you are trying to lose weight, increase to at least 45 minutes per day. You may break it up into shorter sessions, but aim for your total minutes each day.

(See Positive Changes continued on page 7.)

2016 Big Event Review – Cameron Station Tropical Holiday Party

By Radhika Goel

Planning the Cameron Station Holiday Party was not a small task. On December 10 and 11, about 20 volunteers and Event Committee members gathered to set up the Cameron Club for the annual Cameron Station Holiday Party.

This year, one area of focus of the holiday party was to encourage residents to participate in several ways, such as setting up, cleaning up, and performing. The goals of the volunteers were to bring residents together, create a sense of community pride, and encourage social cohesion.



To us, events like this seem to be the most effective way to get a big group of people together and then use that force to make an impact. Getting sponsors or residents to donate items is one thing, but getting people to do hands-on work is so much more rewarding



(Photo credit: David Thorpe)

for everyone involved. This year, close to 824 residents attended. The positive atmosphere emitted by the volunteers was visibly infectious across the community. The turnout that ensued was gratifying.

This year's holiday party was a wonderful event thanks to the generosity of our sponsors and volunteers.



(Photo credit: Jasmine Tupelo)



(Photo credit: Jasmine Tupelo)



(Photo credit: Jasmine Tupelo)

BATHMASTERS

THE MASTERS OF BATHROOM RENOVATION



Full Service, Fully Licensed, Insured & Bonded.
Design Showroom in Annandale!

**Call (703) 205-0031 now for your
FREE in-home estimate!**

4115 Annandale Rd., Suite 102 • Annandale, VA 22003
(703) 205-0031 • www.BathMastersVA.com

VA Class A building, plumbing & electrical
contractor lic # 2705113997A. Fully insured.

Positive Changes

(continued from page 5)

- Do strength training exercises at least twice a week.
- Find a partner to accompany you on this path to a healthier lifestyle. Support, encouragement, and shared frustrations help ease the difficulties and enhance the successes.

I wish you all the greatest success in starting the new year with your new health plan!

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

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 submit relevant information to thecompass@cameronstation.org.

*Day-light
Savings Time
Begins*

“Spring Forward”

Set your clocks ahead
by 2 a.m.
on Sunday, March 12.



The Communications Committee Knows How to Party During the Holidays

By Pat Sugrue

At their annual holiday dinner, which was held at Los Tios in the Van Dorn Shopping Center, Communications Committee members and *Compass* staff prove once again that nothing helps communication better than good food and drink!



(Photo credit: David Thorpe)



(Photo credit: David Thorpe)



Winter Farmers' Markets

By Susan Birchler

The holiday lights come down, social events die down, the rush subsides, and gray, dull winter settles in for the long haul. Not to worry. There are still pockets of fun to chase away the doldrums.

One of my favorite ways to say phooey to winter is visiting the many winter farmers' markets in the area. While I would rather you not get hooked on any other markets than your local West End Farmers' Market, we are not open in the winter. Go have a good time elsewhere, but come back to us in May.

The following markets are my favorites. By no means are these the only markets open during the winter; these are just the ones that make me the happiest.

My first pick is the Saturday Del Ray Market. It's cozy small, but it packs a big wallop in terms of fun foods. In addition to the expected orchard and farm stands selling cider, apples, pears, root vegetables, and, surprisingly, salad greens, there is other food fun to be had. You can buy cheese, pickles, jams, chocolate, breads, cookies, pastries, and other yummy baked goods. For something hot, indulge in a couple of empanadas. Look for your favorite West End vendors: Tommy the Cheese Guy and Chef Michael's marvelous gourmet cookies. The Del Ray Market is almost always hopping, full of people meandering and chatting. When you are finished food shopping, you can go next door to a splendid coffee shop and hang out for a bit, or you can visit the teeny tiny, gluten-free bakery tucked back in an alley next to the coffee shop. Go ahead and stop for lunch in any number of the warm, inviting restaurants. Shop for comic books or clothes up and down Mt. Vernon Avenue. I always enjoy a Saturday morning visit to the Del Ray Market and the surrounding businesses. The Del Ray Market operates year-round on Saturday, 8am to 12noon, at 203 East Oxford Street, Alexandria, VA. Visit their website at <https://delrayfarmersmarket.com/>.

Another Saturday market that I enjoy is also close by; the Old Town Market is situated on the City Hall Plaza, and it opens early at 7am and closes at 12noon. Free parking is available in the garage underneath. This is a lively market, even in the snow, which makes it a perfect place to go to remind yourself that winter is no reason not to have fun.

This is definitely a place for foodies. You can buy locally grown vegetables, butchered free-range meats, organic

butter, milk and yogurt, pickles, hams, granola, handmade jam, and baked goods, including real croissants by a French baker. Everything is unbelievably delicious.

This market offers flowers, plants, artisans, and crafters, as well as food vendors. You can find quilts, clothes, aprons, table-runners, candles, stationery, jewelry, handmade wood items, and so much more. It really is the perfect place to find unique gifts. Similar to Del Ray, a trip to the Old Town Market can easily include lunch at one of the many restaurants on King Street. You can visit one or two of the museums and old houses in the area or just go shopping! There are numerous boutiques and fun stores up and down King Street. Like Del Ray, this market never fails to deliver an extra-big helping of fun. Visit the Old Town Market at 301 King Street, Alexandria, VA, or learn more about its offerings on its website <https://www.alexandriava.gov/OldTownFarmersMarket>.

