

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 21 Issue 1 • January-February 2020

## The Holiday Season in Cameron Station



The annual Holiday Party included horse carriage rides into Brenman Park, the Alexandria Harmonizers singing in the Cameron Circle Gazebo and of course Santa Claus in the Cameron Club. There were also plenty of holiday lights decorating houses and trees throughout the neighborhood to keep the celebratory spirit alive!



Photos by David Thorpe

See more photos on p. 19



# Operation Gobble Gobble Supports Families in Need at Tucker This Thanksgiving

By Donna Kenley

Donna Kenley, Sharon Godfrey and Kay Brown organized Cameron Station support for the 10th Annual Operation Gobble Gobble event and teamed up with mega-sponsors David and Stephanie Thorpe Homes, Irina Babb and the West End Alexandria Rotary Club. Cameron Station families generously donated 96 Thanksgiving meals to less fortunate families of children who attend Samuel Tucker Elementary. This huge response ensured meals for those who "need a little extra help this year," according to Karima Wade, the City of Alexandria Social Worker at Tucker and the event distribution coordinator.

Gobble Gobble was so successful because Cameron Station residents left bags of specified food items with gift cards at the Cameron Club; volunteers picked up the bags and took them to a home used as a staging area; and other members delivered the 96 completed bags to Tucker just in time for distribution at Thanksgiving to families identified by the Tucker social worker.

Thanks to all of the Cameron Station families, sponsors and volunteers who donated their time and efforts in such a compassionate display of kindness. This "teamwork" is what makes Cameron Station such a wonderful place to live. We appreciate the support that you provided to make our Cameron Station family Thanksgiving charity event so prosperous. We will call on you next year to continue this annual event. Many thanks!



CS residents and Tucker staff members gather to celebrate the generosity of the community: (l-r) Sharon Godfrey, Donna Kenley, Jessica Crawford, Ferdinand Fulton, Pat Morgan, Karima Wade, Jarrod Wallace, Kim Penland, Kay Brown and Bill Blumberg.

The Cameron Station community's 96 donations for Samuel Tucker Elementary School families.



Photos by David Thorpe

## About . . . *The Compass*

*The Compass* is the newsletter for the Cameron Station Community Association and is run entirely by volunteers.

*The Compass* welcomes your articles and photo submissions, as well as your suggestions for future issues.

Please send us an email at [TheCompass@cameronstation.org](mailto:TheCompass@cameronstation.org).

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

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

**Editor-in-Chief:** Marian Cavanagh

**Editorial Staff:** Carla Besosa, Lily Engle, Scott E.Z. Franklin, Pat Sugrue and Rene Zimmer

**Recurring Contributor:** Lenore Marema

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

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Tricia Hemel - Chairperson

### FINANCIAL ADVISORY COMMITTEE

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

Takis Taousakis - Chairperson

## HOA Management Company Chosen

By Marian Cavanagh

In late December, the Board of Directors awarded a new management contract, signed by Board President Mike Johnson, to Community Management Corporation (CMC), the incumbent firm.

The decision followed an almost-year-long review and evaluation process that included selection of a five-member Ad Hoc Committee chartered and competitively elected by the Board. In May, the Committee sent out a Request for Proposal and Addendum to six management firms deemed qualified, given the size and complexity of Cameron Station. On five announced days throughout July and August, they met to evaluate the submitting firms' proposals, eventually shortlisting the number down to three: CMC, Cardinal Management and Legum & Norman. Oral presentations by the three finalists, which were announced and open to all residents, were made in late July.

The Committee made a best-value determination to open negotiations with CMC in August. The Board accepted that recommendation and was in extended discussions with CMC until final agreement and signing of the contract the last week of December. "There are favorable, unique and innovative provisions in the contract," says Board Treasurer and Liaison to the Ad Hoc Committee Martin Menez, noting:

- A reduction in the annual management fee from \$160K under the old contract to \$95K, a 40% reduction. The contract runs for an initial term of three years plus two

option years. Fees under the contract remain the same for the entire possible five-year term.

- Improved requirements around financial reporting.
- A set of performance standards for CMC.

The complete executed contract is available for examination upon request.

## COFFEE WITH MIKE

Have questions, concerns or good things to share about our community? Mike Johnson, CSCA Board President, invites you to stop by the Cameron Cafe on the first Saturday of the month between 10 and 11am to discuss Association issues. Mike will next be at the Cafe on Saturday, Feb. 8. Hope to see you there!



## Management Companies

### **Cameron Station Community Association**

Community Management Corporation (CMC)

703-631-7200 - After-Hours Emergency: 301-446-2635

**Karen Soles, Community Manager**

*communitymanager@cameronstation.org*

**Todd Branson, Assistant Community Manager**

*assistantmanager@cameronstation.org*

Onsite Office 703-567-4881

### **Condos at Cameron Station Boulevard**

**Oakland Hall Condominium**

**Woodland Hall Condominium**

Community Management Corporation (CMC)

703-631-7200 - After-Hours Emergency: 301-446-2635

**Gita Lainez, Portfolio Manager**

*glainez@cmc-management.com* 703-230-8578

**Brittany Byrd, Assist. Comm. Manager**

*BByrd@cmc-management.com* 703-230-8576

### **The Residences at Cameron Station-A.K.A. 400**

FirstService Residential Management

**Angela Luker, Community Manager**

*angela.luker@fsresidential.com*

703-751-5002 - After-Hours Emergency: 703-385-1133

Corporate Phone: 703-385-1133

### **Main Street Condominium**

GHA Community Management

**Mia Polk, Property Manager**

*mpolk@ghacm.com*

**Lauren Gentry, Administrative Assistant**

*lgentry@ghacm.com* ext: 716

703-752-8300 ext: 733 - After-Hours Emergency:

888-660-7132

José cell: 703-231-7436 (Office Use Only)

### **Carlton Place Condominium**

Abaris Realty

**Dany Abebe, Property Manager**

*dabebe@abarisrealty.com*

**Lawan Trent, Administrative Assistant**

*ltrent@abarisrealty.com* 301-468-8919

## IN MEMORIAM

John Ticer neighbor Gregory Nucci passed away unexpectedly on March 25, 2019. Greg was born in Huntington, New York, but was a long-time Virginia resident. He attended Georgetown Law School and, after graduation, lived in both Springfield and Alexandria. He moved into Cameron Station in 2006.

