

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 20 Issue 5 • November-December 2019

## Donna Kenley Receives Mark Pillow Award

By Pat Sugrue

Photo by David Thorpe



Congratulations to Donna Kenley!

It has been 13 years since the Mark Pillow Community Spirit Award was instituted. It was created in the memory of our neighbor Mark Pillow, who died unexpectedly in 2005. For those of us who had the good fortune to know him, Mark represented the best of Cameron Station – a generous, kind, neighbor who volunteered his time and talents for the benefit of us all.

Each year, the award is presented to a neighbor who captures Mark's generous spirit and love of community. This year's recipient is Donna Kenley.

Donna moved into Cameron Station in 2001, and since then her volunteerism has been

continuous and far-reaching, benefitting not only Cameron Station residents, but also extending into the wider Alexandria community. We cannot list here all the ways she has given of her time and talents, but here are a few:

In Cameron Station, Donna served four years as a member of the Board of Directors, including one year as Vice President. While on the board, she supported homeowner and common area standards to keep our community beautiful. She was also an advocate for the fitness program in the Cameron Club, working to expand courses for all fitness levels.

*(See Pillow Award continued on page 7)*

## Andrew Yang Named Volunteer of the Year

By Pat Sugrue

The Volunteer of the Year Award was instituted in 2016 to recognize residents who have had a significant, positive impact on our community by volunteering their time and service.

While there are many positive aspects of life in Cameron Station, many features that make our community unique, one of the best and most important is our sense of

community. And one of the ways we continue to build this community spirit is by coming together at social events. We have the Activities & Events Planning Committee to thank for planning and producing a variety of special events throughout the year; in particular the Chair of that committee, Andy Yang, the 2019 Volunteer of the Year.

Andy has been Chairperson of the A&E for the past two years. While all the committee members deserve our thanks and admiration, Andy as Chair bears the most responsibility and is truly the key to their success.

One of the residents who nominated Andy explains it best: "He undisputedly does the majority of the work associated with every one of the events our neighborhood holds. In the last year since I've been working with him, I've noticed



Photo by David Thorpe

Andy Yang earned the 2019 Volunteer of the Year Award.

### 2019 Cameron Station Holiday Extravaganza!!

Sunday, December 15, Noon – 3pm

12:30-2pm – Holiday Hayrides

Belgian Clydesdale horses pulling a flat bed will provide memorable holiday hayrides for all.

2:30-3pm – Holiday Music from the Alexandria Harmonizers

You'll be serenaded in the Cameron Circle Gazebo and enjoy great food and refreshments, too.

Mark your calendar now for the most spectacular Cameron Station holiday celebration ever! Check the weekly email blasts for more details.

*(See Volunteer Award continued on page 7)*

# Record-Breaking Participation for Annual Meeting

By Pat Sugrue

The multi-purpose room at Samuel W. Tucker Elementary School was packed with Cameron Station residents on Monday, November 4, for the 2019 Annual Meeting. Including the proxies submitted from neighbors who were unable to attend, the total count of households represented was more than 350, which meant a quorum was comfortably reached.

Before the official opening, tables were set up in the hallway for representatives of the HOA committees, the Cameron Station Civic Association, and the Beatley Library to provide information to interested attendees. Inside, attendees were offered sandwiches, crudités, cookies, and bottled water. Throughout the meeting, door prizes were awarded, including gift cards donated by City Kitchen, Fratelli, Los Tios, and Shooter's, as well as those purchased from Aldi's, Harris Teeter, and Home Depot.

The meeting opened with an introduction of the six candidates vying for four open seats on the board – Greg Hillson, Mike Johnson, Joan Lampe, Marty Menez, Sarah Walsh, and Elliott Waters – who each gave a short presentation.

Photo by David Thorpe



Photo by David Thorpe

Cheers to our 2020 Board members (l-r) Sarah Walsh, Tom Sugrue, Joan Lampe, Mike Johnson, Jon Dellaria, Kimberlee Cantor, and Marty Menez.



Alexandria Mayor Justin Wilson speaks to a welcoming audience.

This year's guest speaker was Alexandria's Mayor, Justin Wilson. The Mayor gave opening remarks addressing a range of topics, including the city's budget, the increase in the number of students in the Alexandria Public School System, regional obligations regarding METRO, the Transit Vision Study, and Landmark Mall. He then took questions from the floor about a variety of issues including street repaving, scooters, the impact of cut-through traffic on the city, and the narrowing of Seminary Road.

The next order of business was the election results. Mike Johnson, Joan Lampe, Marty Menez, and Sarah Walsh were elected and will be joining Kimberlee Cantor, John Dellaria, and Tom Sugrue on the 2020 Cameron Station Board of Directors.

Photo by David Thorpe



A record crowd came out to the 2019 Annual Meeting.

(See Annual Meeting continued on page 19)

## 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 Maureen Zimmer

**Recurring Contributor:** Lenore Marema

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## BOARD OF DIRECTORS

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

Kimberlee Cantor

Jon Dellaria

Michael Johnson

Joan Lampe

Marty Menez

Tom Sugrue

Sarah Meyer Walsh

## CSCA COMMITTEES

### ACTIVITIES & EVENTS PLANNING COMMITTEE

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

Andrew Yang - Chairperson

### ARCHITECTURAL REVIEW COMMITTEE

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

Karen Diener - Chairperson

### CAMERON CLUB FACILITIES COMMITTEE

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

Ray Celeste, Jr. - Chairperson

### COMMON AREA COMMITTEE

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

Robert Burns - Chairperson

### COMMUNICATIONS COMMITTEE

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

Tricia Hemel - Chairperson

### FINANCIAL ADVISORY COMMITTEE

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

Takis Taousakis - Chairperson



**DAVID & STEPHANIE**  
REAL ESTATE SPECIALIST TEAM  
**THORPE HOMES**

Wishing you a bright and happy holiday season!