My third pick is the Falls Church Farmers' Market, located in the City Hall parking lot. Vendors cook in this market. You can order soup or crepes to go, or you can eat them hot on site. Apple cider doughnuts are cooked near the entrance to the market. You can smell them blocks away, and they are so delicious!

This is a foodie market as well. You will eat well on site, and you have the option to take home some goodies. Try the salamis and prosciutto vendor, the smoked meats and cheeses, pasta, little chocolates, and a startling array of baked goods from croissants to cookies. Free-range meats and organic milks and cheeses are available at this market. You can also purchase fresh salmon, crepes, pizza and pesto, Oh Mercy hot sauces, mushrooms, honey, wine, and pies. What a list! Need a gift? Artisans here sell knitted goods, wool yarn, soaps, plants, flowers, and more.

I challenge you to go home without a full stomach and with bags of goodies to look forward to enjoying at home.

Unlike Del Ray and Old Town, downtown Falls Church is pretty sparse. There are a couple of restaurants, a nice toy store, and not much else. The farmers' market is where it is hopping and happening. You go to the Falls Church Market to enjoy the market by itself, and it has a lot to offer. I never get out of this market in less than an hour. I always enjoy myself, and I always come home with yummy food. The Falls Church Market is located at 300 Park Avenue, Falls Church, VA. You can also visit their website at <http://www.fallschurchva.gov/farmersmarket>.

(See Farmers Market continued on page 11.)

The 7th Annual Gobble Gobble Event Was a Huge Success!

By David Thorpe



(Photo credit: David Thorpe)

Many thanks to Donna Kenley and Sharon Godfrey who once again organized this year's Thanksgiving tradition of giving by donating Thanksgiving meals to those less fortunate at Tucker Elementary School in Cameron Station.

This event would not be possible without the generous donations by our Cameron Station residents and this year's mega-sponsors: The Grimm Corner, The West End Rotary Club, Megan Brock, Irina Babb Homes, and David and Stephanie Thorpe Homes.

This year, we were able to put together 66 bags, which surpassed last year's 44; the giving spirit is only growing in Cameron Station!

On hand that Thursday morning to turn over the many bags of food, cards, and goodies that Craig Merritt volunteered to deliver in his red truck was Nadia Mokhtar, Mini Aggarwal, Sharon Godfrey, Donna Kenley, David Thorpe (photos), and Karen Morisato, the social worker at Tucker Elementary who helps out each year.

A special thanks goes out to 6-year-old Natty Cooper in Kindergarten at Tucker Elementary who, with his father Max, went door-to-door on Grimm Drive to ask for donations.

Thank you all, and we will see you again next year!

Join the Club. Or Start One!

Do you have a special interest or talent you'd like to share with others? Walking or bicycling, knitting or sewing, Scrabble or bridge, just to name a few? If yes, contact *The Compass* and we'll be happy to connect you with other neighbors who share your interests. Send your information, including name and contact information, to thecompass@camerystation.org.



***** Classified Ads *****

INTERESTED IN PLACING
A CLASSIFIED AD?
See the information
on page 25.

Farmers Market

(continued from page 9)

There are two other winter markets I enjoy, which are both in the D.C. area. Dupont Circle is fun because it is foodie heaven situated in an area full of restaurants and stores. The Eastern Market is lovely because of the multitude of food and artisans, as well as the Sunday Flea Market, which is full of small businesses selling a number of items from Turkish towels, scarves, and gloves to antique window frames. Nearby, on Pennsylvania Avenue, are two stores you must visit. Labyrinth Games has more games than you have ever heard of; plus, you can play them right there. Right next door, one of the best independent bookstores I have ever enjoyed, the East City Book Store. If you are ever looking for some different D.C. fun, these are two places to go.

Maybe it is gray and dull outside, but your fun-o-meter is not contingent on the weather. Go enjoy yourself! See you at the markets!

THORPE HOMES
DAVID & STEPHANIE
REAL ESTATE SPECIALIST TEAM
www.ThorpeHomes.com

2017

DAVID & STEPHANIE THORPE
Local Real Estate Specialists
Twice the attention to detail
Cameron Station Residents

571.312.8066
David@ThorpeHomes.com
www.ThorpeHomes.com

  **RE/MAX Allegiance**
5100 Leesburg Pike • #200 • Alexandria, VA 22302
Owned & Operated by NRT LLC

MAIN STREET RETAILERS

T O K A

salon and day spa



www.tokasalon.com

4907 Brenman Park Dr.
Alexandria, VA 22304

(703) 370-5133

Open Tuesday – Sunday

- Botox and Dermal Fillers
- Hammam-Inspired Body Treatments

*25% discount on Salon & Spa Services for
Cameron Station Residents

 **Bright Start**
Learning Center, LLC



4920 Brenman Park Drive Alexandria, VA

Tel: (703) 370-8414 Fax: (703) 997-0487

www.bright-start.org



www.LondonCurryHouse.com

Tel: 703-419-3160

facebook.com/LondonCurryHouse



7 days Lunch Buffet

Weekends buffet, Kids under 10 Eat Free

Happy Hour 4:30pm to 7:00pm

Get Free Delivery in Cameron Station
when you spend \$25 or more

191 Somerville St

Alexandria, VA 22304



GoGreen Cab, Inc.

