

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 15 Issue 1 • Jan/Feb 2014

Greetings from the New Board President

By Michael Johnson

Happy New Year, Cameron Station! As the newly elected President of the Cameron Station Community Association (CSCA), I wanted to take a moment to introduce myself. My wife and I moved into Cameron Station in October 2010 because we loved the sense of community and the opportunity to raise our children in a vibrant and beautiful neighborhood. Cameron Station fits the bill to a tee!

I joined the Activities and Events Committee in early 2011 because I learned that there were not enough members of that committee to provide the events that Cameron Station residents had grown to enjoy. After being a member of that committee for a year, I ran for and was elected to the CSCA Board of Directors, where I have served for two years. This past November, I was re-elected to the board, and I have been elected by my fellow board members to serve as president this upcoming year.

Cameron Station, with its more than 1,700 households and over 5,000 residents, is positioning itself to move into the future. Last year we completed our clubhouse renovation (under budget) to better utilize our facilities and give our management team more room to conduct its work. We welcomed Colleen Hairston, our new community manager,

(Continued on page 3)



Photo by Judy Coleman

Santa Claus made his annual appearance at Cameron Station's Annual Holiday Party on December 8, 2013. Over 400 residents attended. For more photos from the party, see page 9.

And the Beat Goes On: New Editor for The Compass

By Pat Sugrue

The *Compass* newsletter published its very first issue in June 2000, thanks to the leadership and layout skills of its first editor, Leigh Darcy, and the dedication of a small group of neighbors. The *Compass* staff at that time did not just prepare to do the writing and editing and proofreading, but also the production and the labeling and the mailing - everything but the printing!

It took a lot of hard work to publish what was then a monthly newsletter, but we all believed, and the community agreed, that it was worth it. It was something that set Cameron Station apart from other developments in the area and demonstrated that we were - and are - a community of neighbors, not just houses.

Over the years, the newsletter has grown from 12 pages to 24 (and occasionally more), and has reduced its publishing schedule from monthly to bimonthly as demands have grown on its all-volunteer staff. Fortunately, we now outsource the

(Continued on page 4)



Courtesy of Pat Sugrue

Members of the Communications Committee and the *Compass* staff gather for their annual holiday dinner. Back row (left to right): Carla Besosa, Barbara and Lydia Martinez, Judy Coleman, Cheri Avila, Skooter Franklin. Front row: Donna Gathers, Kimberly Dillon, Pat Sugrue.

Advertising & Submissions Policies & Procedures

Advertising:

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

Article Submissions:

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

Advertising/Article Submission Deadline

February 28 for March/April

We welcome your ideas and photos, too!

Advertising Rates:

Display Ads (*Camera-ready*)
1/4 page (3 1/2" x 4 1/2")..... \$150
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Classified Ads (*Limit 35 words*)

Resident..... \$5
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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.



Photo by Rupert Munro

About... *The Compass*

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

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

Editor-in-Chief: Judy Coleman

Editorial Staff: Carla Besosa, Eliza Dolin, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Barbara Martinez, and Pat Sugrue

Greetings from the New Board President *(Continued from page 1)*

who has quickly and successfully filled the shoes of our former community manager, Airielle Hansford.

We've got great momentum going into 2014, and I expect it to continue. I encourage you to help out however you can. Whether it's helping to maintain our green spaces, joining a committee, helping a neighbor shovel snow, and/or maintaining our homes, we all have a vested interest in keeping our community a beautiful and sought after place to live.

I also encourage you to visit our retailers such as Cameron Café for a coffee, Café Pizzaiola for a pizza, or Toka Salon and Day Spa for a massage. Our retailers add convenience and value to our community for everyone to share.

It is very important to me that every resident has a voice. So, I'd like for you to join me at Cameron Café for "Coffee with Mike" the last Saturday of each month from 11am to 12pm. It's an opportunity for you to informally meet with me to share your ideas, questions, and concerns.

Finally, I'd like to thank all our committee members and volunteers for giving their time, energy, and talents to

Cameron Station. Their contributions add tremendous value to our community. We all owe them many thanks.

I look forward to serving you and working together to keep Cameron Station the place we love to live!