Greg practiced both corporate and real estate law in the Washington, DC, area. He was a passionate yachtsman and boater since his early childhood, learning how to sail on Long Island Sound with his brothers and sisters. He was also an avid fisherman, exploring the open waters all over the US and beyond.

Greg's sister Helen described Greg as "a treasured father, a compassionate brother, an adored uncle, a dedicated friend and an admired business associate." He was known for his wisdom and sharp humor, generosity, infectious smile and laugh and a shrug of the shoulders that let you know he really had put one over on you. Greg could often be found relaxing on a neighbor's porch, sharing a cigar, or chatting with friends and neighbors at London Curry House.

Greg will be sorely missed by his Cameron Station neighbors. We extend our deepest sympathy to his family and friends.



Family photo

## Brenman Park Update

The new pedestrian bridge (the "turtle bridge" along the west side of the pond) was opened in late December. The boardwalk bridge (near the east side of pond) was anticipated to open in early January. Although bridge construction is complete, final structural approval is required by the city's Department of Code Administration before opening to the public.



Photos by David Thorpe



# Adopt-a-Family

By Mindy Lyle

Cameron Station has been assisting Tucker Elementary with the Adopt-a-Family program to help families in need have a Merry Christmas for many years. It takes a village to make this program a success, and this year the village struggled to keep up with the demand. Fortunately, businesses from outside of Cameron Station, including Kinneman Insurance, doctor's offices and residents from other parts of the city also adopted families. Our partnership with Greenhill's Pickett Place Community Foundation, a 501(c)(3), provided donation and accounting support.

Thanks to all of the participants, we were able to help about 20 families during the holiday season with gifts to meet their needs. 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, family needs - which typically include household items such as sheets, towels, dishes and kitchen items - and each child receives a few toys and clothing items such as jeans, sweaters, socks and pajamas.

As always, this program presents a number of unique situations, and Cameron Station residents responded with help. The day before school broke for the holiday, thanks to alert teachers, we realized that two families were living without simple furnishings and that the children had neither coats nor long-sleeve shirts. Two residents came to the rescue with additional funds and we were able to provide basic necessities.

In addition to Adopt-a-Family, on December 14 we partnered with Alexandria City Council Member Willie Bailey's organization, Firefighters and Friends to the Rescue. Our event at Samuel Tucker Elementary provided gifts to another 200 needy families. Many Cameron Station resi-



Photo by Sarah Walsh

Hockley and Eleanor Walsh assembling bikes for adopted families.

dents, including our Assistant City Manager Debra Collins, helped to sort toys and assist families in their selection.

The families are very appreciative of the contributions and gifts; however, the needs do not end with the holiday season. During the year, Tucker Elementary will accept donations of gift cards to help sustain these families, or you can continue to contribute to Adopt-a-Family through Greenhill's Pickett Place Community Foundation with the note "Tucker Families" in the memo line.



Gifts come together for Tucker families.



Photo courtesy Mindy Lyle

Program Coordinator Mindy Lyle helps gather donations.

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Activities and Events Committee

By Andrew Yang

The Activities and Events committee hosted a series of events to end this holiday season. Beginning in November, we held our first wreath-crafting event. Twenty-eight attendees made their own special keepsake to take home for the holidays.



Photo by David Thorpe

The end result of a day of wreath-crafting at Cameron Station Holiday gathering.

The annual Holiday Party was held on Sunday, December 15. For the first time, the event featured horse carriage rides through the main gazebo circle. It culminated with the Alexandria Harmonizers serenading the crowd at the gazebo. There were also crafts and plenty of food and drink for all.

Next up, Cameron Station's shuttle service provided transportation to the annual ZooLights event in DC. About 50 people made the trip to explore the spectacle of the lights.

To end the year, over 100 residents attended New Year's Eve at the Cameron Station clubhouse. After a 7pm countdown, a feature movie presentation (*Toy Story 4*) was shown. Pizza, drinks and ice cream were also served.

We look forward to providing more events in the upcoming year. If you'd like to attend one of our meetings, they take place the first Wednesday of the month at 7pm in the Cameron Club/Small Meeting Room.

## Architectural Review Committee

By Jeremy Drislane

A friendly note: As we leap into the new year, we are writing to our neighbors in Cameron Station to provide a reminder of the HOA guidelines and what we do on the Architectural Review Committee (ARC). The members are all community residents, volunteering their time to help maintain the beauty and consistent aesthetic that is a big part of our community's appeal.

The Design and Maintenance Standards (DMS) and the HOA Guidelines we follow are there to provide guidance on making changes and keeping up with maintenance of

your property. It's not uncommon to look at our properties as a home, and also as an investment. The DMS and HOA guidelines are there to help protect that investment.

