

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 17 Issue 2 • Mar.-Apr. 2016

Good-Bye Winter, Hello Cherry Blossom Time

By Pat Sugrue

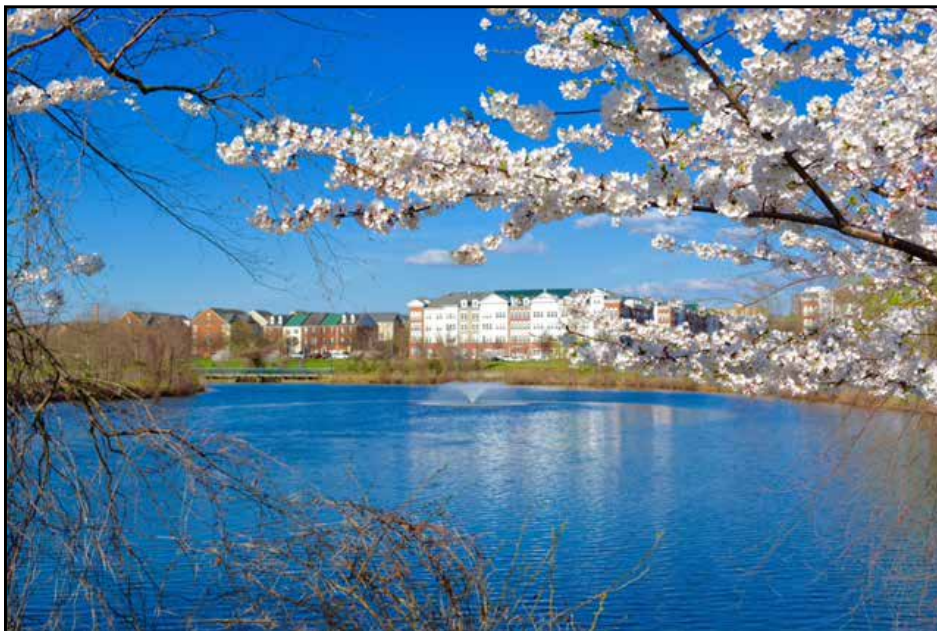
As this article is being written, the weather forecast is for several inches of snow, which we hope will be the last such forecast for the winter of 2016. But regardless, by the time you are reading this, the cherry blossoms in Ben Brenman Park should be blooming.

For those who moved here after 2006, you may not know the history of our cherry blossom trees. Former resident Cindy McCartney (proprietor of Diva consignment shop in Old Town Alexandria) spearheaded a campaign to beautify Brenman Park by planting cherry trees around the lake, similar to the ones around the Tidal Basin in Washington, DC.



The trees were purchased by Alexandria residents in memory or honor of someone or some special occasion; and the names were engraved on a bronze memorial plaque on the wall at the Somerville Street/Brenman Park Drive entrance to the park.

The First Annual Cherry Blossom Festival was held in April 2006, with Cameron Perks, the community's first coffee house, the official Host Sponsor. Under the direction of Cindy and Perks' co-owner Mike Fleming, many Cameron Station neighbors volunteered their time and energy; but unfortunately, the day brought monsoon-like rains and hurricane-like winds. They dampened the festival, but not the spirits of the organizers and attendees. The memorial plaque was dedicated in May of that year, and remains a beautiful addition to Brenman Park.



Three issues of the 2006 *Compass* – January/February, March/April, and May/June – contain articles and photos if you'd like more details. Sadly, there has been no Second Annual Cherry Blossom Festival, as its main organizers, Cindy and Mike, moved from the community, and no one took over the event.

But the trees keep growing, the blossoms keep blooming, and there's a festival just waiting to happen for anyone who'd like to give it a go!

Creating a Healthier Community, One Resident at a Time

By Debbie Routt

Psy Scott came to Cameron Station about a year ago, through a ProFit contract from the U.S. Patent and Trade Office. His goal: to make the community vibrant. When he first arrived, he watched residents come in to work out and use the equipment in the fitness center. He noticed that few faces were smiling. The "energy" didn't match the "landscape." Few stopped to say "hello" or "good morning." Others were taken aback when he initiated conversation. People didn't even know if they were working out next to a neighbor. Nobody seemed to know anyone else from across the community.

How things have changed in the course of one year. Psy's life has been an unusual, rich, and rewarding journey. In his formative years, Psy shuttled among Brooklyn, New York, Carrollton, Virginia, and the District of Columbia. He now lives in the Bloomingdale neighborhood, just two miles from the Capitol.

He remembers watching his aunt train in ballet class. He studied at the University of Maryland, went into the electronics business, and later transitioned into the culinary arts. Next, he migrated to the film, broadcast, and music industries. He's worked with Laz Alonso, Tito Puente, Puerto Rican Power, and many others, and has even danced with Marc Anthony. Psy says he's "always been a dancer," and that dance and music have always called to him. While he used to dance seven days a week, he now manages two days weekly, because he teaches dance. Psy believes there is a symbiotic relationship between teaching and dance. He is also passionate about teaching and making connections, one at a time. Psy says:

"I've seen all the gimmicks. But you know what? 'Old school' works! It's not the new or the novel. Ask yourself: 'What am I trying to do? What do I really want?' You have to be realistic with yourself, and your expectations. If you want it, go get it; make it happen!"

(Continued on page 5)



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.