703-212-2000

www.GoGreenTaxicab.com

We are located inside Cameron Station.

We service all Major Airports:
Reagan National (DCA), Dulles International (IAD),
and Baltimore Washington International (BWI).

Call us for your next 100% Hybrid Taxicab Ride!

We are Saving the World One Trip at a Time!

*Give this Ad to the Driver
to get Special Discount!!*

Thanks for Saving the World Today!



4917 Brenman Park Drive, Alexandria, VA 22304

MAIN STREET RETAILERS



**Painless Laser Dentistry
Same Day Crowns
Genuine, Attentive Care**

181 Comay Terrace
Alexandria, VA 22304
(Behind the Coffee House)

Tel: 703-461-3000

www.MaiDentalTeam.com

CAMERON CAFE COFFEEHOUSE

Always Hot & Always Fresh Coffee!

Try our Seasonal House Specials:

Irish Cream Latte

Caramel Mocha

Wedding Cake Latte



4911 Brenman Park Dr
Alexandria, VA 22304

Hours

6AM - 6PM MON - FRI
8AM - 5PM SAT & SUN

CAMERON STATION DRY CLEANERS

- Drapery & wedding gowns
- Household items
- Suede & leather services
- Alterations
- Embroidery & Monogram
- Same day service with no extra charge !! 😊



♪ STORE HOURS ♪

MON-FRI 7AM-7PM
SAT 8 AM- 6PM

4903 BRENNAN PARK DR.
ALEXANDRIA, VA 22304
Tel: 703-823-0606

WE CLEAN
YOUR
GARMENTS
WITH
ECO-FRIENDLY
PROCEDURE!

....

City Services

Emergency

Call 911

Non-emergency Police

703-838-4444

Fire & Rescue

703-838-4660

Crime Prevention Unit

703-838-4520

Animal Control

703-838-4774

Poison Center

202-625-3333

Nuisance Abatement

703-836-0041

How to Put Your Garden to Bed – for a Fabulous Spring

By Debbie Routt

Hopefully, you helped your garden “wind down” during the last days of fall. You may have even taken steps to get ahead on your 2017 garden. If you did, then your to-do list may be a little shorter, and your garden will be healthier, more orderly, and more productive.

If you planted bulbs, such as tulips, daffodils, irises, crocuses, snowdrops, or others, they should have been planted at a depth of three to four inches. Most fall-planted bulbs require a cold winter to catalyze the flowering process. Gardeners in warmer zones (USDA 8 to 11) can actually “trick” bulbs into flowering by leaving them in the freezer for six to eight weeks before planting.

You may also have planted perennials, shrubs, vines, and woody plants, including edibles and ornamentals, in the



fall. The last warm, sunny days of fall actually encourage root growth and development versus the wet, mushy earth of spring, which can prevent plants’ root systems from fully developing.

Ideally, when you cleaned up your garden, you removed all weeds and debris and eliminated overwintering sites for insects and disease. Gently tilling can expose insects or other pests and help your garden be in tip-top shape for spring. You would do well to add a layer of compost, leaves, manure, and agricultural lime, also known as calcium carbonate, in case your soil is too acidic.

If areas of your garden have grown over with weeds, you can cover them with black plastic, which will help kill the weeds’ pesky seeds before they sprout next spring.

If you are lucky enough to have raspberries, you should cut the canes down to about ground level.

Perennial stems should be cut to about one or two inches above the ground. Remove only the old brown leaves from spent flowers.

As the weather becomes colder, mulch around your plants, and cover any bare soil. This will help protect plants from harsh runoff and exposure from driving winter rains and snow. You can use chopped leaves, hay, evergreen boughs, pine needles, peat moss, or cornstalks. To prevent rodents from nesting in the mulch, wait until the ground has frozen before applying a six-inch layer of mulch.

If you planted new trees or shrubs in late summer or early fall, you want to protect the bark of these young plants from gnawing critters. Simply wrap stems or trunks with wire or commercial tree-guard products.

Don’t forget to clean and sharpen your garden tools, and store them properly in a dry place.

Spring really is just around the corner, so do what you can now to enjoy the bounty of your garden that is just weeks away!

In Memory of Keith McDonald

By Carla Besosa



Photo credit: NavtechGPS

On November 12, Cameron Station lost a regular fixture around the neighborhood, Keith McDonald. He could often be found with his BFF (best furry friend) Mystic, strolling the park or chilling in front of Cameron Café. Keith was friendly to passersby, known and unknown alike. He had a relaxed way about him that was contagious. He made you want to smile right along with him.

On the occasional evening, I would encounter Keith and Mystic relaxing on the patio at London Curry House. As I passed by, he would invite me to join him for a glass of wine. We would spend time chatting, sipping, and solving the world's problems...or at least trying.

There was a certain calm that came from spending time in Keith's presence. He had that unique effect on people.

We were fellow alumni; Keith had a "Double E" (electrical engineering) degree from the University of Virginia. I would greet him with, "How 'bout that game?" It became apparent that he did not follow UVA sports, but he would graciously act interested and engage me in game-related banter.

During Keith's 86 years, he accomplished much, serving in the Air Force, working for the Department of Defense, helping develop GPS, and founding his own company, NavTech Corporation.

Scholar, neighbor, friend – Keith McDonald, we will miss you.