In a typical month, we will see applications for plenty of roof and window replacements and/or repairs; landscaping applications; and other miscellaneous submittals such as replacements/repairs for decks, shutters, fencing, light fixtures, etc. The guidelines generally provide direction for all this work. The ARC is also here for guidance, so please feel free to come to one of our monthly meetings to discuss any future work you're planning. (They take place on the first Tuesday of the month at 7pm in the Cameron Club/Henderson Room.) Getting some feedback from the ARC early in the process can help mitigate potential delays or unexpected costs/change orders from your contractors if something does not align with the guidelines of Cameron Station. Here are some quick examples of when residents may need to get prior approval through submittal of an exterior modification application:

- Repairing or replacing your roof or gutters? Yes.
- Changing a color on the outside of your house, such as a shutter or door? Yes.
- Making landscape modifications? Yes.
- Changing your kitchen cabinets? No.
- Changing tile or flooring within your home? No.

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- Changing the front door or storm door? Yes.
- Replacing windows? Yes.
- Installing Ring or Similar type doorbell or other security devices? Yes.
- Making changes to your deck or stain color? Yes.
- Making changes to external mechanical or A/C devices? Yes.
- Plan on installing solar panels? Yes.

This is not an exhaustive list, but the theme here is, if you are making a change that can be seen from outside the house, you will probably need to submit it for prior written approval and have it reviewed. If you're unsure, just ask or refer to the DMS guidelines which can be found on the Cameron Station website. (<https://www.cameronstation.org/search?q=Design+and+Maintenance+Standards&Search=&w1=before&d1=&w2=before&d2=>)

Have questions on approved paint colors for doors/shutters or stain colors for decks/fences? The HOA administrative offices, located in the Cameron Club, have color samples you can review in person.

We also get a lot of retrofit applications, where a homeowner has installed something that either is or is not in compliance. Either way, that's not good, and if not in compliance, could cause the homeowner unforeseen costs. A big reason for the ARC is to prevent this; and as your neighbor, the last thing we want to see is undue stress on people in our community. So please get in touch and we'll do our best to make everything go as smoothly as possible!

## Common Area Committee

By Kathleen McCollum

Winter is a quieter time for common area work. Snow removal as needed is the major effort.

The late summer drought caused stress to everything growing in the community. When walk-throughs resume in May, we will look especially for anything already stressed that didn't survive the winter.

Winter freezes and thaws also cause new rises and dips in the brick walkways. Report any of these new tripping hazards (or places where water pools and freezes) to management for the next round of brick sidewalk repairs.

Several streets through the neighborhood are city streets and therefore maintained by the city. This includes Cameron Station Boulevard, Brenman Park Drive and Somerville Street. The Services tab on the city website ([www.alexandriava.gov](http://www.alexandriava.gov)) has an easy-to-use resident reporting tool for issues relating to those streets, such as potholes or street lights that are out. It's called *Call Click Connect*. You will get prompt status updates after your request.

It's not too soon to start thinking about your garden patch, if you have one. The best starting point is determining what survived the growing season well and what didn't. The community has a small group of Volunteer Gardeners who know the growing conditions here in Cameron Station. They can offer tips on how to care for trees and shrubs planted by a previous owner, or ideas if you want to add something new. Contact them at [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org).

## Communications Committee

By Tricia Hemel

This past year was a productive one for the Communications Committee (ComCom). In 2019, the Cameron Station website was updated, five issues of *The Compass* were published, photos of community events were documented and shared (thanks to *Compass* photographer David Thorpe) and the Welcome Committee was created. Our goal in 2020 is to continue to expand on communication initiatives so that the residents of Cameron Station are informed of all community matters. If you would like to assist in any way, please join us at our monthly committee meetings, which take place on the third Wednesday of the month at 7pm in the Cameron Club/Small Meeting Room, or email us at [communications@cameronstation.org](mailto:communications@cameronstation.org). We have one opening on ComCom for a voting member, and the Welcome Committee and *The Compass* are always happy to add new members.

## Facilities Committee

By Ray Celeste, Jr.

As we enter a new year and a new decade, we want to take this time to reflect on what makes it so great to be a member of our community.

First, thank you to our management staff and the volunteer leadership members who spend so much time and effort on our behalf. I am so very proud of each and every one of them. We will continue to do our best to serve this noteworthy community.

Please remember to visit and explore our Fitness Center, enjoy our pool during the summer months and take one of our many engaging and complimentary classes. If you'd like to attend one of our monthly meetings, they take place on the second Thursday of the month at 7pm in the Cameron Club/Henderson Room.

If you have questions, or personal fitness goals, please consult with Psy Scott, our Fitness Director and an outstanding mentor ([cameronclubfitness@gmail.com](mailto:cameronclubfitness@gmail.com)). In addition, our Board of Directors and our committee members are working hard to make your life and that of your family a more rewarding one! If you can, please take the time to thank them when the opportunity presents itself. Happy New Year and Happy New Decade!

## 2020 RESIDENT ID STICKERS

Registration for 2020 began on January 2, 2020.

To ensure equitable use of the Cameron Station shuttle bus and the Cameron Station facilities (fitness center, basketball court and pool), all users must register and show their 2020 CSCA Resident ID beginning January 2. Deadline to register will be March 31, 2020.