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www.cameronstation.org

Committee Corner

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unless otherwise indicated.

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Hummers, Honey Bees, and Butterflies, Oh My!

By Debbie Routt

Have you ever wondered how to get hummingbirds, honey bees, and butterflies to visit your garden this season? It's pretty easy.

A good way to enjoy the company of hummingbirds is to plant a hummer garden. In addition to providing them with a natural diet, a hummer garden is an excellent way to attract birds to your nearby feeder: since hummingbirds feed by sight on regularly followed routes – called trap-lining – their inquisitive nature will quickly lead them to investigate any possible new source of food. If you plan carefully and select a variety of plants that bloom at successively later dates, you will be rewarded with happy hummers throughout the season.



Using pesticides around hummingbird plants is a bad idea. Killing garden pests will also eliminate the small insects hummingbirds rely upon for protein. In addition, hummers might directly ingest pesticides sprayed onto flowers, which

could make them sick or even kill them. Remember: if you wouldn't eat it yourself, don't feed it to a hummingbird.

Since hummers, like most birds, have virtually no sense of smell, the flowers that attract them tend to have little or no fragrance, apparently directing their resources instead toward high visibility and nectar production. Note: cultivated hybrids often make much less nectar than wild strains. While you should visit your local nursery for suggestions specific to your climate and area, here are some plants to consider for your hummingbird garden:

- | | |
|------------------|--------------|
| ●Azalea | ●Coral bells |
| ●Butterfly Bush | ●Columbine |
| ●Honeysuckle | ●Hostas |
| ●Morning Glory | ●Fuchsia |
| ●Trumpet Creeper | ●Impatiens |
| ●Bee Balm | ●Petunia |

Honeybees collect both pollen and nectar from flowers. Both are food sources that are processed by the bees and stored back at the hive. Bees prefer to work large patches of the same type of flower. So having large individual areas, or drifts, of one kind of flowering plant will ensure the bees

will get the most benefit from your garden. Bees also like simple flowers where they can easily get to the nectar and pollen. Like hummers, bees seem to prefer flowering plants that have not been hybridized. Double flowers, which have been bred to develop extra petals, are difficult for honey bees to work. And remember, bees can't see the color red! Here is a sampling of plants which honey bees enjoy:



- | | |
|--------------------|---------------|
| ●Lemon Balm | ●Sweet Clover |
| ●Bachelor's Button | ●Heather |
| ●Catnip | ●Thyme |
| ●Lemon Mint | ●Cosmos |
| ●Coriander | ●Aster |
| ●Purple Coneflower | ●Oregano |
| ●Lavender | ●Sage |
| ●Black-Eyed Susan | ●Crocus |

For butterflies, just like hummers and honey bees, try to choose plants for your garden that are native to Virginia. Like hummers and honey bees, nectar-producing plants are integral to a successful butterfly garden.



Native flowering dogwood, sassafras, New Jersey tea, spicebush, sweet pepperbush, Virginia sweetspire, and buttonbush are all excellent choices to attract butterflies. In addition to the flowering shrubs listed, numerous annuals will attract butterflies to your garden. Many of these can easily be grown from seed, including cosmos, marigolds, sunflowers, verbenas, and zinnias.

One garden alone can't save the birds, bees, or butterflies, but if each of us plants just a few flowers or shrubs, what a difference in the world we could make! For more tips on how to attract hummingbirds, honey bees, butterflies, and other pollinators to your Cameron Station garden, go to <http://www.gardeners.com/how-to/attracting-butterflies-hummingbirds/7265.html> and <http://www.fs.fed.us/wildflowers/pollinators/documents/AttractingPollinatorsV5.pdf>.

Creating a Healthier Community

(continued from page 2)

Psy also thinks that we shouldn't let anything, or anyone, stop us from achieving what we want, particularly when it comes to one's life and health. Channel anger, frustration, or negative self-image into something positive. Be patient. Take the first step. Stick with it. Change happens over time. "You have to be obsessed with getting what you want. If you want to lose weight, enjoy good health, be stronger or more flexible, then you need to become consumed with making that happen."

Psy also insists on diversity in fitness training, just as in life. "I have diverse tastes in music, food, friends, clubs, restaurants, events at the Kennedy Center, you name it." Fitness and exercise are no different: you need muscle confusion, abs/core training, cardio, and weights. After his first year with ProFit at Cameron Station, Psy is most proud of the fact that people who use the fitness center know each other a little better, and he can feel a sense of camaraderie across the community. Neighbors not only know each other better, but they also look forward to working out together. He cited one resident – one of his "regular" Fitness Center students – who had considered moving away from Cameron Station, but reconsidered once she started the new fitness classes. Psy knows that like so many of his students, she is in better shape now than some 20-25 year olds!

Is Psy content with these results? No! While he's happy that there is a greater variety of classes, and participation has increased, he has set his sights on integrating the community even more through fitness. Psy says that he wants "to work with more kids across Cameron Station and help them achieve their health and fitness goals," and that "the Fitness Center should be bustling with kids 24/7, and [we should] build upon basketball with Coach Houston."

If you haven't already done so, check out the stretch and core workouts at the Fitness Center, or try the complimentary yoga classes or Zumba. Cameron Station residents can enjoy free classes daily every week. For class information, check out the monitor in the clubhouse, print out the monthly calendar of classes from the Cameron Station website, or pick up a calendar at the Fitness Center front desk. You can also request Fitness Center updates by adding your name to the email blast list by writing fitness@cameronstation.org and requesting that your name be added to the email blast.