Coffee with Mike

President of the Board of Directors

No time to attend a board meeting? Do you have questions? Ideas? Concerns? Is there anything you want to share or ask? If so, join me at Cameron Café on the last Saturday of each month from 11am–12pm. It's your informal opportunity to share your concerns, ask any questions, provide feedback, and make suggestions on how to better our community. Hope to see you there!

Board Officers Elected



Michael Johnson
President
president@cameronstation.org



Alvin Boone
Vice President
vicepresident@cameronstation.org



Nick Giannotti
Treasurer
treasurer@cameronstation.org



Jon Dellaria
Secretary
secretary@cameronstation.org



Other Directors: Igor Dubinsky



Donna Kenley



Paul Rocchio

The Board's minutes are available at www.cameronstation.org.

Board Thanks Alvin for Work on Renovation

The Cameron Station Community Association Board of Directors recognized Vice President Alvin Boone at its December meeting for his role as project manager of the Cameron Club renovation. The board read a resolution into the minutes, which stated: "Mr. Boone worked tirelessly with architect Rust | Orling and general contractor R.W. Murray

through a multitude of change orders, the compilation of punch lists, and numerous other obstacles that threatened the project. Yet he brought the project in under budget and accomplished all major goals. His leadership was the key variable in the success of the renovation."

And the Beat Goes On: New Editor for *The Compass*

(Continued from page 1)

production and mailing, as well as the printing, but it still requires a lot of work. And it has not always been smooth sailing.

In May 2002, as the community was transitioning from developer to homeowner control, major changes were taking place within the homeowners' association committees, especially the Communications Committee. Basically, *The Compass* staff quit en masse rather than lose control of the publication.

Some board members at the time, including Skooter Franklin, who is still on *The Compass* staff, did their best to publish a couple of skeleton issues; and then in August 2002, three of *The Compass* staff (all of whom still live in Cameron Station), Ann Grochala, Elizabeth McAlee, and Pat Sugrue, agreed to start producing it again. For the next nine years, Pat Sugrue served as Editor-in-Chief until deciding it was time for some new blood. Just as it looked like the end of the newsletter when no one was able to take over, Judy Coleman stepped to the front.

Judy was not only relatively new to Cameron Station, but had only worked on *The Compass* for two issues when she agreed to take over the editorship, and how lucky were we! Since the September/October 2011 issue, Judy has been at the helm; and under her very capable leadership, the newsletter is thriving. But in addition to her newsletter responsibilities, Judy has a "real job" as a Washington lawyer, volunteers on an Alexandria city commission (thus helping our community both inside and outside "the wall"), and has many professional and personal demands on her time. So this issue is her last.



We feared that we would once again be reporting on the probable demise of our community newsletter, but we are happy to announce that Melanie Zimmerman has offered to fill Judy's shoes, hooray!

So many thanks to Judy Coleman for all she has done for *The Compass* - and will continue to do, as she plans to stay on its staff - and to Melanie Zimmerman, who will be introduced in the March/April issue.

The Compass staff is always looking for residents to join the team as writers, editors, proofreaders, or photographers. If you are interested, please email thecompass@cameronstation.org.

Resident IDs Ready for Pickup

New CSCA resident IDs and 2014 CSCA ID stickers, visitor parking passes and facilities guest passes are ready for pick-up at the Management Office! Hours: Mon.-Fri. 9am-5pm, Sat. 12-4pm.

Board and Committee Meeting Dates

All meetings start
at 7pm unless otherwise indicated.

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

- Feb. 3: Activities & Events Committee
- Feb. 4: Architectural Review Committee
- Feb. 4: Common Area Committee
- Feb. 6: Civic Association
- Feb. 13: Cameron Club Facilities Committee
- Feb. 17: Communications Committee
- Feb. 20: Financial Advisory Committee
- Feb. 25: Board of Directors
- Mar. 3: Activities & Events Committee
- Mar. 4: Architectural Review Committee
- Mar. 4: Common Area Committee
- Mar. 13: Cameron Club Facilities Committee
- Mar. 17: Communications Committee
- Mar. 20: Financial Advisory Committee
- Mar. 25: Board of Directors

Wounded Warriors Visits Continue

By Dubey Liffman

I would like to thank all of you for your Christmas donations to the Wounded Warriors at the Bethesda Naval Hospital. I'm sure all of your warm donations will be well received. As of this writing, we are planning to go to the hospital on January 22. Please contact me at 703-370-6362 for more information about donating to the Wounded Warriors. I hope you and your families have a healthy and happy new year.