## Financial Advisory Committee

By Takis Taousakis

The FAC was established in order to advise the Board of Directors on issues affecting the financial position of the Association that may include but are not limited to:

- Reviewing the monthly financial statement as prepared by the Managing Agent.
- Reviewing Repair and Replacement, Operating and Capital Reserves.
- Assessing delinquencies and collection policies.
- Reviewing the annual audit and tax returns as prepared by the Association's audit firm.
- Participating in the annual budget process.
- Reviewing the annual budget as prepared by the Managing Agent.
- Recommending funding options for special projects and unbudgeted expenses.
- Reviewing Association's investments.
- Assisting other committees, as requested, with regard to the budget and/or other financial matters.

One important responsibility of the FAC is to oversee the Master Association's repair and replacement reserve process. We completed an update to our reserve study in 2019. Each of the six condominium associations is to independently follow a similar approach to their property's long-term maintenance needs.

A reserve study is a capital budget planning tool. It is required that a reserve study is performed once every 3-5 years (no longer than 5). The study is used to determine the physical status of the Association-owned property and components, estimate the replacement timing and come up with the cost over time for maintaining all community assets. A reserve study provides a rational basis for budget planning, but it should not be considered a spending plan. The costs for each component are estimated based on cost history from the property, construction industry reference sources, contractor estimates, phased projects and design and project management costs. Small projects (under \$1,000) and items funded through the operating budget are not included in the reserve study.

Projects in the reserve study need to be planned in a timely fashion, but should only be executed after detailed study following community policy. The planned projects are presented to the Board of Directors for final approval.

The Master Association repair and replacement reserve balance as of October 31, 2019, is \$2,031,250. In 2020 we will add \$368,482 to our reserves, and if we perform the 2020 projects outlined in the reserve study, we will spend \$1,484,469 in maintaining our community. The large 2020 projects might include: repaving one-third of the roads owned by Cameron Station; addressing issues with our irrigation system; maintaining sidewalk pavers on Cameron Station streets (city street sidewalks are maintained by the city); renovating the locker rooms in the Cameron Club; replacing old HVAC systems; and several other needed projects.

If you'd like to attend one of our meetings, they take place on the last Monday of the month (except May and August, which will occur on May 21 and August 24) at 7pm in the Cameron Club/Henderson Room.

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Courtney Parks

## 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@cameronstation.org](mailto:thecompass@cameronstation.org).

**GET INVOLVED!**



# Carpenter's Shelter: Our Collective Efforts Are Working!

By Alikì Pappas

As the holidays pass, we've not only marked a new year, we've also brought in a new decade. As I reflect on the last 10 years, a lot of things have happened at Carpenter's Shelter. We've moved more than a thousand people back into permanent housing, planned a dramatic redevelopment of our permanent home, successfully moved to a temporary location and continued to engage an ever-growing pool of people wanting to get involved to help others. The best change of all is the big-picture headline: a 45% reduction in the number of people who are homeless in Alexandria. **Our collective efforts are working!**

Carpenter's Shelter would like to recognize all the generosity and support that has equipped us to move forward in this significant way. The reduction in the number of people who are homeless can be attributed to strong volunteerism and financial support from the community, a talented staff, support from local businesses and foundations as well as the hard work of those we serve to get reestablished in permanent housing.

We have had such a successful journey this past year because of the continued support from Cameron Station and other Alexandria neighborhoods. Together we



A Volunteer doubled as Santa Claus and handed out gifts to residents.



Photos by Carpenter's Shelter

Construction of Carpenter's Shelter's original location is rising strong and reaching new heights.

celebrated with nearly 500 of our nearest and dearest supporters at our annual Carpenter's Cook-Off; we hosted our ZeroK Non-Race with the finish line party at the nearby Aslin Beer Company; we celebrated #GivingTuesday by not only topping our revenue goal for our Carpenter's Clinic, but by also spreading awareness of our medical services to people who are homeless. Most notably, we reached our New Heights Campaign financial goal with a gap-closing gift from Amazon. This achievement could not have been attained without the community's support - more specifically, the generosity of Amazon, the Hoffman family, John & Elizabeth Siegel, the Daniel E. Offutt III Charitable Trust, Earl W. Stafford and more than 400 donors.

I am thankful for your active commitment as neighbors to the shelter. We invite you to continue to celebrate with us in 2020's prosperous new beginning. Let us discover what impact we can jointly have on the future of individuals and families in need.

As you open up your 2020 calendar, please save the date and join us for Carpenter's Cook-Off on Sunday, April 19. And put a big placeholder in July 2020, which is the month we are to move into the new shelter. To learn more about all of our upcoming events, as well as how to get involved as a volunteer, donor or ambassador, please visit [www.CarpentersShelter.org](http://www.CarpentersShelter.org). Thank you!

## JOIN THE COMPASS!

Do you like to write, edit, interview and/or proofread? Our community newsletter is always looking for talented people to join the staff. Contact Editor Marian Cavanagh at [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org) if you're interested. We'd love to have you!

## VOLUNTEER OPPORTUNITIES

Still working on your New Year's Resolutions? How about adding "Volunteer" to your list? There are many opportunities to help our Alexandria community with your time and talents. Visit <https://www.volunteeralexandria.org> for more information.

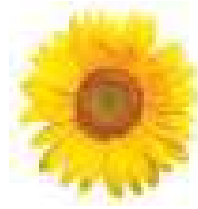
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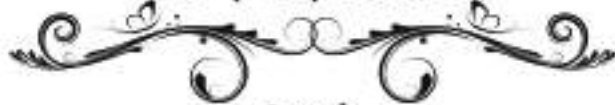
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## Cameron Cafe Wine Bar Now Open!

Wine is now being served daily in our neighborhood cafe, and their hours are extended until 9pm on Thursdays, Fridays and Saturdays! Come by and raise a glass as we celebrate another welcome addition to Cameron Cafe's ever-expanding menu!