571-312-8066 [www.ThorpeHomes.com](http://www.ThorpeHomes.com)

**RE/MAX Allegiance**  
PLATINUM LEVEL

**DAVID & STEPHANIE**  
REAL ESTATE SPECIALIST TEAM  
Cameron Station

5100 Leesburg Pike, #200  
Alexandria, VA 22302

Courtney Parks



**Painting Your World Beautiful**

**WILLIAMS PROFESSIONAL PAINTING**

We've added beauty and value to Cameron Station homes (like yours!) since 1979

(703) 768-8143 - Virginia • (202) 751-2026 - Washington, DC  
[williamsprofessionalpainting.com](http://williamsprofessionalpainting.com)



# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Activities and Events Planning Committee

By Andrew Yang

The committee organized a series of events this fall:

Cameron Station held its **Fall Yard Sale** on Saturday, September 21. The weather was ideal, and many residents were able to take advantage by doing some fall cleaning as well as finding some nice bargains. Be sure to look out for the next yard sale in the spring!

Next up, the annual **Casino Night** was held on Saturday, October 5. There were some fun casino games, prizes for the top chip earners, and food catered from La Casa.

Most recently, we closed out October with the annual **Halloween Party** in the Cameron Club. Families were able to show their creativity in a costume contest with prizes for the best costumes. Glow-in-the-dark trick-or-treat bags were provided, courtesy of Irina Babb. The Victoria Hebert Great Room turned into a spooky dance-off atmosphere, thanks to David Thorpe's sounds and effects. Sweet treats and Halloween candy were also provided, and there were games and pumpkin-decorating crafts in the gym.

We will end the year with the annual **Holiday Party** on Sunday, December 15, from noon to 3 pm. New events will include horse carriage rides and entertainment from the Alexandria Harmonizers.

Be sure to sign up on the mailing list to be in the know for all the latest activities Cameron Station has to offer. For questions, comments, or suggestions, email [events@cameronstation.org](mailto:events@cameronstation.org).



Photo by David Thorpe

The Fall Yard Sale drew lots of happy buyers and sellers.

## Communications Committee

By Tricia Hemel

Our Welcome Committee wants to offer a friendly welcome to new homeowners and help them get acquainted with our community. Members are available to share important information and answer any questions as they settle in. If you'd like to join us, please contact [communications@cameronstation.org](mailto:communications@cameronstation.org). Thank you!

## Common Area Committee

By Kathleen McCollom



Photo by David Thorpe

Tree trimming is ongoing for common area trees that are blocking sidewalks, signs, or streetlights. Owners are reminded that they are responsible for trees on their private property. Trees that have never been trimmed and now brush walls are conduits for bugs and paths for attic squirrels, and can cause wind damage when those branches sway. It's much cheaper to trim a tree as it grows than to do a major trim to a large tree.

Turf repair is underway in many common areas. Newly seeded areas are now roped off to prevent foot traffic damage.

Repairs to the brick walkways are done every year. This year's should be completed by mid-November. Settling and new tree roots create a constant need to keep the brick walkways level. If you see a trip hazard or low area with standing water, contact the management office to get that spot on the list for the next round of repairs.

Homeowners are also responsible for removing leaves from their private property. Before a scheduled leaf removal by the landscaping company, they may be pushed into the street. Other options are clear or paper bagging that the trash company picks up.

It's not too early to plan for snow. Residents must clear their walks and driveways within 24 hours of a snowfall. If you need a new snow shovel, buy one as soon as they appear in stores. Once actual snow falls, they will be sold out. For ice, use cat litter or sand rather than chemical melts that are bad for plants and burn pet paws.

## Cameron Club Facilities Committee

By Ray Celeste, Jr.

As we approach the end of the year, I want to thank the members of the committee for their untiring support of our community: Dan Ogg, Vice Chair; Tim Regan, Secretary; Brendan Hanlon; and John Burton. I appreciate their time and efforts. Thanks also to Jon Dellaria, our Board Liaison, for his guidance and support. We could not do what we do without our esteemed Board of Directors, to whom I am very grateful. And many thanks to our fitness center's outstanding ProFIT team: Rich Mandley, Psy Scott, Vivian Williams, Exodus Telahun, Robert Nelson, and Enrique Villalovos.

If you are not taking part in our complimentary class program, please consider doing so! The times and locations were included in the September/October 2019 issue of *The Compass*; you can also find full descriptions at <https://www.cameronstation.org/our-neighborhood/cameron-club/fitness-center>.

I want to wish all of our Cameron Station residents a blessed holiday season! Lastly, please remember as you enjoy your holiday meals with family and friends: "You cannot out-train a bad diet!"

## Adopt-a-Family: It's a Christmas Tradition

By Mindy Lyle

Once again, the Cameron Station Community will help those less fortunate have a Merry Christmas. Over the past 19 years, our residents have adopted hundreds of families from Samuel W. Tucker Elementary School who, without our help, might not have any Christmas celebration.

We are again asking the community to participate. Family needs are screened by Tucker's social worker and principal. Their lists - some are as basic as dishes - are compiled, along with clothing sizes, shoe sizes, etc. We will then have families that can be "adopted" by Cameron Station. Previously, streets banded together, families adopted another family, one condo community adopted four families, and many area businesses also joined in. A 501(c)3 has now been established to accept monetary donations.