New DMS Edition Coming Soon

The Architectural Review Committee is updating the Cameron Station Design & Maintenance Standards (DMS), last published in October 2010. The committee is working to have the new DMS ready in time to help homeowners plan for their spring projects.

Winter Gardening Tips for the New Year

By The Cameron Station Volunteer Gardeners

Your garden may look uninviting right now; in fact it may look as if everything is dead, and you will have a few months with nothing to do. However, a few easy tasks done now can make a big difference in how your garden patch looks by spring. There are usually a few mild days during the winter that are ideal for outside work.

Things to cut back:

Mums: Cut back the dead parts to the ground. You will see the new green starting at ground level in the spring.

Liriope (looks like coarse grass): Cut back to about 2" tall and get rid of any dead lower old leaves. Liriope needs to be cut back before spring to help its roots strengthen in preparation for growing new leaves. The new green leaves will look nice and fresh when they grow back in the spring.



Liriope: Before.

Bushes or trees with problem branches: They are easier to see when the leaves are gone. This is a dormant time for them. If a low branch of a tree on your property blocks the sidewalk, or any branch touches the wall of your house, it should be cut back. If a branch is crossing another branch, cut one back. Trees that have outgrown their original space need professional attention.



Liriope: After.

Weeds, including wild vines, bushes and trees that may have started from blown-in seeds: They are easier to find when other leaves are gone. The saturated winter and early spring soil is ideal for digging out established weeds with tough roots. Some new green weeds get started in late winter, and it's better to get them out while they are small.

Don't cut:

Any azalea, lilac, forsythia, or rhododendron, or hydrangeas that bloom on old wood. Cutting now would remove the spring flowers.



Rhododendrom

Things to remove:

Excess leaves that have blown in under bushes: They are easier to get to when other plants are dormant. Leave some behind as decaying leaves are a great soil conditioner.

Trash under bushes: Amazing what blows in that can be hidden through the summer!



Rocks in the way of plants: The fill dirt here is full of rocks. Again, they are easier to remove while the dirt is soft and wet. They are nearly impossible to remove by summer.

Things to add:

Everything in your garden is helped by a light layer of good plant food as things start to come to life. Depending on the weather, that could be as soon as late February or into March. Plant Tone is a good one. The new fertilizer containers make it so much easier to apply the correct amount.

The fun thing to do now:

Start planning for spring! Here are some basics:

Figure out what worked and what didn't work last year. If something died or didn't thrive like you expected, it's time to consider something else. Schedule a consult with one of Cameron Station's volunteer gardeners (gardeners@cameronstation.org) to get a better understanding of your particular spot and what would grow well there.

Impatiens in this area suffered from a killing fungus in recent years, so avoid planting them. Good garden centers can recommend other plants that do well in similar locations.



Impatiens - avoid

The one thing you can't do:

Nothing. If you have a landscaped area as part of your property, its appearance is your responsibility. An attractively planted front patch is so inviting to passersby and yourself. It will give you great satisfaction as a homeowner. Still, if you do not have a green thumb, there are many local contractors who will do the work for you.

Original builder plantings are getting older now and need shaping or replacing. Even a low maintenance design requires pruning, cleaning up, watering on the hot summer days, and weeding. It's great exercise, too. A little attention every few weeks is enough to keep it looking nice.

These tips were contributed by Kathy McCollom, Linda Greenberg, and Sue Dingwell.

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Another Successful Year for Adopt-a-Family

By Mindy Lyle

Thirteen years ago, Cameron Station began assisting Tucker Elementary School with the Adopt-a-Family program to help families in need have a happy holiday. The program has grown over the years, as has the number of volunteers.

Thanks to the Cameron Station community, we were able to help over 35 families during the 2013 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, plus family needs, which typically include multiple items needed in a household such as sheets, towels, dishes, and kitchen items; and each child in the family receives a few toys and clothing items such as jeans, sweaters, socks, and pajamas.