### THANK YOU TO OUR CAMERON STATION 2019 COMMUNITY PARTNERS

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## Snow Removal Requirements – And Volunteers Needed!

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

Cameron Station residents who would like to volunteer to help assist those residents with physical limitations during snowstorms/snow removal, please contact the Management office 703-567-4881 or [managers@cameronstation.org](mailto:managers@cameronstation.org). This information will also be sent out via the weekly email blasts. Thank you!



# Restaurant Review: Dolce and Bean

By Carla Besosa - Cameron Station Foodie

*"The greatest tragedies were written by the Greeks and Shakespeare...neither knew chocolate."* Sandra Boynton, Cartoonist



A happy moment at Dolce and Bean with (l-r) Marian Cavanagh; proprietor Petros; Carla Besosa; Rene Zimmer; and our neighbor, David!

Have you discovered this delightful little Del Ray destination? *Dolce and Bean* started putting smiles on faces almost three years ago with their decadent array of delicacies! If you are in search of something special to tantalize your taste buds, this is the place!

The footprint is unassumingly small, but the delectable offerings create sensory overload...in a good way. They are showcasing confections of every kind, some from other parts of the country, as well as the highly coveted Belgian Neuhaus Chocolates. You will *ooh* and *aah* over the gorgeous selection before deciding. Confections are sold individually, so you can select a variety to sample. They offer macarons, truffles, pralines, tiramisu and many other fancy goodies.



No matter what your choice, you will be in ecstasy as you enjoy every bite! I tend to gravitate toward the dark chocolate, sea salt and anything with maple. Experiment, ask questions and you'll find the perfect bite - rich but not too sweet!

In addition, *Dolce and Bean* serves velvety smooth gelato. There are 12 from which to choose; 10 permanent flavors and 2 rotating. Try the unique renditions such as *White Chocolate Raspberry* or *Sicilian Pistachio*. Gelato can be served in a dish or a cone.

I was delighted to find that they have added a new creation - *Dolce and Bean* now makes crêpes! I enjoyed a blueberry crêpe with a schmear of Nutella. How fun! Other types of fruit are available as well, and they can top it off with whipped cream.

With your sweets you'll need coffee, of course. *Dolce and Bean* has wonderful coffee drinks meticulously prepared. Hot chocolate and a variety of teas will also do the job.

*Dolce and Bean* is a family-owned and operated establishment; another feather in their cap! They've built a good reputation and have a regular following - this says a lot! We even met a regular from Cameron Station while there (Hello, David from Carlton Place!).

Support this amazing local business! Petros, the delightfully friendly proprietor, will make sure that your experience is memorable.

## *Dolce and Bean*

2003A Mount Vernon Ave  
Alexandria, VA 22301  
703-721-3111  
[www.dolceandbean.com](http://www.dolceandbean.com)

### Hours

Mon. 5-9:30pm  
Tues.-Fri. 12 noon-9:30pm  
Sat. 9:30am-9:30pm  
Sun. 9:30am-8:30pm

### Price Variable

**Catering Available**  
Special Occasions/Gifts

### Smoking No

### HC Access Yes

### Parking Street



Photos by David Thorpe



# Overhydration

By Psy Scott, Fitness Director

All cells and organs need water to function properly; however, excessive water consumption can lead to water intoxication. This has been known to be fatal in some cases. Also known as water poisoning, water intoxication is the disruption of brain function due to drinking too much water.

Drinking a lot of water increases the amount of water in your blood. This water can dilute the electrolytes in your blood, especially sodium. When sodium levels fall below 135 mmol/L, it is called Hyponatremia. Sodium helps balance fluids between the inside and outside of cells. When sodium levels drop due to excess water consumption, fluids shift from the outside to the inside of cells, causing them to swell. When this happens to brain cells, it can produce dangerous and potentially life-threatening effects.

**Bottom line:** Water intoxication results from drinking too much water. The excess water dilutes blood sodium levels and causes fluids to move inside cells, which then swell. When brain cells swell, pressure inside the skull increases. This pressure causes the first symptoms of water intoxication, which include:

- Headache
- Nausea
- Vomiting

Severe cases can produce more serious symptoms, such as:

- Increased blood pressure
- Confusion
- Double vision
- Drowsiness
- Difficulty breathing



- Muscle weakness and cramping
- Inability to identify sensory information

Excess fluid accumulation in the brain is called Cerebral Edema, which can affect the brain stem and cause central nervous system dysfunction. In severe cases, water intoxication can cause seizures, brain damage, coma and even death.

**Bottom line:** Drinking too much water increases pressure inside the skull. This can cause various symptoms and even be fatal in severe cases.

Over-hydration and water intoxication happens when you drink more water than your kidneys can get rid of via urine. **But the amount of water isn't the only factor. How long you take to drink the water also counts.** You have a greater risk of developing water intoxication if you drink a lot of water in a short period of time. The risk is less if you drink the same amount over a much longer period of time. The kidneys are capable of excreting up to 7 gallons (28 liters) of fluid per day. However, they cannot excrete more than 1 liter per hour. Therefore, drinking more than this is not a good idea.