If you are interested in helping continue this Christmas tradition, please email [adopttuckerfamily@comcast.net](mailto:adopttuckerfamily@comcast.net). We will have families available for adoption before Thanksgiving. All participation is valued and greatly appreciated.

## Civic Association Hosts Councilwoman Del Pepper and Landmark Mall Developer

By Jeff Powers

There was standing room only on Thursday, November 7, for the General Membership Meeting of the Cameron Station Civic Association, which was held in a packed Victoria Hebert Great Room in the Cameron Club. Two great speakers joined the group for a lively discussion.

Del Pepper, a Member of City Council, discussed significant matters affecting the West End, such as the e-scooter pilot project, the recent decision to close Virginia Paving, and other current issues. Residents were vocal in their concern that scooters present a real safety risk in the city. There have been many complaints city-wide, but little or no enforcement. The e-scooter pilot is expected to be extended to collect more data. The city and Virginia Paving have agreed upon a sunset clause, in which the paving plant would have to cease all operations by January 1, 2027. Councilwoman Pepper also discussed the redevelopment of Vulcan Materials off Van Dorn Street, which is slated to become a residential development. Additionally, she shared that a new turf field is coming to Armistead Boothe Park, where the softball field currently sits.

Mark Bulmash, Senior Vice President, Development, The Howard Hughes Corporation, is the person in charge of the Landmark Mall redevelopment project, and he discussed recent developments related to this critical and very large nearby project. Preliminary engineering and rezoning efforts are currently underway, but because of the complexity, there is no predictable date for the start



Photo by Pat Sugrue

City Council Member Del Pepper discusses local issues with residents.

of construction. He shared that both the Howard Hughes Corporation and the city are determined to see this development take place. Residents expressed concern over accessibility of the mall, and would like to see much-needed improvements in pedestrian and bike access.

This is an exciting time to live in Cameron Station, as so many wonderful changes are happening around us. The future looks bright for the West End of Alexandria, as we look forward to many new developments that will make this an even better place to live, work, and play.

If you are interested in being a part of the Civic Association, please email Sash Impastato at [aimpastato@gmail.com](mailto:aimpastato@gmail.com).



# Neighbors in the News

## Ray Celeste Inducted into the Marine Corps Marathon Hall of Fame

By Marian Cavanagh

Ray Celeste was an artillery officer in the Marine Corps for 26 years and ran his first Marine Corps Marathon (MCM) in 1991. This past October, not long before running his 29<sup>th</sup>, he was inducted into the MCM Hall of Fame, which recognizes the positive impact - by runners, organizers, or distinguished contributors - in the ongoing success of "The People's Marathon."

What was in 1991 "just an event for local runners" has grown into a national marathon enjoyed by thousands, and Ray traditionally wears bib number 1775 to honor and celebrate the year the Marine Corps was established. He was stationed in Camp Pendleton when a Marine major encouraged him to run in his first-ever marathon in San Diego. He has since completed 59 and has led others to achieve their own marathon goals.

Almost 20 years ago, Ray assisted in organizing the Capitol Hill Running Club. In partnership with Congress, the Club helps Hill staffers meet their own goals for fitness and accomplishment. With an active and alumni membership of over 1,000 runners, participants can train with others interested in running and finishing



Ray pauses at the Iwo Jima Memorial.

the MCM. It also offers a support network and is a great place for Congressional staff to network and make lifelong friendships. "Being involved in a running club is what keeps me going," says Ray. "Even though I am not as fast as some, I am there as an example to others. We run three times a week, and I bring supplies for 40-45 people who are really counting on me."

Ray reminds everyone that "you don't have to be a Marine to compete in the marathon. But you have to be disciplined. It's a very meaningful run to anyone who's patriotic."

Congratulations to our patriotic, disciplined, and determined neighbor, Ray Celeste, on receiving this well-deserved honor! And thank you for being an example to us all.

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



Ray is honored at his Hall of Fame Induction ceremony.



Ray speaks at the ceremony.

## Mark Pillow Award

(continued from page 1)

Donna is a tremendous advocate for community events and served for several years on the Cameron Station Events Committee, including five years as assistant to the chairperson. During that time, she promoted several Festivals in the Park, including the Cameron Station Art and Wine Festival in 2010.

For the last six years, Donna has spearheaded Operation Gobble Gobble, Cameron Station's community effort to collect food items for Samuel W. Tucker Elementary School families who could use a little help during the Thanksgiving season.

Beyond the walls of our neighborhood, Donna has worked with the program People Animals Love (PAL). She and her dog, Lily, a certified pet therapy team, worked for years together helping children diagnosed with cancer deal with the trials and tribulations of their chemotherapy treatment.

A retired Colonel in the U.S. Army, Donna also worked with Lily at Fort Belvoir Community Hospital, helping Wounded Warriors who had suffered horrible combat wounds deal with Post-Traumatic Stress Disorder (PTSD). They also offered pet therapy to U.S. military children who move, on average, every three years. Many of these children suffer from great anxiety due to their military situation.

For more than four years, Donna provided pet therapy at our local Beatley Library, where she and Lily worked with neighborhood children who face challenges in learning to read. They also provided this type of therapy at local nursing homes in Alexandria. *(Lily passed away in August 2018, after spending her last five years crippled by severe rheumatoid arthritis but still part of the therapy team, thanks to a wheelchair provided by Irina Babb.)*

Donna's outstanding record of volunteerism inside and outside Cameron Station makes her the perfect recipient for the Pillow Award. Congratulations, Donna, and thank you for all you've done...and continue to do.