Let Us Hear from You...

The staff of *The Compass* welcomes your comments and suggestions about the newsletter and community updates. Please send them to thecompass@cameronstation.org. Thank you.

Need a Handyman?

Call Tim: 703-201-9351

BeeGreenConstruction@gmail.com

Painting (Interior / Exterior) | Home Insulation | Pressure Washing | Energy Audits | Drywall | Kitchen & Bathroom Remodeling | Furniture Assembly | Basement Finishing | Planting | Garage Organization and more



**If You
Need It
We Will
Do It!**

Enough to Make You See Red

By Debbie Routt

If you want to ride the Cameron Station shuttle, enjoy the Cameron Club, use the fitness center, or enjoy the outdoor pools in 2017, you need to get your Cameron Station Community Association (CSCA) decal for your resident ID card as soon as possible. While you're at it, get your Facilities Guest Pass punch card and your Visitor Parking Pass from the Cameron Station administrative office staff at the same time. You can obtain everything you need in one visit by simply going to the CSCA onsite office, located on the second floor of the Cameron Club at 200 Cameron Station Boulevard.

The 2017 sticker for your CSCA ID card — which you need to ride the shuttle or use the fitness center — is a classic red color and looks like this:



The Facilities Guest Pass for the Cameron Club looks like this:



The Visitor Parking Pass for 2017 looks like the image below, although the actual color of the pass may vary slightly due to the location of your residence within Cameron Station and your specific condominium management designation.



The CSCA office is open Monday through Friday from 9am to 5pm, and Saturday from 12noon to 4pm. For questions or information, please contact the Community Manager, Bette Sanft, at communitymanager@cameronstation.org; the Assistant Community Manager, Deirdre Baldino, at assistantmanager@cameronstation.org; or the Administrative Assistant, Bethlehem (Mimi) Kebede, at admin@cameronstation.org. You may also contact the office directly at 703-567-4881 for more information.

Don't see red in 2017! Get all of your important CSCA decals and passes now to enjoy the full benefit of living in Cameron Station.

Not Receiving *The Compass* Regularly?

If you have not been receiving the newsletter on a regular basis, or know of any neighbors who have not been receiving it, please contact the HOA office at 703-567-4881 or communitymanager@cameronstation.org to be sure they have the correct address on the mailing list. Each occupied residence is entitled to one copy of each issue of *The Compass*.

Book Clubs and Community

By Susan Birchler

When people ask me where I live, I don't say "off of Duke Street" or "near the Beatley Library;" rather, I reply by telling them "I live in Cameron Station." I reference a physical space that I live in, but I am also referring to my community. I don't just mean the neighborly group of friends and acquaintances that I have developed over the years or the work I have done with the West End Farmers Market, but also the fun I have within the parameters of our blocks. I have become intricately connected within the Cameron Station community, which happened in surprisingly unplanned ways.

One of the ways I found myself "within" the community was through joining a book club. I do love to read, and I love the company of people who love to read, so it was inevitable that my sister and I would join one of the many book clubs in the community and later start one of our own. Some of my closest friendships were developed in our book club.

Like new tendrils from a flowering vine, the book club and attending friendships spread out in entirely unpredictable ways, not all of them just personal. Yes, we have celebrated babies, weddings, and retirements, and we have supported one another through deaths and illnesses. We help each other shovel snow, take care of packages and mail, and water plants. But, as a group, we have also quietly added to the heft, the entirety of Cameron Station as a community. For years, the book club adopted Tucker families during the holidays. Without book club members, the annual Halloween Grimm and Knapp Extravaganza would not occur. Members of our book club help to put the show together and often can be seen as characters. The children-themed Halloween park was conceived by a book club member, and I am continuously awed by Christina's and Maria's cleverness and creativity. Club members have helped me get ready for the opening of the farmers' market by lending their construction expertise, and they have helped me move big items from my garage to the summer market storage space in their larger cars. Book club members have helped plan, organize, and run block parties.

All of these big and small activities have, in my opinion, added meaning and warmth to Cameron Station as a community.

As I said in the November/ December newsletter, community is constantly created and recreated by all of our loving, kind, warm, useful, and creative activities. Community is created as much by the people who volunteer for committees, lobby

the city, start and monitor our Facebook sites, and keep our collective well-being going as it is by the social connections and neighborly acts of kindness that we perform.

Reading is one of my greater passions. I sneak reading into all of the nooks and crannies of my day. I love the book club because I get to read the selected books and share my thoughts with some extraordinarily fun, insightful, clever, and funny women. I am very lucky that way.

If you love to read and are also looking for a way to be connected to others within Cameron Station, please join one of the book clubs currently operating, or start your own. If you love movies, start a movie club. If you love cooking, start a dinner club. You see where I am going. When you tell people you live in Cameron Station, you aren't simply referring to a collection of townhouse blocks, but you are referring to a connected community that is refreshingly unique and ever evolving.