Here's what neighbors say about the Fitness Center class resources:

"I love my exercise class company. I've gotten much more fit and can really feel that my strength has increased as a result. Absolutely!" – Manorma Malik

"Coming to the classes sets the tone for my whole day, five days a week. They make me feel great." – Pam Vokey

"Core/abs and weight exercise classes are well-attended every Monday, Wednesday, and Friday. The actual exercise routine may change, but it's all about the core. This group laughs and complains, but it enjoys Activities Director Psy Scott's style and enthusiasm. We all like the results on our health, too. Yoga classes on Tuesday and Thursday are a complement to the stretch and core workouts. Many of us participate in all of these classes. We don't want to miss any of them, since something would be missing from our day. Come join us. There is always room for one more mat." – Marilyn Means

So the next time you stop by the Fitness Center, say "hi" to Psy Scott, thank him for helping to make Cameron Station a great place to live, work, play, and be fit.

P.S. He also likes pie and cobbler!



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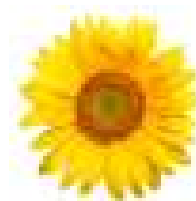
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Spring Gardening Tips

By Cameron Station Volunteer Gardeners Linda Greenberg and Kathy McCollom

It's getting to be the season that plant people love most: Spring Time! The garden centers will soon be stocking their shelves with spring's colorful blooms, and perennials will be shoving through the soil in our small gardens. Here are some tips worth considering to help your personal patch look fresh and eye-catching for the 2016 season.

Early spring is the time to give the garden a good cleanup. Remove dead leaves and odd trash bits that blew under the bushes, trim back perennials to encourage new growth, and consider what worked the previous year and what didn't. Remember, however, not to prune the azaleas this time of year, lest you remove the blooming tips. The same advice applies to hydrangeas; they bloom on old wood. If you're not sure whether you are removing potential buds or not, leave them for later.

Is it time to call in the professionals? Maybe you have trees and bushes that are getting out of hand, either left by a previous owner, or on your "too-hard-to-do" list. Before the Cameron Station management administrator sends a warning that "the tree" is an issue, consider hiring professionals to do a once-over. They can trim up trees, get rid of established weeds, trim bushes to a pleasing shape that is comfortably removed from sidewalks and walls, and maybe plant a few perennials with a new mulch cover. Once everything is just right, it's so much easier to do minor maintenance to keep things in line. And, if you ask them what maintenance to do, they will gladly tell you.

Doing nothing isn't an option. Either do the work yourself or hire someone to do it. Be honest about your skills, tools, and willingness to do heavy work. Almost every attractive garden in Cameron Station had the help of a professional hand to get it started or give it shape and focus. For those who prefer lower maintenance gardens that still look nice, the annual once-over by professionals is the answer.

Many residents like container plants for balconies and entries. The instant color has a lot of appeal. Be sure to consider whether your plants will be in sun or shade and how much effort you'll put into keeping them alive throughout the summer. Pots, hanging baskets, or window boxes in full sun will need daily watering in the summer, sometimes both in the mornings and evenings of the hottest days. Pots in protected spots can go out as early as mid-April. More exposed areas should not be exposed until the last official frost date of early May.

Large containers look best with a plant mix in a specific color arrangement, a mix of textures, and at least one tall plant and one that cascades over the side. Be sure that all plants in one pot have similar needs, such as needing the same amount of sun or having similar preferences for moisture or dryness. The little



tags in plant pots have this information. Be wary of the full growth potential of each plant before you purchase it. All tiny plants are equally cute. By late season, one might dwarf the others and look very scrawny and out of place, or even smother the smaller plants.

Note that many garden centers sell blooming, cool weather plants in early spring. They look good immediately, but the summer heat will eventually kill them. Pansies, in particular, are "spring-only" flowers. If you plan for your potted plants to last through the season, look for ones that bloom through the fall and can handle heat well. Garden center staff can be very helpful in guiding your purchases. Or, you may decide to enjoy pansies through May and then buy summer begonias or vincas for the hottest months. Whatever you decide, think of the impact it will make and how much pleasure it will give the passers-by.

The Cameron Station Volunteer Gardeners are ready to help if you want to get some new ideas for this year. We live here and know the challenges of the rocky soil and deep shade. Contact us at gardeners@cameronstation.org, and we'll set up a consultation at a convenient time for you.

Happy spring, and happy gardening!



Wounded Warriors Annual Bake Sale

By Dubey Lifmann

The Wounded Warriors annual Bake Sale will be held on Saturday, May 7, from 9am to 1pm, at the London Curry House. Please consider donating home baked goods for this event – contact Dubey Lifmann at 703-370-6362 or dubeyd@comcast.net. Also, please stop by on that Saturday to purchase some delicious goodies. This is our only fundraiser for the year.

Throughout the year, we accept donations of new clothing or cash for the Wounded Warriors. In January 2016, we visited the hospital with winter clothing, and we barely finished putting the clothes on the table before they were all taken. We will return again this spring.

To make a donation at any time, or for more information, please contact Dubey. Thank you for your generosity.