As always, each year brings a number of unique situations, and Cameron Station residents respond with help. This year, last-minute contributions managed to pay the utility bill for a family who was going to spend the holidays without electricity or heat and also provided gifts for a family of four

who had slipped through the cracks.

The families greatly appreciate the contributions and gifts; however, the needs do not end with the holiday season. 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 is a former member of the Cameron Station Board of Directors and has been coordinator of the Adopt-a-Family Program since 2008.



Courtesy of Birgitta Dewell

Birgitta Dewell (left) held a fundraiser for the Adopt-a-Family Program in November. Dewell sold her hand-made jewelry and donated a portion of the sales. (Mindy Lyle at right).

Planning for Eisenhower West Corridor Begins

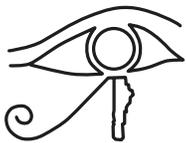
By Judy Coleman

Several Cameron Station residents are expected to serve on a steering committee formed to assist the city planners with developing a small area plan for the Eisenhower West area. The covered area includes the Van Dorn Metro station and the area around Eisenhower Avenue from its western terminus to Telegraph Road.

The 12-member committee was chartered by the City Council in December and will also include representatives from city commissions and the affected landowners. In addition to advising on development goals for the area, the

steering committee will provide input on a potential bridge connecting the Van Dorn Metro Station to Armistead L. Boothe Park, and advise on whether a connector is needed between Eisenhower Avenue and Duke Street between Ben Brenman Park and 4600 Duke Street.

The committee is expected to hold its first meeting at the end of January or in early February, and continue to meet monthly until the plan is completed, probably in mid-to-late 2015.



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Resources at **CameronStation.Org**

- Calendar of Events and Meetings
- Fitness Center Information
- Board Minutes and Agendas
- CSCA Policies

Back Issues of *The Compass* and more...



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Neighbors in the News

Art Hildebrand and the Back Alley Blues Boys

By Carla Besosa

Herbie Mann once said, "You don't have to live the blues to play the blues." This philosophy is evident in our Cameron Station neighbor, Art Hildebrand. Living in this wonderful community obviously does not give cause for the blues, but it's his passion for the music that inspires him artistically.

Art has been drawn to music for years, majoring in classical voice at Kent State University. What drives an operatic baritone to venture into the world of Delta blues? After abiding by the structure and rigidity of the classical genre, the challenge to become immersed in a style of music that is loosely woven together with emotion and impromptu interpretation was temptingly beckoning.



In June 2012, Art formed the Back Alley Blues Boys, partnering with Shawn Askin on guitar and Joe Weber on harmonica, each a notable musician in his own right. The name was derived from the location they were assigned for the Del Ray Music Festival; they played in the alley.

The Back Alley Blues Boys have played locally at St. Elmo's, Grounded Coffee, Fireflies, Paradiso, Café Pizzaiolo, Del

Ray Artisans Gallery, private parties, and various music festivals. As new parents, Art and his wife Kristine (who has a strong foundation in dance) will ensure that little Jacob grows up with a respectable exposure to the arts.

Delta blues is the style of preference for the band. Art was influenced by the works of musicians like Muddy Waters and Robert Johnson, and Delta is true to that tradition. "When all the original blues guys are gone, you start to realize that someone has to tend to the tradition." (Eric Clapton). That's exactly what Art Hildebrand and the Back Alley Blues Boys are doing!

For more information, visit: www.backalleybluesboys.com (includes info on booking, schedule, and links to ReverbNation & Facebook).



Courtesy of Art Hildebrand

A Sweet Celebration

Scenes from the Annual Holiday Party on December 8.



Photos by Judy Coleman Photo by Siegfried Chencinski

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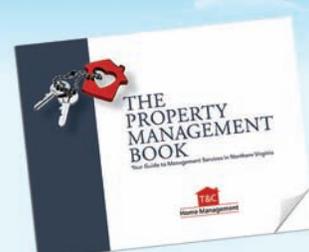
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Announcing Cameron Station Rotary Club



By Jonathan Lucus

Want to be a part of a global network of 1.2 million volunteer leaders from over 200 countries, who dedicate time and talent to tackle the most pressing humanitarian challenges in the West End of Alexandria and beyond?