Carla's Picks

By Carla Besosa

Anacostia Playhouse (DC)

Feb. 6-Mar. 5 - *Very Last Days*

Arena Stage (DC)

Feb. 3-Mar. 5 - *Watch on the Rhine*

Feb. 24-Apr. 2 - *Intelligence*

Atlas Performing Arts Center (DC)

Feb. 11 - Gay Men's Chorus of Washington: Youth Invasion

The Barns at Wolf Trap (Vienna)

Feb. 18 - 1964 The Tribute

Mar. 8-9 - Jim Brickman

Birchmere (Arlandria)

Feb. 17-19 - Arlo Guthrie

Feb. 25 - Harmony Sweepstakes a Cappella Festival

Feb. 26 - David Duchovny

Mar. 20-21 - Chris Botti

Mar. 26 - The Righteous Brothers

Black Rock Center for the Arts (Germantown)

Feb. 10 - Ivy League of Comedy: Battle of the Sexes

Feb. 19 - Ronald K. Brown (Dance)/*Evidence*

Mar. 4-5 - Bromance (Contemporary Circus)

Blues Alley (Georgetown)

Feb. 16-19 - Mary Wilson of the Supremes

Feb. 21 - Todd Bauchspies (guitar)

Mar. 3-5 - David Benoit with Sara Gazarek

Mar. 7 - Veronneau (recently seen at Cameron Station concert!)

Mar. 9-12 - Gerald Albright (sax)

Mar. 17-19 - Peter White (guitar)

Mar. 22 - Eldar Trio (piano)

Mar. 27 - Dave Kline Band

Creative Cauldron (Falls Church)

(Before/after food discount at Pizzeria Orso)

Feb. 9-Mar. 5 - *Blues in the Night*

Mar. 17-April 9 - *The Emperor's New Clothes*

Del Ray Artisans Gallery (Del Ray)

Mar. 3 - Opening Reception: "Through the Looking Glass"

Dulles Expo Center (Chantilly)

Feb. 17-19 - International Gem & Jewelry Show

Mar. 4-5 - D.C. Big Flea Market

Mar. 24-26 - Craftsmen's Classic Arts & Crafts Festival

Evening Star (Del Ray)

Feb. 23 - Janna Audey Band

Mar. 30 - Janna Audey Band

Fireflies (Del Ray)

Feb. 9 - Janna Audey Band

Mar. 9 - Janna Audey Band

1st Stage Theater (Tysons)

Feb. 2-26 - *Trevor*

Mar. 23-Apr. 23 - *Well*

Ford's Theater (DC)

Jan. 21-Feb. 19 - Edward Albee's *Who's Afraid of Virginia Woolf?*

Mar. 10-May 20 - *Ragtime*

George Mason Center for the Arts (Fairfax)

Feb. 18-19 - Taj Express: The Bollywood Musical Review

Feb. 24-25 - Mark Morris Dance Group

Mar. 25-26 - Virginia Opera: *Turandot*

The Hamilton (DC)

Feb. 23 - The Dirty Dozen Brass Band

Mar. 3 - Los Lobos

Mar. 4 - Tab Benoit (blues guitar)

Mar. 19 - Rhonda Vincent & The Rage (bluegrass)

Harmon Center for the Arts (DC)

Feb. 7-Mar. 12 - *King Charles III*

Feb. 18-Apr. 2 - *The Select (The Sun Also Rises)*

Howard Theater (DC)

Feb. 14 - Maysa

Feb. 17 - Al Jarreau Duo

Mar. 24 - The Blind Boys of Alabama

Jammin Java (Vienna)

Feb. 12 - Beatles Tribute

Feb. 26 - Don Ross (guitar)

Mar. 14 - Antigone Rising

Kennedy Center (DC)

Feb. 8 - NSO with Joshua Bell
Feb 9-12 - Alvin Ailey Dance
Mar. 1-5 - The Washington Ballet: *Giselle*
Mar. 17 - Washington National Opera: *Don Giovanni*

Little Theater of Alexandria (Old Town)

Feb. 25-Mar. 18 - *Key for Two*

Lorton Workhouse (Lorton)

Mar. 25-26 - Small Plates Choreography Festival

Masonic Temple (Old Town)

Feb. 13 - Alexandria Symphony Orchestra: Mozart/
Symphony No. 41 "Jupiter"

MetroStage (Alexandria)

Feb. 2-Mar.12 - *The Gin Game*

MGM Theater (National Harbor)

Feb. 18 - Earth Wind & Fire
Mar. 4 - Joe Bonamassa
Mar. 5 - ZZ Top
Mar. 9 - Il Volo
Mar. 12 - Sting

Roundhouse Theater (Bethesda)

Jan. 25-Feb. 26 - *Caroline, or Change*

Schlesinger Center (Alexandria Campus NVCC)

Feb. 11 - Alexandria Symphony Orchestra:
Mozart/Symphony No. 41 "Jupiter"

Signature Theater (Shirlington)

Feb. 28-Mar.26 - *Mrs. Miller Does Her Thing*

The State Theater (Falls Church)

Feb. 10-11 - Bruce Springsteen Tribute
Feb. 14 - Bebel Gilberto
Mar. 10 - Bon Jovi Tribute

The Strathmore (Bethesda)

Feb. 12 - Step Afrika!
Feb. 24/26 - Wynton Marsalis
Mar. 6 - Drumline Live
Mar. 16 - The Ten Tenors

Studio Theater (DC)

Mar. 8-Apr. 23 - *Three Sisters*

Synetic Theater (Crystal City)

Feb. 15-Mar. 19 - *Taming of the Shrew*

Verizon Center (DC)

Feb. 15 - Disney on Ice: Dream Big
Mar. 18 - The Harlem Globetrotters

Warner Theater (DC)

Feb. 23-24 - Tedeschi Trucks Band

Woolly Mammoth (DC)

Jan. 30-Feb. 26 - *Baby Screams Miracle*

And Another Thing...