## Volunteer of the Year Award

(continued from page 1)

his ability to listen to every committee member's ideas and do his best to bring every one of them to life. He's creative in his approach to managing the A&E budget, and in 2019 was able to add the Fourth of July Parade as an official CS activity without taking away any of the other larger events. His dedication and community spirit make him a great candidate for the Volunteer of the Year Award."

And this year's winner! Thanks, Andy, for the many and varied events throughout the year that give neighbors opportunities to get together with old friends and make new ones...and keep building that all-important sense of community. Congratulations on your well-deserved award!

## 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

## Volunteers Needed

**The next event organized by Andy and his team will be the Annual Holiday Party on Sunday, December 15. This is one of Cameron Station's most popular events, with hundreds of neighbors of all ages expected to attend. The committee needs our help to make this event a success! Please contact [events@cameronstation.org](mailto:events@cameronstation.org) if you can volunteer even an hour of your time. Thank you.**



# Why Choose Cameron Station? Maybe Because We're "Inclusive but Not Intrusive."

By Rene Zimmer

Since moving here in 2015, I've been wondering why others also chose this special neighborhood to call home. I know the reason my husband and I did when we decided to downsize in Alexandria, but I wanted to go out and interview a few residents to get their insights.

Joyce Douglas and her husband Bob started looking here in 2001 when they were downsizing from their home in Braddock Heights. They'd retired in 1998 from their business and heard that condos were being built in this area. They were looking for a location with a park view, a low-lying building rather than a high-rise, and a "walkable" neighborhood for themselves and their dog, Blackie. They also didn't want to live in a single-age community.

When they moved here in 2004, they didn't know anyone, but they found everyone friendly and willing to say hello. They loved that it's a multi-age community. They met so many people when walking their dog, and participated in lots of neighborhood perks such as London Curry House and Cameron Cafe. Joyce felt it was nice to have a clubhouse and a gym, even if she didn't use them often.

Bob passed away several years ago, so Joyce has been living on her own since then. She's a vital member of the community—cheerful, helpful neighbor. She meets each morning with her young walking buddies and holds court with friends in the Cameron Cafe. Whether she is volunteering at a local agency or helping a friend get to the doctor, Joyce is one of those people who embodies our neighborhood ideals.

Stephen and Meredith Aquila are a young couple who've lived locally since 2006 and moved here in 2018. With the help of local real estate agent and neighbor, David Thorpe, every single box on their wish list was checked off when they bought an Alexandrian model townhouse after losing out on another one on the same street! They recall how friendly their neighbors were about letting them look at improvements in nearby homes, yet respecting their space.



Rene Zimmer and Joyce Douglas relax at London Curry House.



Meredith and Stephen Aquila celebrate Halloween, and the movie "Up," with their dog Cooper.

Meredith and Stephen are both professionals who work in the local area. They wanted to have a reasonable commute and available public transportation so they'd only need one car. They immediately loved the physical layout of the neighborhood and how it looks to the eye - the beautiful flowers, plantings, and seasonal decor. They loved the park; the ability to walk to the library, stores, and restaurants; the sense of community; and the diversity of age, occupations, and ethnicity. Both remarked cheerfully that it's one of the few neighborhoods where you regularly see kids out on the streets - a level of comfort and safety indicating that residents here are looking out for each other. They also wanted a dog-friendly neighborhood. When asked what kinds of activities they participate in, they mentioned the annual Halloween party, the yard sales, the pilates classes, and hanging out or working in the Cameron Cafe setting.

Meredith and Stephen are actively involved in making this community the gem that draws in others and solidifies the base of people who already live here. Meredith's statement says it all. "We still can't believe we live here!"



# An “Indoor Ready” Graveyard Welcomes Trick-or-Treaters on Grimm/Knapp Place

By Steve Varrecchio

Halloween is such a fun time for kids and adults alike in Cameron Station. Many residents decorate their homes, both inside and out, in the spirit of fun. Other neighbors join together to greet Halloween revelers descending upon our community as darkness draws near.

The weather was not cooperating this year, so the Grimm/Knapp neighbors moved to Plan B. Instead of decorating the pocket park, the team moved to the first level and garage of a neighbor's home, recreating the scary scene “The Graveyard Returns (Indoor Ready).”



Photo by Steve Varrecchio

Spider-web infested surroundings, lurking bats, and goblins greeted the children who dared seek out candy. Headstones, coffins, bones, and body parts were scattered about. Hologram ghosts lured visitors in, who then were greeted by a giant pumpkin scarecrow. Skulls and skeletal remains of others who have come before littered the graveyard. Zombies dined together at a table, trying

to get their fill of bloody body parts before the night ended and they were forced to return to their graves for another year. Grimm reapers screamed, while scarecrows, werewolves, and ghouls moaned and howled at woeful trick-or-treaters.



Photo by Steve Varrecchio

Ghosts and goblins get ready for the trick-or-treaters.



Photo by Steve Varrecchio

Skeletons, witches, and a pumpkin scarecrow – Happy Halloween!

It was another successful Halloween in our neighborhood! Many thanks to all who helped make it a fun evening: Suzie, Nikki, Dieter, Arjun and Sue. Success would not have been possible without their hard work. Thanks to Dieter for the hologram ghosts, fog machine, and Halloween sounds. And a special thank you to all the neighbors who provided candy to hand out to the trick-or-treaters. Your generosity and support is much appreciated. We'll see you next year!