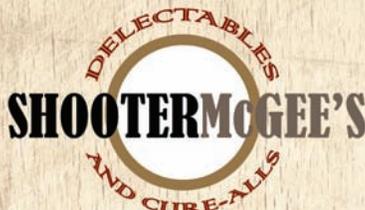
Come join us as we start the formation of a new Rotary club here in our community of Cameron Station.

The process of starting a new club began in January with two interest meetings to inform and engage prospective members. Members of Rotary District 7610 were present to provide support and answer questions from the community.

In February, those interested in being a part of the organization will begin to meet on a regular basis to formalize the club. Times and location to be announced.

If you are interested, please contact Jonathan Lucus at jtlucus@gmail.com or 443-326-0244.

For more information on Rotary International: www.rotary.org or www.rotary7610.org




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Book Clubs



Each issue, *The Compass* lists the books that our resident book clubs are reading in the upcoming months. The clubs have openings as noted below. If you have a club and would like to provide reading recommendations to your fellow residents, please drop us a line at thecompass@cameronstation.org.

Monday Night Bookball

Monday Night Bookball has openings for new members. Contact P.J. at psottile@steptoe.com.

Jan.: *Olive Kitteridge* by Elizabeth Strout

Feb.: *The Art of Hearing Heartbeats*
by Jan-Phillipp Sendker

Mar.: *The Language of Flowers: A Novel* by Vanessa Diffenbaugh

Reading Between the Wines

Jan.: *Gone Girl* by Gillian Flynn

Feb.: *The Book Thief* by Markus Zusak

Third Tuesday Book Club

Feb.: *The Lowland* by Jhumpa Lahiri

Mar.: *The Secret Keeper* by Kate Morton

Beatley Library Events

GENEALOGY DISCUSSION GROUP: A new launch, the group will focus on the "How Tos" of checking into your family roots. Two more sessions are currently scheduled: February 12 and March 12. All sessions begin at 7pm in the Patrick O'Brien Conference Room at the library.

AUTHOR SERIES: Several authors have been newly scheduled. Alexander Victor Semenyuk will discuss and sign his two works, *Love in Ashes* and *The Hourglass and the Tunnel* on Tuesday, February 4, at 7pm. Nancy Moyer Silcox, a retired librarian of Samuel Tucker Elementary School, will discuss her book, *Samuel W. Tucker, The Story of a Civil Rights Trailblazer and the 1939 Alexandria Library Sit-In*, on Sunday, February 9, at 2pm. This is part of the library's planned month-long commemoration of the 75th Anniversary of the Civil Rights protest and sit-in at the Barrett Branch Library, a critical event in Alexandria's and the nation's history. Both sessions will be in the Large Meeting Room.

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Restaurant Review: Osteria Marzano

By Carla Besosa

First impressions go a long way, and upon entering *Osteria Marzano*, one can't help but think this is going to be good! This new modern Italian venue is the brainchild of father-daughter team Carmine Marzano (Executive Chef) and Elena Pouchelon (General Manager). You get that "wow" feeling, inspired by a wall of windows, a spacious layout, wood, and granite. There's also an outdoor patio to enjoy seasonally and a reservable private dining room. The music (popular and R&B) is a decibel level at which the songs are audible yet one can hear and be heard.

Let's start at the bar, centrally located with 35 comfortably cushioned bar stools. They offer a bar menu (\$7-\$9) full of tasty *Assaggini* (Italian tapas). Favorites include the *Arancini* (saffron risotto ball with fontina, parmesan, prosciutto, pignoli, and marinara), *Short Rib Sliders*, *Ascolane* (giant sausage-stuffed olives), and *Polenta with Fontina and Prosciutto*. Or one can always pick from the extensive *Charcuterie* and *Formaggi* selections. Happy hour runs 4-7pm and features various drink specials and a flatbread special. They pour more than a dozen beers, including the requisite *Peroni* and *Moretti*. The wine selection by the bottle exceeds 40 in number. You will find new varietals to try. I will stick with the house Chardonnay (oaked), *Citra*. Bartenders Ellen and Gus will take care of you quite efficiently. Adjacent to the bar is a pizza-tasting bar to entertain patrons waiting to be seated; how clever!