(in my stream-of-consciousness order)

*Portner Brewhouse (Pickett & Van Dorn) scheduled to open late January.

*Port City Playhouse has relocated to 3435 Sleepy Hollow Rd, Falls Church.

*Namaste (Old Town) has opened at 1504 King St.

*Souvlaki Bar (Potomac Yards) has opened at 2732 Jefferson Davis Hwy.

*Petticoat Lane (Kingstowne) CLOSED.

*Bistrot Royal (Old Town) CLOSED.

*Tazza Kitchen (Arlington Ridge) CLOSED.

*According to Open Table, the Alexandria restaurants most often considered neighborhood gems are Tempo (West End) and Rosemarino (Del Ray).

MOVIES

Muscle Shoals (documentary)

MUSIC

Check out the Austin Pizzaiolla Quintet (Tango)

Another Successful Season for Adopt-a-Family

By Mindy Lyle

Thanks to Cameron Station residents and our partners, the Adopt-a-Family program at Tucker Elementary had another successful year. As always, we had several neighborhood groups, dinner clubs, and business partners that went above and beyond expectations with donations and family adoptions.

A number of families “adopted” a similar sized family, and shopped for the family as a group. This event also served as an opportunity to meet new neighbors and to see old friends who have moved but still participate in the program. A special thanks to Irina Babb for the use of her van to deliver mountains of packages.

This year, we helped over 25 families with gifts to meet their needs and special wants from the children. Whether you adopted a family, supplied gift cards, contributed money, shopped for presents, or wrapped packages, your contribution put a smile on the faces of children and adults on Christmas morning. A typical family receives a gift card for food and cleaning supplies, plus family needs, which typically include multiple items needed in a household such as sheets, towels, dishes, and kitchen items. Each child in the family receives a few toys and clothing items such as jeans, sweaters, socks, and pajamas. We had an unusual number of requests for bikes, books, and sports

equipment this year. Roller skates were a very popular item on the wish lists of little girls. As always, each year brings a number of unique situations, and Cameron Station residents never fail to respond with help. For example, this year, one family needed something as basic and important as beds for their children. Neighbor Radhika Goel came up with the idea of offering Indian cooking classes to her friends, and the money raised from the classes purchased the family a set of bunk beds.

The families greatly appreciate the contributions and gifts; as one mother said; “you don’t realize how much this means not only to the children but to the parents. The hardest part of not being able to provide for Christmas is not Christmas morning, but it’s when our children go back to school and have nothing to talk about with their classmates. That’s when the reality sets in.”

During the year, Tucker Elementary will gratefully accept donations of gift cards to help sustain these families. If you would like to donate something during the “off season,” please just drop a gift card off at the school office knowing that it will be put to good use.

Mindy Lyle has been coordinator of the Adopt-a-Family Program since 2008.



Cameron Station Residents Ring in the New Year at Taste of Asia!

By Carla Besosa

Good times were had as neighbors counted down to 2017 at Taste of Asia! The 60+ attendees had it all: food, champagne, party favors, raffle prizes, and music. The \$10 buffet was the best deal in town with a wide variety of delicious food, including items not even on their menu. Champagne flowed until bottles were empty. Dancing was prolific as participants boogied to David Thorpe's endless collection of tunes from every genre. Compliments to Judy & Ming of Taste of Asia for making it all happen!



(Photo credit: Stephanie Thorpe)



(Photo credit: David Thorpe)

Afghan Bistro

By Carla Besosa

"Cooking is like love. It should be entered into with abandon or not at all."

--Harriet Van Horne (newspaper columnist)

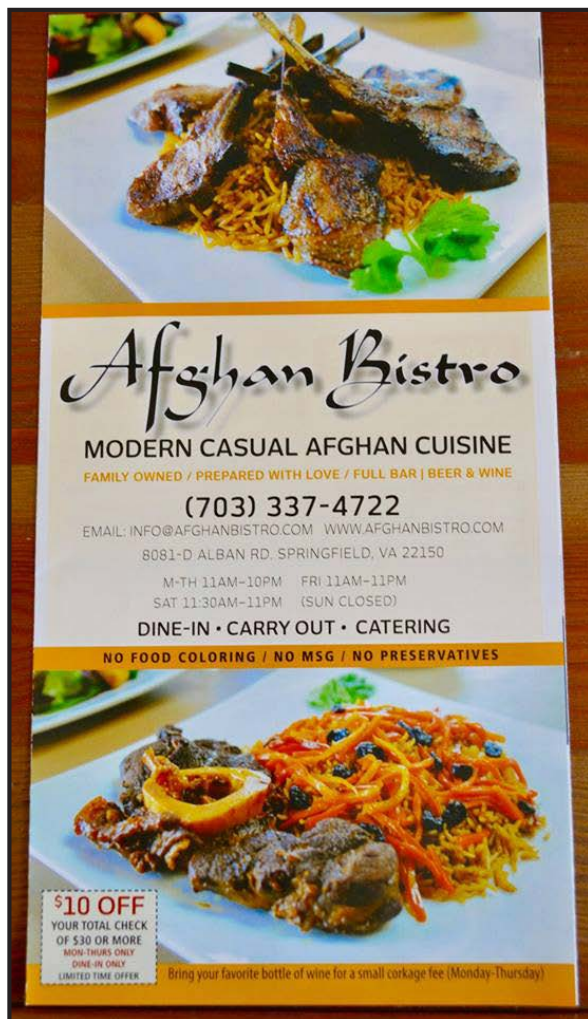


Photo credit: David Thorpe

Afghan Bistro is, in a word, phenomenal! This is exactly what I look for when perusing new restaurants to feature! *Afghan Bistro* is a small family business that uses mama's recipes, and it's quickly gaining popularity with a reputation that's spreading like wildfire.