## Feeling Out of the Loop?

**Decisions on community matters made by the HOA Board of Directors and committees are discussed, debated and determined in public, with the exception of private matters between residents and the board that are discussed in closed Executive Session. If you want to know what is going on in Cameron Station, attend the monthly board and committee meetings (and/or read the minutes posted on the website); read *The Compass* newsletters; visit the community website, [www.cameronstation.org](http://www.cameronstation.org); and sign up for email blasts. If you have any questions for the board, committees or HOA management, send an email. These addresses can be found in *The Compass* newsletter.**

## Monthly Committee Meetings

### Activities and Events Committee

First Wednesday of the month,  
7pm, Cameron Club/Small  
Meeting Room

### Architectural Review Committee

First Tuesday of the month, 7pm,  
Cameron Club/Henderson Room

### Common Area Committee

Second Monday of the month,  
7pm, Cameron Club/Henderson  
Room

### Communications Committee

Third Wednesday of the month,  
7pm, Cameron Club/Small  
Meeting Room

### Facilities Committee

Second Thursday of the month,  
7pm, Cameron Club/Henderson  
Room

### Financial Advisory Committee

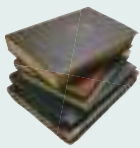
Last Monday of the month  
except for May (May 21) and  
August (August 24), 7pm,  
Cameron Club/Henderson Room

### Board of Directors

Last Tuesday of the month  
(except for November and  
December, TBD) 7pm, Cameron  
Club/Henderson Room

## The Joke's on You!

We thought it might be fun to include a joke, cartoon or some other humorous highlight in upcoming issues of *The Compass*. If you've got something that's both non-political and family friendly, please send your submissions to [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org). Here's an example, courtesy of Liana Finck in the Dec. 16, 2019 issue of *The New Yorker*.



## Book Clubs

### Reading Between the Wines

- Jan. *The Geography of Bliss* by Eric Weiner  
Feb. *Notes from a Small Island* by Bill Bryson

### Monday Night Book Ball

- Jan. *Where the Crawdads Sing* by Delia Owens  
Feb. *Doing Justice: A Prosecutor's Thoughts on Crime, Punishment, and the Rule of Law* by Preet Bharara


Interested in joining Monday Night Book Ball book club? Please contact PJ ([sottilepj@aol.com](mailto:sottilepj@aol.com)). We'd love to have you.

### Third Thursday of the Month

- Jan. *Where the Crawdads Sing* by Delia Owens  
Feb. *The Alice Network* by Kate Quinn

New members are welcome: contact Gayle Hatheway ([gayleandotis@sbcglobal.net](mailto:gayleandotis@sbcglobal.net)).

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# CS Holiday Lights 2019



Photos by David Thorpe



## Carla's Picks

By Carla Besosa

### Alden Theater (McLean)

Feb. 26 Free Foreign Language Film  
Mar. 15 Danú (Irish Music)

### Anacostia Playhouse (Anacostia)

Feb. 22-Mar. 22 *This Bitter Earth*

### Anthem Theater (DC Waterfront)

Mar. 16 Sturgill Simpson

### The Athenaeum (Old Town)

Feb. 27 A Civil Right During the Civil War - Colored Troops & Alexandria National Cemetery (John Chapman)

### Atlas Performing Arts Center (DC)

Mar. 5-22 *Einstein's Wife*  
Mar. 11-29 *Inherit the Windbag*

### The Barns at Wolf Trap (Vienna)

Feb. 20-21 1964 The Tribute  
Feb. 25-26 Cherish the Ladies  
Mar. 17 Ladysmith Black Mambazo  
Mar. 25-28 The Second City

### Bethesda Blues & Jazz (Bethesda)

Feb. 14-15 Eddie Levert of the O'Jays

### Birchmere (Arlandria)

Feb. 15 Thanks for the Memories (Tribute to musicians we lost in 2019)  
Feb. 22 Harmony Sweepstakes A Cappella Competition  
Feb. 28-29 Arlo Guthrie  
Mar. 6 Oak Ridge Boys  
Mar. 10 Graham Nash  
Mar. 12 The Hot Sardines  
Mar. 20 10,000 Maniacs  
Mar. 31-Apr. 1 Rosanne Cash

### Black Rock Center for the Arts (Germantown)

Feb. 20 Heather Mae  
Feb. 28 Latin Jazz

### Blues Alley (Georgetown)

Feb. 18 Special EFX featuring Chieli Minucci  
Feb. 27-Mar. 1 Kim Waters  
Mar. 5-7 Peter White  
Mar. 12-15 Joey DeFrancesco Trio  
Mar. 19-22 Kevin Eubanks

### Capital One Arena (DC)

Feb. 13-17 Disney On Ice: Celebrate Memories  
Feb. 22 Marc Anthony  
Mar. 11 Celine Dion  
Mar. 18 Billie Eilish  
Mar. 21 The Harlem Globetrotters

### Carlyle Club (Alexandria)

Mar. 20 All 80s All Night

### City Winery (DC)

Feb. 29 Melba Moore

### Constitution Hall (DC)

Feb. 22 The Pop-Up Comedy Festival  
Mar. 13 Capital Comedy Festival

### Creative Cauldron (Falls Church)

Feb. 13-Mar. 8 *Crowns*  
Mar. 30-Apr. 5 *Cinderella's Dream*

### Dance Place (DC)

Mar. 21 New Releases Showcase

### Del Ray Artisans (Del Ray)

Feb. 7 Opening Reception: Kondo vs. Chaos  
Mar. 6 Opening Reception: Tell Me a Story

### Dulles Expo Center (Chantilly)

Feb. 28-30 International Gem & Jewelry Show  
Mar. 7-8 The D.C. Big Flea & Antique Market  
Mar. 27-29 Sugarloaf Crafts Festival