**Olde Towne**  
PET RESORT



**Let them stay in style!**

Holiday boarding and grooming booking now.

24/7 Staff 🐾 Webcams 🐾 Premier Suites

Boarding - Grooming - Training - Swimming

8101 Alban Rd. Springfield, Va **otpets.com**

## MAIN STREET RETAILERS



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

**Dr. Kiumars Karbasi, DDS, MS**  
181 Comay Terrace  
Alexandria, VA 22304  
(Behind the Coffee House)

Tel: 703-461-3000

[www.CameronStationDentalCare.com](http://www.CameronStationDentalCare.com)

## CAMERON CAFE COFFEEHOUSE

Always *Hot* & Always *Fresh* Coffee!

Try our Seasonal House Specials:

Irish Cream Latte  
Caramel Mocha  
Wedding Cake Latte



4911 Brenman Park Dr  
Alexandria, VA 22304

Hours

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

## CAMERON STATION DRY CLEANERS

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



### ♪ STORE HOURS ♪

MON-FRI 7AM—7PM  
SAT 8 AM– 6PM

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

WE CLEAN  
YOUR  
GARMENTS  
WITH  
**ECO-FRIENDLY**  
PROCEDURE!

....



**4920 Brennan Park Drive Alexandria, VA**  
**Tel: (703) 370-8414 Fax: (703) 997-0487**  
**[www.brightstartva.com](http://www.brightstartva.com)**



## MAIN STREET RETAILERS

  
[www.londoncurryhouse.com](http://www.londoncurryhouse.com)  
 Tel - (703) 419-3160

---

**Lunch**  
 12pm-2pm (Everyday)

**Dinner**  
 5pm-9:30pm (Everyday)

Private Dining Room available for  
 Meetings and Family gatherings.

4906 Brenman Park Drive  
 Alexandria, VA 22304





## More Recognition for London Curry House!



Photo by David Thorpe

Our community restaurant, London Curry House, has once again been recognized by Open Table, this time in three categories: Best Overall Restaurants, Best Restaurants for Overall Cuisine, and Best Indian Restaurants. Congratulations to the owners and staff of LCH! Check out all they have to offer at [www.londoncurryhouse.com](http://www.londoncurryhouse.com).

THANK YOU TO OUR

CAMERON STATION  
 2019  
**COMMUNITY PARTNERS**

GOLD SPONSORS





SILVER SPONSORS



**WEST END**  
 — VILLAGE —

  
**BRANDYWINE LIVING**  
 at Alexandria  
*Life is Beautiful*

BRONZE SPONSOR



## Trash and Recycling Collection Schedule

**Trash collection is every Monday and Thursday.**  
**Recycling collection is every Thursday.** The only holidays when trash/recycling is not collected are:

- **Thanksgiving Day**
- **Christmas Day**
- **New Year's Day**

**When these holidays occur on pick-up days, your trash will be picked up on the next regularly scheduled day. Recycling will be serviced on the Saturday after Thanksgiving. Please note that collection days after holidays are the heaviest days of the year, and pickup delays may result due to additional trash and trips to the landfills.**



# Riders: Come Join the Peloton!

By Tricia Hemel

*Cameron Station residents have access to the hottest cycling workout around.*

Indoor cycling is a great sport for anyone. It's low impact, but you can turn on the intensity to suit your ability. I encourage my neighbors to try the Peloton bike. You'll love it!

What exactly is a "peloton"? In professional cycling, the term refers to the leading group of riders in a race. Each team of riders in a peloton work together, taking turns in the lead to conserve energy and perform better as a group.



Photo by David Thorpe

Come and take a ride on one of the new Pelotons!

We've all seen the commercials for Peloton bikes: a perfectly toned body, dripping in sweat, working out on a stationary bike, listening to music, and watching a live instructor seemingly pushing them to their limit while tuning out the world. These commercials are everywhere - on TV, your Facebook scroll, or YouTube. If you're hesitant to buy one, the Cameron Club has two of these bikes in the gym.

The Peloton bike offers a world-class indoor cycling studio experience. Just hop on, join a live class, or choose from thousands of pre-recorded classes and ... ride. Each class is guided by a spin instructor whose sole purpose is to motivate and push you to your personal limit. There are 5-minute to 90-minute classes to choose from for various fitness levels and a variety of music tastes. Just sort through the classes and find your fit.

By creating a Peloton profile (username and password) on one of our community Peloton bikes, you can track your progress, get to know others in the Peloton community, and even compete with other riders while in a class, all

by logging onto one of our Peloton bikes in the Club. You can wear workout shoes or cycling shoes with SPD clips to secure your feet during the ride. Even better, the Peloton bike is Bluetooth compatible and will connect to your wireless headphones. You may need to disconnect them from your smart device and even forget that device to get a proper connection. Wired headphones will also work.

Lori Metheny is a frequent user of our gym, and she first discovered the Peloton through her neighbor. "She said it was the best workout she has ever done, and I had to try it. I did, and now I try to ride at least three to four times a week."

It's also a perfect fit for her workout schedule. "I can get a high-intensity spin workout, with an instructor and great music, whenever I want," she says. "It's also great during the winter months. I've been riding since July 2018, and it helped get me into shape to ride with my cycling group this past spring and summer. I'm no longer afraid of hills!"