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Community Lodgings

By Jane Collins

Are you looking for an extremely fulfilling volunteer opportunity? Community Lodgings, a nonprofit organization serving Alexandria's low-income families, needs after school (and summer) tutors Mondays through Thursdays at its three sites in Alexandria's West End and Arlandria. Elementary school tutoring runs from 2:45 to 4:15pm, and middle school / high school tutoring is from 4:30 to 6pm. Please contact Jane Collins at jcollins@community-lodgings.org or 703-549-4407 to learn more about this important way to help our community's children.



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Cameron Station Fitness Club

By Psy Scott

Cameron Station is one of Alexandria's premier places to live. What many people may not know is that we have an awesome fitness facility, full of classes with wonderful exercise equipment for a wide variety of needs. ProFit offers personal training for those who may need a jump start in the right direction. On April 30, Cameron Fitness will host a health fair. This will be a great time for residents to try new and exciting classes and take part in special giveaways. A health specialist will be here to help anyone who might have questions about fitness. (Hours of health fair to be announced.)

April 2016						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday
GROUP EXERCISE CLASS SCHEDULE	8am-9am					
	9am-10am		Complimentary Class 9:00am-10:00am Strength and Stretch Bari Duda GR		Complimentary Class 9:30am-10:30am Gentle Yoga Geetha Raman GR	
	10am-11am	Complimentary Class 10:30am-11:30am Stretch and Core Psy MPC		Complimentary Class 10:30am-11:30am Stretch and Core Psy MPC		Complimentary Class 10:30am-11:30am Total Body Weights Psy MPC
	11am-12pm					
	12pm-1pm					12:00pm-1:00pm BB Shooting Clinic Coach Houston MPC
	1pm-2pm					
	2pm-3pm					
	3pm-4pm	3:00pm-4:00pm Workout Parents MPC	3:30pm-5:00pm Pick up Basketball MPC	3:00pm-4:00pm Workout Parents MPC	3:30pm-5:00pm Pick up Basketball MPC	
	4pm-5pm					
	5pm-6pm		5:00pm-6:30pm BB Skills Develop Coach Houston MPC	Complimentary Class	5:00pm-6:30pm BB Skill Develop Coach Houston MPC	
Club Hours Monday - Friday 4:45am-11pm Saturday & Sunday 7am-8pm	6pm-7pm	Complimentary Class 6:30pm-7:45pm Vinyasa Flow Yoga Kelly Colacicco GR	Complimentary Class 6:30pm-7:30pm Boot Camp Psy MPC	6:00pm-7:00pm Zumba Wanda Kotey MPC	Complimentary Class 6:30pm-7:30pm Boot Camp Psy MPC	6:00pm-7:00pm Pick up Basketball MPC
Class Color Codes Open Basketball Current Program Current Class Specialty Class	7pm-8pm				Complimentary Class	
Location Code Multipurpose Court - MPC Great Room- GR	8pm-9pm		8:00pm-9:30pm Pick up Basketball MPC		7:00pm-8:00pm Pilates Megan Lipera GR	

14th Annual Carpenter's Shelter Cook-Off

The Birchmere

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This annual event supports the 750 homeless men, women, and children who come to our city's shelter every year. There will be live music playing, as more than 20 restaurants serve up their signature dishes.

This event often sells out. For tickets or more information, contact RebeccaHightower@CarpentersShelter.org or 703-548-7500, ext. 205.



Carla's Picks

By Carla Besosa

Lincoln Theater (DC)
May 2: Judy Collins

Little Theater of Alexandria (Old Town)
Apr. 23-May 14: *To Kill a Mockingbird*

Lorton Workhouse (Lorton)
May 13-22: *Choose!* (World Premier)
Monthly: Fourth Friday Scape Nights
(2nd Saturday Art Walk)

Metro Stage (Alexandria)
Apr. 21-May 29: *Black Pearl Sings!*

National Harbor (P.G. Co.)
Apr. 23-24: Wine & Food Festival

National Theater (DC)
Apr. 6-24: *Jersey Boys*
May 3-15: *Wizard of Oz*

Port City Playhouse (Alexandria)
Apr. 29-May 14: *Coming Home*

Round House Theater (Silver Spring)
Mar. 30-Apr. 24: *Cat on a Hot Tin Roof*

Schlesinger Center (Alexandria Campus NVCC)
May 14: American Balalaika Symphony

Signature Theater (Shirlington)
Apr. 5-May 8: *The Mystery of Love & Sex*

The Strathmore (Bethesda)
Apr. 15-16: Carol Burnett
Apr. 19: Hilary Hahn (violin)
May 21: BSO - Holst's *The Planets*
May 22: Simone Dinner (stein piano)

Wolf Trap (Vienna)
May 27-28: Garrison Keillor

And Another Thing...

(in my stream-of-consciousness order)

*The summer Wolf Trap schedule is taking shape.
Check it out at: www.wolftrap.org.

*ABC: Opening where Pier 1 formerly was (east of Foxchase)

*Michaels: Opening in Bradlee Shopping Center

*For local house concerts, check Stone Room Concerts at www.stoneroomconcerts.com

*Shirlington Theaters, new and improved!

New Eats!