### Eagle Bank Arena (GMU/Fairfax)

Mar. 20-21 Harlem Globetrotters

### Epicure Café (Fairfax)

Feb. 14, Mar. 13 Eclectic Jam with Cristian Perez  
Feb. 26 Hip-Hop Show  
Mar. 1 Luna - Original Folk, Blues, Jazz, Latin  
Mar. 8-9 Gypsy Jazz Jam with Swingology

### Falls Church Episcopal (Falls Church)

Mar. 29 Stone Room Concerts: Martyn Joseph

### 1st Stage Theater (Tysons)

Jan. 30-Feb. 23 *The Royale*  
Mar. 26-Apr. 19 *A New Brain*

### Folger Theater (DC)

Jan. 14-Mar. 1 *The Merry Wives of Windsor*

### Ford's Theater (DC)

Jan. 24-Feb. 23 *Silent Sky*  
Mar. 13-May 20 *Guys and Dolls*

### Fort Ward Museum & Historic Site (Alexandria)

Feb. 16 Revolutionary War Reenactment  
Mar. 14 Civil War Women's Day

### Gadsby's Tavern Museum

Feb. 15 George Washington Birthnight Banquet/Ball

### Gala Theater (Adams Morgan)

Feb. 6-Mar. 1 *Exquisite Agony*

### GMU Center for the Arts (GMU/Fairfax)

Feb. 15-16 Virginia Opera: *Cinderella*  
Mar. 10-11 Shen Yun  
Mar. 26-28 *Men on Boats* (Harris Theater)  
Mar. 27-28 Mason Dance Co. Gala Concert

### Gunston Arts Center (Arlington)

Feb. 27-Apr. 5 *Suddenly Last Summer & Ada and the Engine*

### Hamilton (DC)

Feb. 20 Spyro Gyra  
Feb. 22 Dirty Dozen Brass Band  
Feb. 29 Marcia Ball & Sonny Landreth  
Mar. 1 Zoë Keating  
Mar. 5 Roomful of Blues  
Mar. 13 Dweezil Zappa  
Mar. 22 The Ides of March

### Harman Center for the Arts (DC)

Feb. 11-Mar. 15 *The Amen Corner*  
Feb. 20-Mar. 22 *Timon of Athens*

### Howard Theater (Howard Univ./DC)

Mar. 28 Lyfe Jennings

### Imagination Stage (Bethesda)

Feb. 8-Mar. 22 *Zomo the Rabbit: A Hip-Hop Creation Myth*  
Mar. 15-Apr. 15 *Thumbelina*  
Mar. 21-Apr. 12 *Paper Dreams*

### Jammin Java (Vienna)

Mar. 1 Joan & Joni - Tribute to Joan Baez & Joni Mitchell  
(Allison Shapira & Kipyn Martin)  
Mar. 6 Gina Chavez  
Mar. 13 Toby Lightman

### Kennedy Center (DC)

Feb. 11-16 American Ballet Theater - *Giselle*  
Feb. 29-Mar. 22 Washington National Opera - *Don Giovanni*  
Mar. 1-21 Washington National Opera - *Sampson & Delilah*  
Mar. 5-7 Martha Graham Dance Co.  
Mar. 21 Patti Smith

### Lisner Auditorium (GWU/DC)

Mar. 13 Kronos Quartet  
Mar. 14 Glenn Doyle  
Mar. 14 Miss Richfield 1981 - Below the Belt



**Little Theater of Alexandria (Old Town)**Feb. 29-Mar. 21 *Moonlight & Magnolias***Lorton Workhouse (Lorton)**Mar. 20-Apr. 19 *The Mystery of Edwin Drood***Lyceum (Old Town)**

Feb. 14, Mar. 13 After Work Concert Series

**MGM (National Harbor)**

Feb. 14 Smokey Robinson

**Mount Vernon (Alexandria)**

Feb. 17 Washington's Birthday Celebration

Feb. 22 George Washington's 288th Birthday

Feb. 2, Mar. 31 NSO at Mount Vernon

**National Theater (DC)**Feb. 11-16 *The King's Speech*Feb. 21-22 St. Petersburg Ballet Theater: *Swan Lake*Mar. 3-8 *Bandstand - The Musical***Saint Aidan's Episcopal (Alexandria)**

Mar. 14 Focus Concerts presents: Anne Hills

**Saint Luke's Episcopal (Alexandria)**

Mar. 22 Seven Mile Walk

**Signature Theater (Shirlington)**Feb. 18-19 *Easy Women Smoking Loose Cigarettes***Sixth & I (DC)**

Feb. 15 Melissa Aldana Quartet

Feb. 16 Amanda Shires Atmosphereless Tour

**State Theater (Falls Church)**

Feb. 14 The Stranger - Billy Joel Tribute

Feb. 21 Hollywood Nights - Bob Seger Tribute

Mar. 7 The British Invasion Years

Mar. 13 Broken Arrow - Neil Young Tribute

Mar. 24 Bowie Celebration

Mar. 27 The Inaugural Crimson Live Comedy Show

**Strathmore Music Center (Bethesda)**

Feb. 13 Jake Shimabukuro &amp; Sierra Hull

Feb. 27 BSO: Aretha - A Tribute

Mar. 6 A Cappella Live!