The bikes are getting more popular at our gym. Psy Scott, the Cameron Station Fitness Director, says he's seeing more residents working out on the Pelotons. "The busiest times are in the early mornings or later in the evenings (after work hours), but during off-peak times a bike is often available," he said. "Most residents do a 30-minute or 45-minute class; so if someone has to wait, at least they know how long it will be."

Lori says access is her only issue. When both bikes are in use, "I either have to wait or use the other stationary bikes we have in the gym," she says. "I just log into my Peloton app and watch a class on my phone. It's a little different, but I get a good workout nonetheless."

The Peloton app is a paid subscription and allows users to watch classes from their personal smart devices. It gives access to workouts beyond spinning; it also includes running, walking, strength, yoga, meditation, stretching, outdoor, and various cardio workouts with an instructor, and music to guide and motivate. While the paid app does offer a variety of types of workouts, Cameron Station residents do not need a subscription to work out on the Peloton bike in our gym.

So what's stopping you? Come join the fun road to fitness!

[www.cameronstation.org](http://www.cameronstation.org)



# Coed Softball Comes to Cameron Station

By Marian Cavanagh

Our neighborhood's new coed softball team, Cameron Station Depot, has just completed a successful eight-game season as part of the Alexandria Coed Fall Softball League. Coach Walt Jarrett, a CS resident and "an active sports junkie" (his words!), thought our family-friendly community would be a natural place for a team – and he made it happen with a lot of hard work and determination! The team name goes back to the Army facility and supply depot that previously occupied this space. Walt says he's hoping the team will continue to stay together and play in the 2020 Spring League. "We welcome all interested softball fans and players to join us!" Go Depot!

Photo by David Thorpe



The team t-shirt.



Photo by Walt Jarrett

Cheers to our new coed softball team!

## Another Successful Year for the West End Farmers Market!

By Pat Sugrue

Family members Rubie Williams, Bernice Williams, Dawnta Million, and Whitley Johnson became the new owners of our local West End Farmers Market this year. Every Sunday, from May through mid-November, they provided us with a wealth of wonderful vendors offering a variety of locally grown produce and products, as well as homemade crafts.

This array of farmers, bakers, cooks, crafters, and artisans set up tents and tables to sell us delicious food, superb crafts, and beautiful art. Local non-profits and government agencies were also invited to set up tables and talk face-to-face with the people their agencies serve. A regular at the market was the Alexandria Bike and Ride Department, whose staff gave away free biking/hiking maps and sometimes biking goodies, too. Our local Beatley librarians came every third Sunday to advertise their multiple events and sell used books for only \$1. Visitors were often treated to music or dancing as well!

On behalf of all the owners, Ms. Rubie wants to thank their vendors and customers for their support in making this first season so successful. But we are the ones who should be thanking them for keeping our wonderful farmers market in Ben Brenman Park. They plan to return next year, and I know Cameron Station residents do, too!

Information on next year's West End Farmers Market will be available in future issues of *The Compass*, in Cameron Station email blasts, and on the market's website: [www.westendfarmersmarket.org](http://www.westendfarmersmarket.org).



Photo by David Thorpe

Thumbs up to the West End Farmers Market!

# Samuel W. Tucker Students Sing Out Praise for the Constitution

By Linda Greenberg

On Tuesday, September 17, 18 students from Samuel W. Tucker Elementary School and their music teachers, Ms. Jana Tousignant and Ms. Anne Smith, participated in the Constitution Week Proclamation Ceremony at Alexandria City Hall.

The ceremony is an annual event initiated by the National Society of the Daughters of the American Revolution (NSDAR) in 1956 to promote historic preservation, education, and patriotism. Because the U.S. Constitution was signed on September 17, 1787, recognition week is September 17-23. The Proclamation explains why the Constitution, which describes the framework for the federal government, is so important in preserving American liberty today. As a Cameron Station resident and member of the John Alexander Chapter of the DAR, I was proud to serve as the school's sponsor.

One way to reinforce the ideas of freedom and responsibility found in the Constitution is to sing their praises. Tucker students sang a very spirited "Bill of Rights RAP" and "The Preamble" (to the Constitution). Ms. Debra Lindsay, a former music teacher, wrote both songs. Other participating Alexandria City Public Schools were T.C. Williams, Douglas MacArthur, Mt. Vernon Community School, and Lyles-Crouch Traditional Academy. In all, about 75 students sang their support for the Constitution. The program was video-recorded and played on the interschool television station.

Mayor Justin Wilson signed the Proclamation and spoke about the Constitution's importance today. All of the participating students received pocket editions of The Declaration of Independence and the U.S. Constitution.

## Not Receiving The Compass Regularly?

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

**"WARM UP" YOUR HOME  
THIS WINTER BY CALLING**

**Bernuy Contracting**

For Interior & Exterior Painting,  
Handyman Touch-Ups & Repairs,  
& Contracting / Remodeling Projects!!!

You might know us as



Johnny @ 703-629-0775, [bernuyco@hotmail.com](mailto:bernuyco@hotmail.com) &  
UPDATED website: [bernuycontracting.com](http://bernuycontracting.com) !!!

**AHMED  
BROTHERS**  
**Air Conditioning & Heating**  
**Since 1977**

Specializing in Installation and service Heat Pumps, Efficient Quality Services.

- **Service Contract available.**
- **Call NOW Special Installation offer for CAMERON STATION Condo owners.**
- **Financing available no interest.**
- **\$59.00 Heating and A/C System Inspection.**

**703-642-0001**

**703-642-3349**

**[www.ahmedbrother.com](http://www.ahmedbrother.com)**



# Important Notice About Recycling Glass

According to the City of Alexandria's website, glass collected for recycling is ending up in landfills due to a variety of issues, including recycling contamination, rising recycling costs, and lack of a regional glass processing capacity. Alexandria and Fairfax County will no longer provide curbside pickup of glass for recycling.