*Hank's Pasta Bar: Now open at the corner of Montgomery & St. Asaph streets

*Don Taco, King Street

*Cava Mezze: Opening in Foxchase Shopping Center

*Chicken Pollo: Opening on Van Dorn Street

*Live Oak: Opening in May in Del Ray, where Monroe's formerly was (former Copperwood Chef)

*Kabob Villa: Opening in Van Dorn Plaza

Do You Know Your Civic Association?

By Mike Lekas, Cameron Station Civic Association Liaison

We would like to know you! Come to the next Cameron Station Civic Association meeting on May 4 and find out about new plans and developments happening in our area. The Civic Association works on outside civic issues (including redevelopment, traffic, and recreation) that affect the quality of life within and around our community. There currently are several redevelopment projects underway, including new housing, new eateries (Portner Brewhouse and Jimmy Johns), and a West End Transitway that will reshape the future look and feel of the area. It's an exciting time to be living in Alexandria!



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2016 Resident ID

To ensure equitable use of the Cameron Station Shuttle Bus and the Cameron Station Facilities (Fitness Center, Basketball Court, and Pool), all users must show their 2016 CSCA Resident ID; otherwise, access will be denied. This year's stickers are available for pick-up at the Management Office from 9am to 5pm Monday through Friday and 12noon to 4pm on Saturday.

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.



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Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Activities & Events Planning Committee

(See article, pages 16 and 17.)

Architectural Review Committee

By Elizabeth McAlee

The Architectural Review Committee (ARC) is working with residents to process applications on landscaping, deck and fence repairs, and home improvements. Residents are asked to submit an application for work to be done before the process is begun. In some cases, Meghan Marville, the Covenants Administrator, may be able to give approval for some applications, so residents may not have to wait for the monthly ARC meeting. Deck and fence repainting and repair applications may be approved by Ms. Marville if the colors/materials are part of the list already approved by the ARC.

Please look into your Design and Maintenance Standards (DMS) handbook before beginning any project, as it contains helpful guidelines for almost any project.

Common Area Committee

By Kathy McCollom

The Common Area Committee (CAC) is getting ready for spring with many tree replacements already done throughout the community, and improved plantings along Duke Street coming soon. Originals are either declining or damaged in some places. In addition, the CAC will place more perennials along Duke Street for a seasonal color effect.

Additional brick walks in the Gazebo Circle are now pending city approval. Now that the water pump house is gone, the additional walkway pattern will be completed.

The CAC investigated replacing street lights with LED lights. The technology is still new and expensive, and is not yet competitively priced. CAC will reinvestigate the possibility when the technology is more mature and there is a better balance between initial costs and long term energy savings.

Residents have been reporting yard cuttings, branches, and discarded Christmas trees along the Linear Park and behind plantings in common areas. The trash company will pick these up at residences as long as branches are trimmed down to fit in a clear, larger lawn/leaf bag or tied in a bundle.

There are specific pickups every year for whole Christmas trees. Please do not "hide" them behind other plants or behind homes.

Communications Committee

By Kimberly Dillon

The Communications Committee has been hard at work to promote our community, initially by updating the Cameron Station website, and now by revamping the Welcome Packet by updating its content and modernizing its look – all as part of our efforts to show potential homeowners the benefits of living in this wonderful neighborhood!

Cameron Club Facilities Committee

By Ray Celeste

The CCFC would like to thank the Board of Directors for their outstanding support of the Clubhouse and especially the Fitness Center.

The Board of Directors has made most of the Fitness Center classes complimentary. By doing this, we have more residents than ever attending classes. Additionally, the Board approved the following equipment purchases for this fiscal year: three treadmills, two recumbent cycles, and a new set of dumbbells. The use of our equipment is very heavy, so we are grateful to be able to make these purchases to continue to offer our residents a superb Fitness Center that has up-to-date equipment, and is very well-managed by ProFit.

Financial Advisory Committee

By Jeff Gathers

For the past several months, the Financial Advisory Committee (FAC) has been closely monitoring the progress in the conduct of Cameron Station's updated "Reserve Study" and will continue to do so for the next several months. Community associations are required by statute to engage an engineering professional, at least once every five years, to assess the current condition and future projected repair needs of all the physical elements (structures, landscapes, streets, sidewalks, etc.) managed at the direction of the Board of Directors. This comprehensive, on-site engineering examination of Cameron Station's common buildings and grounds, known as a Reserve Study, is already mostly complete.

(Continued on page 19)

Get Back in Shape

By Elin Kanchev

Were you once in shape, and then life happened? Work, kids, lack of time, or stress?

I hear you. Let me share a fast and a simple daily ritual that will take just a few minutes and make you feel better: You will regain your physical awareness and the feeling of control over your body – your most basic and important vehicle.