Now on to dinner! *Osteria Marzano* has created a sizable menu with a smorgasbord of options. No matter whether you are an aficionado of pasta (gluten-free available), meat, seafood, or pizza, you'll have much ground to cover when making your choices. I dined with a large party (eight Cameronians), and everyone was pleased with the choices they made. For some of the more adventurous concoctions, consider *Mussels PEI* (with your choice of white wine/garlic/parsley, tomato/oregano/parmesan, or pancetta/spring onion/ginger cream sauce), *Ravioli di Short Rib Brasate* (homemade ravioli filled with braised short rib, in a porcini sauce), *Mezzelune di Zucca* (homemade Mezzelune stuffed with butternut squash, parmigiano, and amaretto, in a sage butter sauce), *Pancetta e Uovo Pizza* (pizza with Italian bacon, fried eggs, home fries, and mozzarella), *Branzino* (grilled sea bass with a lemon-caper sauce, angel hair pasta, and grilled broccoli rabe), or the *Ossobuco* (braised veal shank in a white wine-tomato sauce with vegetables and saffron risotto). For the brave, finish off with the *Nutella Pizza* (pistachio, nutella, sea salt, whipped mascarpone, and baby marshmallows - OMG!). Too full? Maybe a *Cappuccino* or a *Bailey's Chocolatini* would do the trick!

My interaction with staff includes server, manager, and bartender; positive at all levels. *Osteria Marzano* opened in mid-2013. The restaurant is new to the scene, but the

owners are well-pedigreed in the culinary world, resulting in a quality establishment. Cooking classes are taught some Saturdays, 11am-3pm, each targeting the food of a specific region in Italy. Learn, eat, and sip (see website for cooking class specifics).

Pay a visit to *Osteria Marzano* before everyone else discovers it!



Osteria Marzano

6361 Walker Lane, Suite #140
Alexandria, VA 22310
703-313-9700
www.osteriamarzano.com

Hours of Operation

Mon.-Wed. 11am-10pm
Thur.-Fri. 11am-11pm
Sat. 4-11pm
Sun. 4-10pm

Price Range

Antipasti \$9-\$13
Pasta \$14-\$18
Pizza \$13-\$17
Seafood Entrees \$21-\$26
Meat Entrees \$17-\$30
Dessert \$8
Lunch Combo Mon.-Fri. \$10
(pasta or sandwich with soup or salad)

Smoking

No

Bar

Full

Handicapped-Accessible

Yes

Parking

A few spaces in front
Additional free parking in garage

Reservations

Yes, on OpenTable

Advice for New Puppy Owners: Grooming

By Kristina Robertson

You have just adopted a little bundle of joy. This is what you have been waiting for: the playful, funny, curious, and tiny little furball to come into your life. The love of a puppy is unparalleled, and there is much to learn and experience in the upcoming months and years.

What happens when your sweet puppy starts to smell not so sweet? Is your puppy ready to meet the groomer?

In this four-part series, you will learn the responsibilities that come along with getting your puppy ready to meet the groomer.

Going to the groomer for dogs is like going to the doctor for a child. A great first experience with the doctor will make a lasting impression, and the child will look forward to the next visit. If a puppy is introduced to a groomer correctly, he will enjoy going back again and again.

There are a few things you can do at home to create a great first grooming experience. Start socializing your puppy early. Go to as many places that are pet-friendly as possible. Maybe take a trip to a park or a restaurant with outdoor seating. Take a car ride to the groomers, let him meet the groomers and others who are there dropping off or picking up their pups, sniff around, and have a treat. Make these



Photo by Kristina Robertson

outings fun with lots of positive reinforcement.

Bringing a new puppy into your family can be overwhelming, but by following some of these tips you will find yourself prepared and confident in being the best parent you can be.

Until next time,
Bow Wow Fur Now

Kristina Robertson is the President of Barkley Square Pets, which provides walking and dog-grooming services in Old Town Alexandria.