Management has been in contact with our recycling company, American Disposal, who confirmed that they also will no longer pick up glass.

Alexandria has partnered with Fairfax County and established four drop-off centers to improve the recyclability of glass. Glass separated at these centers will be hauled to a processing plant in Fairfax County

to be recycled into gravel and sand that can be used locally. These end products can be used in landscaping, construction projects, and even remanufactured into new glass items.

Until further notice, the best option for recycling glass bottles and jars is to bring them to purple, glass-only containers in the following locations:

- S. Whiting Street (At the end of S. Whiting Street, intersecting at Tower Court)
- 3224 Colvin Street
- 4251 Eisenhower Avenue
- Jones Point Park (On the left, at the end of S. Royal Street, heading south)

## Out and About

By Lenore Marema

### TWO NEW HOLIDAY EVENTS

• **Enchanted Christmas:** Nationals Park in DC is one of three stadiums in the U.S. this year that will turn into a giant outdoor holiday light show from November 22 to December 29. The outfield will be covered with a 90,000-square-foot light maze in which kids and adults search for all nine of Santa's reindeer. The infield will become an ice skating trail, and the concourse will host over 60 vendors for a food and artisan Christmas market. It's still a ballpark, so adult beverages will be sold. It will also have a variety of holiday-themed lights, including an 80-foot Christmas tree, and visits from Santa and Mrs. Claus.

• **Ice and Lights:** Cameron Run Regional Park in Alexandria, the summer home of the water park, will feature an ice skating rink and a winter light display from November 12 to January 5. Pizza and other snack food will be available, and Bling & Things retailers will have items for holiday gifts. Note: Ice and Lights tickets allow a skater 45 minutes on the rink at a scheduled time.

Skate rental is available at both events, and there will be lots of photo opps! Tickets are required for adults and children and should be purchased online:

<https://dc.enchantchristmas.com/dc> and  
<https://www.novaparks.com/events/ice-lights>.

While ice skating in Cameron Run will continue on weekends in 2020, Enchanted Christmas does this only in three cities annually, so it might not come back to the DMV for a while. Enjoy it while it's here!

### CULINARY FINDS

• **Your New Main Squeezes:** Condiments almost all come in convenient squeeze bottles. A great new addition is the Sauer Frau squeezable sauerkraut. The regular sauerkraut contains no GMO and is vegan. The craft beer mustard sauerkraut

contains no added sugar and is five calories per serving. Also look for the new Heinz No Sugar Added ketchup.

• **Truce on the PS Invasion:** Pumpkin Spice (PS) products have inundated every aisle in the grocery stores. According to the Culinary Institute of America, the two top-selling items were PS Spam - which sold out online and at WalMart within days - and dog treats. Did the dogs notice the difference in their treats? Time to turn the corner on PS.

• **Speaking of Seasonal:** Start looking for Coca Cola flavored with cinnamon for the December holidays.

• **Hot New Veggies:** There are two must-haves for your Thanksgiving table. Fioretto cauliflower is a new hybrid of broccoli and cauliflower, with delicate florets on pale green stems. Just sauté it in butter or olive oil and taste its nut-like flavor. Delicata is an heirloom squash that has been brought back only recently and tastes brown-sugary. Its skin is thin, light-colored, and very edible. Its contrast to the orange squash makes it a pretty presentation.

• **Chop Chop:** Sur La Table will sharpen your knives for a minimal charge.

## See a Problem in the Neighborhood?

Streetlight out? Sprinkler not working? Moss on brick sidewalks? Potholes in street? If management doesn't know about a problem, they can't fix it. And not every problem occurs during office hours. If you see something that needs repair, call the HOA office at 703-567-4881, and be sure to give a complete description and exact location.

# The Holidays at Carpenter's Shelter

By Shannon Steene, Executive Director

Once our Halloween celebrations end, holiday preparations really go into high gear at Carpenter's Shelter. Decorations go up, and our seasonal Adopt-a-Resident sponsorships begin, ensuring that everyone in the shelter receives holiday gifts. But before we fully commit to snowflakes, gingerbread, and mistletoe, we prepare for Thanksgiving.

For me, Thanksgiving evokes not just an attitude of gratitude, but also a sense of overwhelming bounty. I think we've all experienced a Thanksgiving in which everyone brought something special to the meal. Maybe you prepared the turkey and stuffing while mom mashed potatoes. Your sweet Aunt Margaret brought her famous cranberry sauce, and your favorite cousin whipped up a perfect pumpkin pie. Perhaps your grandparents even snuck in a green bean or two. Finally, after hours of hard work, the dining table overflowed with the love and dedication of a team.



A volunteer from Washington Speakers Bureau celebrates the ongoing success of area food drives.

This spirit of teamwork powers our mission, too, and we saw it play out recently with the Garvin family.\* Not too long ago, Ms. Garvin arrived on our doorstep with her six children in tow. Her husband—and the family's sole breadwinner—had been incarcerated and, without his income, the family lost their home. As a newly-single parent with over a decade away from the professional workforce, the Garvins' barriers to sustainable, permanent housing in the community were great. Fortunately, everyone pitched in and made something amazing happen.