First, you have to find it, as it is not in a prominent location, though it is less than 15 minutes away. As soon as you enter and breathe in the aroma of homemade dishes with fresh spices, you know you've made a wise decision. The space is small, seating only 30-35 patrons. The darkened windows are offset by vibrant native artwork. The staff couldn't be friendlier, and they are both knowledgeable

and accommodating. They make sure you are pleased with your meal and enjoy a positive experience.



Photo credit: David Thorpe

Pictured are the owners, Omar and Sophia, and their daughter Taliha.

For lunch, you can order from the regular menu or the array of daily lunch specials the chef has concocted. With such a broad selection, you may want to peruse the menu online to narrow down the options ahead of time.

I started with their *Signature Lentil Soup*. It was the most amazing version of lentil soup I've ever tasted! The flavor of three beans (lentils, chick peas, and mung beans) melds with minced beef and savory spices; fresh yogurt and finely grated fresh mint are drizzled across the top. Lentil soup can be bland, but theirs is anything but; it was incredibly flavorful! The *Boulanee* appetizer (potato and leek turnover) was also the best ever. Often, *Boulanee* is over-fried, making its exterior hard and its interior dry. I was pleasantly surprised; the *Boulanee* was masterfully sautéed, resulting in a light and tasty starter.

Since this was my maiden voyage to *Afghan Bistro*, I felt compelled to go with my litmus test — the *Aushak*. These delectable dumplings are filled with fresh leeks and scallions, and they are topped with koftapaashan (minced beef and lentil qorma) and a yogurt/mint puree. The flavors mesh perfectly. Your meal comes with Afghan bread and a tray of four colorful homemade chutneys.

As the Cameron Station foodie, I have certain unofficial rights, such as sticking my fork into other people's food to sample. (I try to limit this to those whom I know and are seated at the same table!) In doing so (thank you, Sharon), I also discovered the most appetizing rice – fragrant, spice-infused, long-grain, basmati rice topped off with julienne carrots (that seemed to be almost caramelized) and the plumpest raisins I'd ever seen. I usually don't get that excited over rice, but this was exceptional. The *Sabzi* (spinach dish) was delicious, delicately flavored with subtle

infusions of spice, and it was not at all overpowering. So many things yet to try! *Afghan Bistro* offers an impressive variety of beef, lamb, chicken, veal, and salmon dishes. On



(Photo credit: David Thorpe)

the more exotic side, you might try the *Braised Veal and Rhubarb* or the *Chopaaan*, their *Frenched Rack of Lamb*. Vegetarians will delight in the many creations prepared from eggplant, butternut squash, spinach, and potato. The *Qabuli Combination Platter* highlights them all and is beautifully presented.

There's a smattering of desserts from which I would choose my go-to pick, the *Baklava*. Afghan Bistro pours six reds by the glass, five whites, and a prosecco. A full bar is available as well. Due to the intimate size of the bistro, I highly recommend making a reservation for dinner (possibly lunch as well if you have more than a couple in your party). By the way, live sitar music is available on Saturday evenings!

Once you experience this hidden gem, I think you'll be just as excited about it as I am! The prices are very reasonable, and the entire experience is delightful!



(Photo credit: David Thorpe)

Afghan Bistro

8081-D Alban Rd
Springfield, VA 22150
703-337-4722

www.afghanbistro.com
Info@afghanbistro.com

Hours

Mon. 4pm-10pm
Tues.-Thur. 11am-10pm
Fri. 11am-11pm
Sat. 11:30am-11pm
Closed Sunday

Price

Lunch Specials \$6.95-\$15.95
Appetizers \$4.95-\$11.95
Entrees \$7.95-\$19.95
Dessert \$3.25-\$3.95

Smoking

No

HC Access

Yes

Parking

Lot

Reservations

Yes
Especially for dinner

Bar

Full

A Pilgrim's Journey from Cameron Station to the Camino de Santiago in Spain

By Martin Menez

It has been on my bucket list ever since seeing the 2010 movie *The Way* with a father and son team played by Martin Sheen and Emilio Estevez, who was also the director. What I didn't know is how interesting, mystical...and hard this bucket list item would be to achieve.

The Camino of Santiago, or the Way of Saint James, has been one of the great Christian pilgrimages since the Middle Ages. Starting points are all over Europe and beyond, but all terminate in Santiago de Compostela in Spain, where tradition holds that St. James' bones are buried in the cathedral there, which is the terminus of the journey. I had decided to go, and when discussing it with an old high school friend, lawyer, and now priest, Fr. Peter Daly, who had the same plan, we decided to do it together.