Mar. 15 Tony Bennett

Mar. 21 National Philharmonic: *Mozart's Requiem*

Mar. 29 BSO: Mozart &amp; Mendelssohn

Mar. 29 Croce (A.J.) Plays Croce (Jim)

**Studio Theater (DC)**Mar. 4-Apr. 12 *Pass Over***Synetic Theater (Crystal City)**Feb. 5-Mar. 1 *Phantom of the Opera***Theater J (DC)**Feb. 19-Mar. 15 *The Wanderers*Mar. 27-Apr. 19 *Becoming Dr. Ruth***Warner Theater (DC)**

Feb. 14, 15, 21, 22 Tedeschi Trucks Band

Feb. 16 Cheap Trick

Mar. 17 Styx

**Woolly Mammoth (DC)**Feb. 10-Mar. 8 *Shipwreck: A History Play About 2017*

# And Another Thing...

**(in my stream-of-consciousness order)**

**Cameron Cafe** is now serving beer and wine and has extended hours (until 9pm) Thurs.-Sat. Check out their eclectic list of six reds, six whites, and six brews.

**Carpenter's Shelter 18th Annual Cook-Off** at the Birchmere, Apr. 19, noon - 3pm. Live music! Auction! Taste of Alexandria! Much fun and you're supporting a great cause!

**Crafty Crab** to open in the Modera Tempo building (5770 Dow Ave., formerly Portner Brewhouse). The city approved retail parking in the unused garage spots.

**Markey's Munchery** has set up shop at 6555 Little River Tpk., in the parking lot between Home Depot and the car detail shop. This is a one-man, short-order grill with five stars and rave reviews!

The famous Neapolitan pizzeria, **Pupatella**, has opened a new location at 1621 S. Walter Reed Dr. (Near S. Glebe Rd.)

**Denny's** to open in Bailey's Crossroads (5501 Leesburg Pike, formerly Chili's).

**Café Grains** is open in Van Dorn Station at 514 S. Van Dorn St.

**Bon Chon** opened at 6852 Richmond Hwy.

**El Saltado Peruvian Cuisine** opened in Bradlee Shopping Center.

**Hank & Mitzi's Italian Kitchen** to open early 2020 at 600 Montgomery St. (Formerly Hank's Pasta Bar)

**Top Golf** in Kingstowne closed.

**A.C. Moore** in Bailey's Crossroads closed.

**Food Star** grocery to open at 5521 Leesburg Pike (formerly Toys "R" Us).

**Silver Diner** to open at 4610 King St. (King & Beauregard)

**Al's Pizza & Cheesesteak** to open on Duke Street just above Reynolds St. (Formerly Domino's)

**Lidl** grocery to open in Pinecrest Plaza at 6548 Little River Tpk.

**Doyle's Outpost** to open in Seminary Plaza (formerly AMF Seminary Lanes). This is a laser tag social entertainment venue catering to adults.

**Goodie's Frozen Custard** to open in the Old Town Ice House, 200 Commerce St. (Commerce & Payne)

**Yates Pizza** ("coming soon" for six years now) may actually open this summer.

**The 92nd Academy Awards** airs Feb. 9.

**What Am I Listening To? (To What Am I Listening?)**

John Bullard: *Classical Banjo: The Perfect Southern Art*  
Kellylee Evans: *Come On*

# Advertising & Submissions Policies & Procedures

## Publishing Deadlines

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

## 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. Estimated (not guaranteed) time of delivery for the next issue is the last week of March to the 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.

## 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, VA 22304. Artwork may be emailed to [admin@cameronstation.org](mailto:admin@cameronstation.org).

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

# Days to Celebrate!

By Carla Besosa

**Feb. 11** - Don't Cry Over Spilled Milk Day

**Feb. 12** - Darwin Day (Have you evolved?)

**Feb. 27** - No Brainer Day (Literally or figuratively; you choose!)

**Feb. 29** - Leap Day (Keeping our calendar in alignment with the Earth's revolutions around the Sun)

**Mar. 1** - National Pig Day ("Pigs aren't really fat, they're Rubenesque" - Mary Lynne Rave, co-founder)

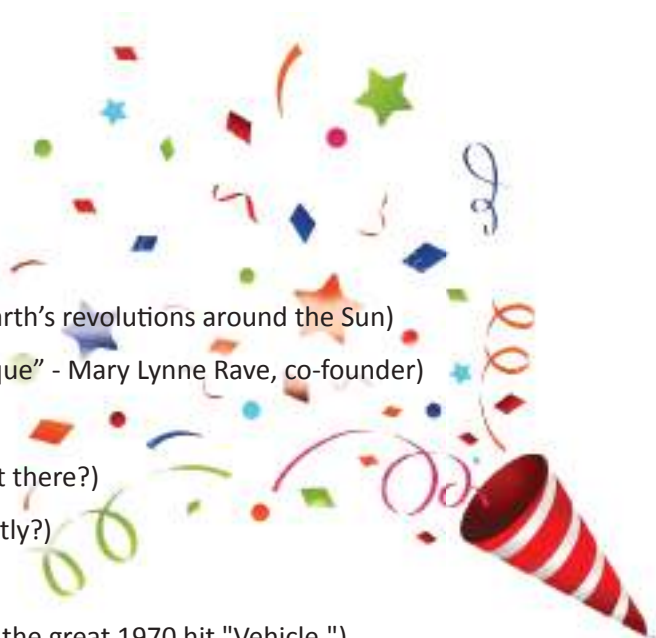
**Mar. 4** - National Grammar Day (Oxford comma debate, anyone?)

**Mar. 7** - Middle Name Pride Day (Are there any other Maxines out there?)

**Mar. 8** - National Proofreading Day (Marian, did I spell that correctly?)

**Mar. 14** - Pi Day (Divide it out or eat it!)

**Mar. 15** - Ides of March (Beware Caesar! Also, the rock band with the great 1970 hit "Vehicle.")





# More of the Holiday Season in Cameron Station



# The compass

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Alexandria, VA 22304

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