Follow these basic, yet effective, steps every morning as you wake up:

1. While you are still in bed and trying to open your eyes, put a smile on your face and stretch your body. Stretch it up, all the way, as if you are watching your pet stretching right after waking up.
2. Jump to your feet and remember to keep your smile on.
3. Drink a glass or two of room-temperature water. Keep the smile (cautiously!) while drinking your water.
4. Stand up straight with your feet shoulder-width apart. Keep perfect posture (head, shoulders, hips, knees, and ankles aligned). The smile is still there, right?
5. Let's get going! Using your full available range of motion, at a comfortable speed, start doing each of the following 10 times:
 - Rotate your head left and right, then up and down;
 - Roll your shoulders (trapezius) forward and backward. Hold your hands together, keep your arms straight down and perform circular motions from your shoulders, so your traps are getting some blood;
 - Rotate your arms from the shoulder in giant circles, first forward and then backward;
 - Rotate your forearms, spinning at the elbows, first forward and then backward;
 - Roll your wrists in circles, using one hand to comfortably guide the other around;
 - Make big circles with your hips like you are spinning a hula-hoop;
 - With your hands on your knees, rotate your knees in circles;
 - With one foot at a time, plant your big toe and make circles with each foot to rotate your ankles;

That's it! I hope you kept your smile the entire time. Do you feel better already? I bet. If you want to learn more ways to regain fitness and create better habits for yourself, I am more than happy to help. You can reach me at Elinkanchev@gmail.com, or check out my personal training website at <http://elinkanchev.com/>.



Get Involved in Your Community and Have Fun, Too!

By Radhika Goel

What really makes a community a great place to live is the involvement of its members. Through events and volunteers, the neighborhood can build a sense of unity and enjoyment for all. Organized social events every few weeks help to get homeowners together and allow everyone to get to know each other. People are more apt to participate if they feel comfortable with the people they'll be working with and have built friendships. So here are some events that the Activities & Events Planning Committee (AEPC) organized this year to do its part in building a community:

January 8: Adult Movie Night – The film *Cinema Paradiso* was shown, with over 21 residents in attendance. Pizza and fresh popcorn was served. A discussion of the movie was led by David Woodhead.

January 20: Poker Night – This quarterly event continues to attract lively participation.

January 28: Board Game Night Happy Hour – The event, suggested by Pat Sugrue and Pat McCombie, attracted 28 residents, who heartily engaged in various games, and requested a repeat of the event. Pizza and popcorn were provided.

February 7: Superbowl Party – This party was held at Taste of Asia Restaurant, with more than 30 people watching the game and enjoying special appetizers and entrees offered by the host.

February 19: Mardi Gras Happy Hour – 63+ people mingled, participating in “musical hat,” the cutting of the King’s Cake, and other games, and enjoyed beignets and other delicacies. The treasure hunt game was a bit hit among attendees.

February 28: Oscars Night Party – More than 32 people attended the party, which included interviews on the Red Carpet of the “Stars” attending, dramatic movie dialogue trivia, Oscars bingo, and plenty of good food and drink.

March 12: Family Movie Night – The film *Wall-E* was shown to 70+ people who filled the Victoria Hebert Great Room. Pizza, fruit snacks, popcorn, and a moon bounce for kids were also part of the fun-filled Friday evening. Special thanks go to Cara Mia LaVanway of Weichert Realtors, who sponsored the event. A big thank you goes to Cara

Mia LaVanway and David Woodhead who helped me set up the activity, and David Nguyen, Lany Villalobos, Raquel Villalobos, and Al Luna, for clean-up afterwards.

March 18: Happy Hour – The Great Room turned green and blue for a joint St. Patty's Day/Greece Independence Day celebration. Sixty-two people attended the lively event, which began with a bagpiper calling residents to the activity. Paul Gatza played his concertina once again, providing music for a sing-a-long of Irish songs. Food was provided by Fiona's Irish Pub and the Mediterranean Bakery. Ron Loveng baked soda bread. An Irish/Greek trivia contest was held, with Dawn Slayton and Sheila Cole the prize winners.

March 19: 1st Annual Cameron Station Father-Daughter/Mother-Son Dance – Forty-three residents in their party dresses and formal attire came to dance, participate in various contests, and enjoy snacks provided by Cameron Cafe. Thank you to Irina Babb for her generous donation to the event.

Big thanks go to each of the members and volunteers who devoted their time to producing the well-received events: Pilar Movilla Temme, Phyllis Fantazier, Norma Vargus, Rich Vargus, Gunn Chensinski, Dean Schiller, Ron Loveng, Amber Tusing, Paul Gatza, David Nguyen, Lany Villalobos, Raquel Villalobos, Sandra Troutman, Joani Myers, Jerry Graves, Sheila Cole, Penny Waite, David Woodhead, Pat Sugrue, Ann Fry, Al Luna, and Kapoor Jyotika Gavri.

Details and photos of recent events are posted on Facebook accounts – Cameron Station Neighbors and Cameron Station Marketplace. Residents are encouraged to RSVP their attendance once events are posted to these Facebook accounts, so that we can obtain estimates in purchasing food for everyone.

Several events and activities are planned for Spring and Summer. Stay tuned: both familiar and NEW and exciting events are in store for the community.

May 7: Kentucky Derby Party

May 8: Tea Time

May 20: Adult BYOB Happy Hour

(Theme: Cinco De Mayo)

June 10: Ice Pops/Cotton Candy at the Pool

(Continued on page 17)

Encouraging more Homeowner Involvement

(continued from page 16)

June 10: Family BYOB + Snacks Movie Night
(Popcorn will be provided)

June 17: Adult BYOB + Dish Happy Hour
(Theme: TBD)

More details will be posted closer to event dates. The AEPC 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@camerystation.org.