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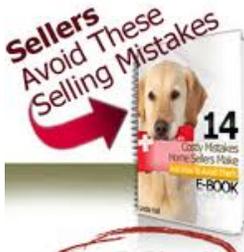


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Carla's Picks

By Carla Besosa



The Barns at Wolf Trap (Vienna)

Mar. 9 The Oak Ridge Boys
Mar. 26 Crystal Bowersox

Birchmere (Arlandria)

Feb. 14-16 Eddie from Ohio
Feb. 22 Keiko Matsui
Feb. 25 Shawn Colvin
Mar. 8 Harmony Sweepstakes/A Cappella Competition
Mar. 27 Brian Culbertson
Mar. 28 Walter Beasley

Café Pizzaiolo Cameron Station

Feb. 12 Steal the Pint Night
Feb. 20 Karaoke
Mar. 12 Steal the Pint Night
Mar. 20 Karaoke

Clyde's at Mark Center (Alexandria)

Mar. 22 Back Alley Blues Boys

Creative Cauldron (Falls Church)

Feb. 17 Shenandoah Run (American Folk)
Feb. 15 Hui O Ka Pua 'Ilima (Hawaii, Tahiti, & New Zealand)
Feb. 21 Toss the Feathers (Ireland & Scotland)
Feb. 22 Kamel Zennia (North Africa)
Feb. 28 Moch Pryderi (Wales & Brittany)
Mar. 1 Ocean Celtic

Del Ray Artisans Gallery (Del Ray)

Feb. 7 Opening Reception: Reincarnations
Mar. 7 Opening Reception: Portraits of Pop Culture

Dulles Expo Center (Chantilly)

Feb. 15-17 International Gem & Jewelry Show
Feb. 22-24 Capital Home & Garden Show
Mar. 2-3 D.C. Big Flea Market
Mar. 22-24 Craftsmen's Classic Art & Craft Festival

1st Stage (Tysons)

Feb. 7-Mar. 2 Souvenir: A Fantasia on the Life of Florence Foster Jenkins
Mar. 28-Apr. 20 The Cripple of Inishmaan (cast includes Cameron Station's own Claire Carroll)

George Mason Univ. Center for the Arts (Fairfax)

Feb. 22-23 Mark Morris Dance Group
Mar. 1 Rosencrantz and Guildenstern Are Dead
Mar. 7-8 The Joffrey Ballet

Mar. 28-29 GMU Dance Company 2014 Gala Concert (including a premier performance choreographed by Cameron Station's own Karen Reedy)

Indigo Landing (Alexandria)

Angie Miller performs during Sunday brunch, 11:30am-2:30pm

Kennedy Center (DC)

Feb. 18-21 An Evening with Patti LuPone & Mandy Patinkin
Mar. 5-9 Washington Ballet - British Invasion
Mar. 8-9 NSO Teddy Bear Concert (Bring the little ones, ages 3-5)

Little Theater of Alexandria (Old Town)

Through-Feb. 15 Ragtime
Mar. 8-29 Proof

Patriot Center (Fairfax)

Feb. 21 Lady Antebellum
Mar. 15-16 Harlem Globetrotters
Mar. 21-22 Cirque du Soleil - Michael Jackson the Immortal

Port City Playhouse (Alexandria)

Feb. 28-Mar. 15 Next Fall

The Strathmore (Bethesda)

Feb. 23 Count Basie Orchestra
Mar. 1 Sweet Honey in the Rock
Mar. 2 Michael Bolton
Mar. 6 Nadja Salerno-Sonnenberg plays Shostakovich
Mar. 10-11 Moody Blues
Mar. 28 Lily Tomlin

Woolly Mammoth Theater (DC)

Feb. 10-Mar. 9 We Are Proud to Present
Mar. 31-Apr. 20 Arguendo

And Another Thing...

- ♦ Rumor has it Mango Mike's will be reopening as a Mexican restaurant.
- ♦ Pizzaiolo added Sunday Burger Night, 3rd Thursday Karaoke, a Roasted Beet Salad, a Grilled Salmon entrée, a Bread Pudding, and a number of specialty burgers!
- ♦ Portner Brewhouse - Coming soon: Spring 2014

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Ben Brenman and Boothe Park Updates

By Judy Coleman

City of Alexandria staff have released a set of draft planning documents for the city's large parks, including Ben Brenman Park and Armistead Boothe Park. The plans establish short- and long-term improvement priorities based on community feedback and citywide recreational needs. There will be a public hearing on February 20 at the meeting of the city's Parks and Recreation Commission.

In Ben Brenman Park, the highest-priority items include retrofitting the pond and making improvements to the dog park and picnic area in the park's southeast corner. The plan reports that the pond needs to be upgraded to "improve efficiency and trash control." It has previously been suggested that this process could involve dredging, as a substantial amount of sediment has accumulated at the bottom of both the forebay and the main part of the pond.