As Baby Boomers, we decided it was now or never. After much research, preparation, anticipation, and some mild trepidation, we began in St. Jean Pied de Port, France, the traditional eastern point of the Camino Frances and the

most common route, which was just over the border with Spain.

The first couple of days we got over the heights of the Pyrenees and into Spain. That's when many pilgrims become discouraged and drop out, not knowing beforehand that it's most arduous at the beginning. It's said that the first third of the Camino is physical, the second is psychological, and the final is spiritual. Generally, I think that was true for us as well.

There are ruins of many ancient pilgrim hospitals along the way, and now I know why. You can't walk six to ten hours a day over uneven ground, rain or shine, with a pack and not strain even the most trained body. Most pilgrims have or develop some sort of handicapping ailment en route. Common ones are torn ligaments, tendinitis, blisters, and joint issues. We experienced all of these, and we had to rest for several days under doctor's orders, as did many others

(See Santiago continued on page 26.)



(Photo credit: Martin Menez)

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 March to first week of April.

Article Submissions:

Any submissions for publication must include the writer's name, address, and phone number and must be received **by the 30th of the month preceding issue date** (see box). The newsletter staff, Communications Committee, or Board of Directors reserves the right to edit submissions. 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 28
May/June	April 30
September/October	August 30
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.

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.

Book Clubs

Reading Between the Wines

January:	<i>Dying to Be Me</i> by Anita Moorjani
February:	Poetry Night
March:	<i>At Home</i> by Bill Bryson

Third Thursday of the Month

January:	<i>The House Between the Tides</i> by Sarah Maine
February:	<i>A Man Called Ove</i> by Frederick Blackman
March:	<i>A Gentleman in Moscow</i> by Amor Towles

Monday Night Book Ball

January:	<i>Sisters in Law: How Sandra Day O'Connor and Ruth Bader Ginsburg Went to the Supreme Court and Changed the World</i> by Linda Hirshman
February:	<i>A Man Called Ove</i> by Fredrik Backman
March:	<i>Hillbilly Elegy: A Memoir of a Family and Culture in Crisis</i> by J. D. Vance



Santiago

(continued from page 24)

along the way. We had built in time to visit Pamplona, Burgos, and Leon, but we ended up staying for five days in the latter to recuperate. We hobbled and limped into Leon, but after forced rest and recuperation, we were able to walk out, albeit more slowly and covering less distance (20 km) each day.

Starting in mid-September, we walked for 45 days, not counting the recovery stops, and we covered almost 500 miles at a slower pace than most (we are Baby Boomers after all). The upside of that is that we were able to absorb and marvel at the sights, many that existed centuries before the discovery of the New World. History was all around us continually, and the fall terrain gorgeous. All along the path, the traditional Camino symbol, the scallop shell, and yellow arrows guided our way.

We slept in over 45 different beds or in our sleeping bags, many in ancient villages. We met a variety of interesting people of all ages from all over the world, had stimulating conversations, ate constantly (and still lost weight), and slept very well. While walking, we also had long periods for reflection, contemplation, song, and prayer.

When we finally walked into the cathedral square in Santiago de Compostela, many of the pilgrims there were embracing with relief, exuberance, and tears of joy and thanksgiving for having made it.

All be told, walking the Camino is an exceptional, rewarding, and memorable experience. It was the perfect combination of cultural, spiritual, and athletic factors, which made it an extraordinary life experience.

¡Buen Camino!

For more in-depth information on the Camino, you can start by visiting the Wikipedia webpage for the Camino de Santiago: https://en.wikipedia.org/wiki/Camino_de_Santiago.

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

Bette Sanft, Community Manager
communitymanager@cameronstation.org

Deirdre Baldino, Assistant Community Manager
assistantmanager@cameronstation.org

Sabastian Hobson, Covenants Administrator
covenants@cameronstation.org

Bethlehem Kebede, Administrative Assistant
admin@cameronstation.org

Psy Scott, Director
Cameron Station Fitness Center
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

Carlton Place Condominium

Abaris Realty

Phone: 301-468-8919 After Hour Emergency: Same
Dany Abebe, Property Manager, dabebe@abarisrealty.com

Condominiums at Cameron Boulevard

CMC

Phone: 703-631-7200

After Hour Emergency: 301-446-2635

Gita Lainez, Manager, glainez@cmc-management.com

Main Street Condominium

GHA Community Management

Phone: 703-752-8300

After Hour Emergency: 888-660-7132

John Lyons, Property Manager, jlyons@phacm.com

Oakland Hall & Woodland Hall Condominiums

CMC

Phone 703-631-7200

After Hour Emergency: 301-446-2635

Whitney Shepard (CMC)
swhitney@cmc-management.com

Final Farewell to Mr. Moo



(Photo credit: David Thorpe)

Emotions ran high on an evening in November when residents said their final goodbyes to the manager of the Main St. Market. Board member Megan Brock presented Mr. Moo Lee and his wife with a signed farewell card and money collected from many neighbors who wanted to show their appreciation for his many years of service to our community. Thank you, Mr. Moo! We wish you good health and much happiness in your retirement.



(Photo credit: David Thorpe)

The compass

200 Cameron Station Blvd.
Alexandria, VA 22304

PRSR STD
U.S. POSTAGE
PAID
GAM PRINTERS
PERMIT #379
DULLES, VA



Help us go greener...
Please recycle this newsletter.



Newsletter of the **Cameron Station Community Association, Inc.**