Theft Reported in the Fitness Center

A theft was reported in the Fitness Center on Saturday, March 12 at approximately 7:50pm. A wallet was taken from a ProFIT employee's purse located behind the front desk at the Fitness Center. The theft has been reported to the Alexandria Police Department. Please make sure you lock any valuables in the lockers provided in the locker room or the security lockers located on the right as you enter the stairs leading up to the Fitness Center. Also please report any suspicious behavior to the staff immediately. If you have any information on the occurrence, please contact the Community Manager, Bette Sanft, at 703-567-4881 or email bsanft@cmc-management.com.

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The Salad Survey

By Carla Besosa - Cameron Station Foodie

"A well-made salad must have a certain uniformity; it should make perfect sense for those ingredients to share a bowl."

— Chef Yotam Ottolenghi

As temperatures rise, we tend to seek lighter meals. Enter: the salad! For former generations, a salad was iceberg lettuce with some tomato, onion, and cucumber thrown in. More recently, salads have emerged as a culinary art form all their own. Here are some of the local favorites that other *Compass* staff and I recommend:

Shrimp & Avocado Salad -

Dos Amigos (535 East Braddock Rd, Alexandria)

www.dosamigosoldtown.com

House greens, perfectly-grilled shrimp, apple-smoked bacon, cucumbers, avocado, crispy tortilla strips, and scrumptious honey-lime vinaigrette.

Stuffed Avocado -

El Primero (241 South Van Dorn St, Alexandria)

www.elprimerobarandgrill.com

Fresh avocado filled with shrimp, onion, tomato, mango, and cilantro.

Arugula & Warm Goat Cheese Salad -

Cheesetique (2411 Mt. Vernon Ave, Del Ray / 4056 Campbell Ave, Shirlington)

www.cheesetique.com

Fresh arugula, candied walnuts, and sliced pears, topped with a baked Chevre medallion.

Asian Sesame Chicken Salad -

Panera (3201 Duke St, Alexandria)

www.panerabread.com

Romaine, chicken, sliced almonds, cilantro, sesame seeds, and wonton strips tossed in Asian sesame vinaigrette.

Mango, Chicken, & Spiced Pecan Salad -

Carlyle Grand Cafe (4000 Campbell Ave, Shirlington)

www.greatamericanrestaurants.com/carlyle

Mixed greens, mango, chicken, spiced pecans, grapes, and sun-dried cranberries with ginger vinaigrette and couscous with almonds.

Avocado Salad -

Taste of Asia (362 S. Pickett St, Trade Center)

www.tasteofasia-alexandria.com

Thinly sliced avocado with cucumber and sesame seeds over fresh greens with homemade house dressing.

Woodgrilled Steak Salad -

Overwood (220 North Lee St, Old Town)

www.theoverwood.com

Medium-grilled steak, mixed greens, red onion, blue cheese, grape tomatoes, crispy potato frites, and buttermilk ranch.

Ensalada Cabo San Lucas -

Los Toltecos (4111 Duke St, Alexandria)

www.lostoltecosrestaurant.com

Romaine, tomatoes, corn relish, black beans, avocado, onion, and tortilla strips with their signature dressing. Topped with your choice of chicken, steak, or shrimp.

Greek Salad -

Atlantis (3648 King St, Bradlee Shopping Center)

www.alexandriaitalianfood.com

Fresh, crispy greens with feta cheese, black olives, pepperoncini, cucumbers, green peppers, tomatoes, and onion with a creamy house dressing.

Classified Ads

NOVA MOBILE NOTARY PUBLIC – I am a Cameron Station resident. If you require a notary, please call 410-340-7221 or email kathy@kathleenschiller.com. Prompt signature service at the location of your choice. Travel Fee waived for Cameron Station Residents. Thank you in advance for your consideration.

INTERESTED IN PLACING A CLASSIFIED AD?
See the information on page 21.

Did the Primary Election Make You See Red? Or Blue? Or Purple?

By Pat Sugrue

The field now looks quite different from Virginia's primary day, but you might still be curious about how your own primary vote stacked up to the rest of the state. Or the city. Or Cameron Station.

Following are the official primary results posted on the Alexandria website www.alexandria.gov/elections for the State of Virginia, the City of Alexandria, and the Cameron Club polling precinct for Cameron Station.

State of Virginia

<u>Republican</u>	<u>Percentage of Votes Cast</u>	<u>Democrat</u>	<u>Percentage</u>
Trump	34.8	Clinton	64.3
Rubio	32	Sanders	35.2
Cruz	16.7		
Kasich	9.5		
Carson	6		

City of Alexandria

<u>Republican</u>	<u>Percentage of Votes Cast</u>	<u>Democrat</u>	<u>Percentage</u>
Rubio	46.9	Clinton	69.5
Kasich	23.3	Sanders	30
Trump	18.8		
Cruz	7.6		
Carson	2		

Cameron Station

<u>Republican</u>	<u>Percentage of Votes Cast</u>	<u>Democrat</u>	<u>Percentage</u>
Rubio	41.3	Clinton	73.4
Trump	22.7	Sanders	25.7
Kasich	22.5		
Cruz	9.6		
Carson	2.8		

As interesting as these figures are, it is important to note that out of 3,645 registered voters in Cameron Station, only 798, about 22%, cast a vote. Mark your calendars now for the Presidential Election on November 8!

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.

Committee Corner

(continued from page 14)

The ultimate result of the study will be a detailed, 30-year projection of likely expenditures for repairs and/or replacement of each of more than 50 physical elements.