The current draft plan also shows a moderate expansion of the dog park, increased lighting of the access bridge and pathways, and some clearing to open the "viewsheds" so that the picnic area is visible from the rest of the park.

There are fewer items listed for Boothe Park. Playground renovation is in progress, and the plan calls for the school and community to consider a school garden. In addition, the



Photo by Judy Coleman

A pair of wood ducks on the pond in January.

plan anticipates a study to assess the feasibility of expanding the trail in Linear Park so that it is more bicycle-friendly.

The full report can be found by going to www.alexandriava.gov/Recreation and clicking on the link for the Citywide Parks Improvement Plan. The time and location of the public hearing will eventually be posted there, and on the web page for the Parks and Recreation Commission.

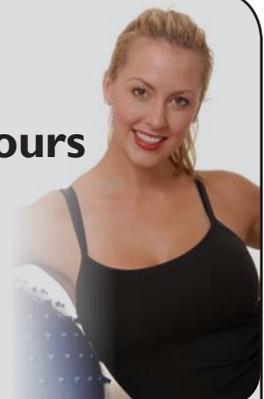
Judy Coleman is the Editor-in-Chief of The Compass and the Vice-Chair of the City of Alexandria Parks and Recreation Commission.

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Cameron Club Fitness Center Hours



Monday-Friday
4:45am-11pm

Saturday-Sunday
7am-8pm

The Fitness Center's regular hours will be in effect every day, except for the following:

Closed: Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Day

Closing at 6pm:
Fourth of July, Thanksgiving Eve, New Year's Eve

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Fitness Center News

By Kevin Horner

Toys for Tots:

Once again residents of Cameron Station stepped up and were very generous in the giving of toys for the Marine Reserve's Toys for Tots program. Thanks to all those who donated! We filled three boxes again this year!

Group Exercise Classes:

Our first group exercise session of 2014 began the week of January 19. Residents who did not register for the session can always drop in on a class for a \$10 drop-in fee. These classes are great for everyone who has resolved to be healthy and fit in 2014!

Fitness Center Reminders:

It is that time of year again. Cold and flu season is here, so it is more important than ever to wipe down the equipment in the fitness center when you are done using it. The germs and bacteria sweat carries could cause a cold, stomach illness, or staph infection. We provide sanitizing wipes and anti-

bacterial spray to make wiping down the machines easy. Once you do wipe the equipment off, make sure you follow up with a dry towel to dry everything off!

Remember the best way to keep from getting sick is to wash your hands often and to use the hand sanitizer we provide.

Maintenance Issues:

With the weather change and the inclement weather that will follow, please remember to wipe your shoes off or bring a spare pair of shoes to change into before entering the fitness center. Salt and sand are bad for the equipment, especially the treadmills!

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

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

WINTER ACTIVITIES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM		5:45-6:45AM Body Back (Fit4Mom)			5:45-6:45AM Body Back (Fit4Mom)	
8:30AM	8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents	
10:00AM		10:00-11:00AM Yoga (Debbie)		10:00-11:00AM Yoga (Camille)		10AM-12PM Pick-up Basketball
3:30PM	3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents	
5:30PM		5:30-6:30PM HIT (Cody)		5:30-6:30PM HIT (Cody)		
7:30/8:00PM			8:00-10:00PM Pick-Up Basketball	7:30-8:30PM Beginners Yoga (Kittie)	7:30-8:30PM Yoga (Kittie)	
8:30PM		8:30-10:30PM Pick-up Basketball				



Drop-ins are welcome on a space-available basis for \$10.

This schedule can change at any time due to low class participation, so please call the Fitness Center for an updated schedule.



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

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Mary Meghan Flynn, Asst. Community Manager
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Candace Lewis, Administrative Assistant
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CAMERON CLUB FITNESS CENTER

Kevin Horner, Director
fitness@cameronstation.org
703-567-8555

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

Main Street Condominium

Management Company:
GHA Community Management, 703-752-8300
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Judy Wojciechowski, President
Management Company: Klingbeil, Powell & Alutz, Inc.
703-532-5005

The Residences at Cameron Station

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