This updated reserve study will provide an accurate and cost-effective replacement schedule and funding plan for the property elements. The study will allow the Board to confirm whether the current balance (\$1.3 million) and scheduled ongoing contributions (\$292,000 in 2016) to the "Reserve Fund" will be adequate to pay for this work as needed. Management, in turn, will be better able to plan for the specific projects enumerated in the study for the next several years. Finally, the study helps the Board Treasurer and the FAC arrange the most suitable – and secure – investments for the funds that have been set aside for these future expenses.

Preparation for Pride of Ownership

By Susan Willis

In the dead of winter, there are few things more likely to brighten your day than thoughts of enjoying your colorful spring garden in the warm sunshine. Plan now to make your home one of our grand winners in 2016, and you'll receive generous gift cards from Cameron Cafe, Home Depot, London Curry House, and Toka Salon, along with the admiration of all your neighbors!

Homes are judged based on the overall outward appearance of the property, including turf condition, groomed shrubs and trees, and attractively planted, weed-free garden areas. If you have landscaping questions, our volunteer gardeners are happy to assist you. Contact Kathy McCollom at Gardeners@cameronstation.org.

Nominations should be submitted to commonarea@cameronstation.org no later than May 22. Judging will take place soon after, and the winners will be notified. Remember, you can nominate yourself, your neighbor, or both! The Common Area Committee thanks all participants for helping to beautify Cameron Station and enhance the value and appeal of our community.



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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 May to first week of June.

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

Apr. *The Storied Life of A.J. Fikry* by Gabrielle Zevin
 May: *Borders of the Wind* by Urmilla Khanna
 June: *Body & Soul* by Frank Conroy

Monday Night Book Ball

Apr.: *The Ice Cream Queen of Orchard Street*
 by Susan Jane Gilman
 May: *The Round House* by Louise Erdrich

Third Thursday of the Month

Apr.: *Fates and Furies* by Lauren Groff
 May: *The Little Paris Bookshop* by Nina George
 June: *The Truth According to Us* by Annie Barrows



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COMMUNITY MANAGEMENT

Cameron Station Community Association Community Management Coporation (CMC)

Phone: 703-631-7200 Onsite Office 703-567-4881

After Hours Emergencies 301-446-2635

Bette Sanft, Community Manager
communitymanager@cameronstation.org

Deirdre Baldino, Assistant Community Manager
assistantmanager@cameronstation.org

Meghan Marville, 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

Jackie Deane, Property Manager
jdeane@cmc-management.com

West End Farmers Market: Eat Well and Have Fun!

By Susan Birchler

In the summer of 2014, my family rented a condo in downtown Toronto. For 10 blocks in any direction, the streets were packed with small shops, cafes, restaurants, green grocers, and specialty and gourmet food stores. Every restaurant, no matter how small, had tables and chairs spread out over the wide sidewalks. People spent their summer days and evenings outside: eating, chatting, people-watching, strolling about, and shopping. Talk about city-street Nirvana! We had so much fun!

You too can experience city-street Nirvana at your very own West End Farmers Market, a small pop-up version of downtown Toronto. You can stroll around, shop, eat at your leisure, meet your neighbors, chat, and even better, take a little time to play in the park. The market's motto is "Eat Well and Have Fun," and we try very hard to create that sense of summer-day, city-street Nirvana every week.

Everything Toronto has big, we have small, but here it is all just as enticing: farmers (Green-grocers), yummy baked goods, coffee, juice and drinks of all sorts (Cafes), lunch at one of our food trucks (Restaurants), gourmet and artisan foods (Specialty Food Stores), artisans and crafters (Small Boutiques), Rubies' Hair Cutting Truck (Salons), and best of all: eating and relaxing outside! (Yes, you can get a haircut at the market!)



This year there will be more tables and chairs so you can sit outdoors and enjoy the day at your leisure while eating well and having fun. For breakfast, you can choose from scones, croissants, cookies, pastries, yogurt, orange juice, and coffee; and for lunch, you can grab cheese and a roll, hummus and pita bread, or something yummy from a food truck. Meet your neighbors, have a relaxing morning, and get fresh veggies and fruits for the next week.



Mimicking the streets of Toronto, you can also find everything you need for that perfect house-warming or birthday present while strolling along our market street. We have flowers, stationery, jewelry, pottery, candles, soaps, glassware, wood toys, and kitchen linens. You can even get your knives sharpened at the market! Can a Summer Sunday morning get any better than that? City-street Nirvana is within walking distance!

Please check out photos of our vendors on our website www.westendfarmersmarket.org. We have lots of new people this year, and I am adding them as they send along their pictures and descriptions.

Please "like" us on Facebook for posts on what is new, what events or special vendors will be at the market that week, which food truck will be there that Sunday, and other fun information: www.facebook.com/WestEndFarmersMarket

The market opens on Sunday, May 1, 8:30am to 1pm, and continues through October.

Come and say hello at our market manager tent! We love to meet our neighbors and have a good chat.

By the way, we welcome any neighbor who would like to help out at the market – at your leisure and on your time-line. We could use help distributing posters around the West End, fundraising, and marketing.

We also welcome any musician, dancer, acrobat, juggler, or entertainer who would like to perform at the market. Last season two high-schoolers made a bundle for their college stash. It's always fun at the market!

Anyone interested, please contact Susan Birchler, Market Director, at sabirchler@gmail.com.

The compass

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