Soon after their arrival, Ms. Garvin got to work with her case manager. She enrolled in workforce development classes, created a resume, and began applying for jobs. Meanwhile, she got her children the support they needed, enrolling them in daycare and school while our nonprofit partner, Alice's Kids, provided them with new clothing, and a donor sponsored the purchase of new children's eyeglasses. During the summer months, our donors also ensured that every child attended summer camps at no cost.



Government support joined the mix as well. First, the City of Alexandria's Child Protective Services team provided financial assistance and connected Ms. Garvin with additional resources. Then, Ms. Garvin applied for and received benefits from the Supplemental Nutrition Assistance program (SNAP) and the Temporary Assistance for Needy Families (TANF), and qualified for Rapid Re-Housing rental subsidies through the Department of Housing and Urban Development. With this assistance, she and our Housing Locator were able to find the family an affordable apartment in the community. Another local nonprofit, **A**lexandrians **I**n**V**olved **E**cumenically! (**ALIVE!**), gave her furniture, and a donor gifted her a television and sound system to complete the new home.

Now, months later and with holidays ahead, the Garvins are enjoying the bounty that comes from a compassionate family. Nonprofits, government programs, and caring neighbors each bring something to the table for our residents. And our neighbors at Cameron Station do the same. You volunteer at the front desk, serve meals, sit on our Board of Directors, and attend fundraising events. Some of you simply write a check each year. No matter how you give back, you make a difference and represent the goodness that comes from a generous community.

We are so thankful for the active, committed supporters we have in Cameron Station. If you would like to join your neighbors and engage further in our work, please check out [www.CarpentersShelter.org](http://www.CarpentersShelter.org) and let us know how you would like to get involved.

*\* Details changed to protect client confidentiality.*



# Negative Side Effects of a Low-Carb Diet

By Psy Scott, Fitness Director

Reducing your carbohydrate intake can have beneficial effects on your weight and overall health, especially when you cut out the unhealthy simple carbs from refined grains and sugar. Depending on how much you cut out, you may experience some low-carb side effects as your body adapts. These can be uncomfortable, but they typically subside after the first week or two.

Low-carbohydrate diets come in a few varieties. A moderate reduction in carbs, say 100 to 150 grams of carbs per day, probably isn't going to cause any noticeable side effects. If anything, you may feel a little fatigued for a few days. A larger carb reduction, dropping between 200 and 250 grams for example, could cause more pronounced side effects, such as:

- Headache
- Fatigue
- Changes in bowel habits - either constipation or diarrhea
- Irritability

But these days, many people aren't just going low-carb, they're going very low-carb. The Ketogenic diet has become increasingly popular as a way to shed fat quickly, and it's also

touted for increasing energy, improving heart health, and aiding blood sugar control, among many other proposed benefits. On a Ketogenic diet, you drop your carb intake super low and increase your fat intake significantly. This shift will throw most people's body for a loop. In addition to the side effects above, you may also experience:

- Nausea
- Vomiting
- Dizziness
- Insomnia
- Reduced exercise tolerance

Collectively, these symptoms are referred to as the "Keto Flu." While not a medical diagnosis or an actual illness like the flu, it can knock you out for a few days to a week or more in a similar manner. So as you work to reach your weight-loss goal, remember to keep track of your carb intake and allow your body enough time to process the side effects. Good luck, everyone!

Information about our Fitness Center can be found here: <https://www.cameronstation.org/our-neighborhood/cameron-club/fitness-center>.

## Book Clubs

### Third Thursday of the Month

**December:** Annual Book Club Christmas party

**January:** *Where the Crawdads Sing* by Delia Owens

This group meets the third Thursday of every month. If anyone is interested in joining, it's loads of fun, with wine, food, and great conversation. For further information, please contact Gayle Hatheway at [Gayleandotis@sbcglobal.net](mailto:Gayleandotis@sbcglobal.net).

### Monday Night Book Ball

**December:** *The President is Missing* by James Patterson and Bill Clinton

**January:** *Where the Crawdads Sing* by Delia Owens

Anyone interested in joining Monday Night Book Ball, which meets the second Monday of every month, please contact Patricia "P.J." Sottile at [sottilepj@aol.com](mailto:sottilepj@aol.com). We'd love to have you!

### Reading Between the Wines

**November:** *Behold the Dreamers* by Imbolo Mbue

**December:** *Eleanor Oliphant is Completely Fine* by Gail Honeyman

## ALEXANDRIA LIBRARY TALKING BOOK SERVICE

The Charles Beatley  
Central Library houses the  
Alexandria Library Talking  
Book Department, which  
offers reading machines that  
play prerecorded tapes that  
contain complete, unabridged  
books for the blind and  
physically challenged.

To learn more,  
call 703-746-1760 or visit  
[www.alexlibraryva.org/  
talking-book](http://www.alexlibraryva.org/talking-book).

# Restaurant Review: Chop Shop Taco

By Carla Besosa - Cameron Station Foodie



Photo by David Thorpe

Carla with Chop Shop General Manager Ben Malloy.

*"A balanced diet is a taco in each hand."* (unattributed)

Near the intersection of N. Henry and N. Madison Streets, what's that little Pepto-Bismol-colored place that has sprung up? It's *Chop Shop Taco*! This is not a Mexican restaurant; it's simply a taco shop. They've recreated the taco with culinary whimsy, and I absolutely love it.

Yes, the space was truly a Chop Shop in the '70s. The transformation is nothing short of ingenious, preserving the garage theme. The repurposed space is thoughtfully quirky and simply reeks of fun! They have a full bar; the stools are padded and have backs...always key! There are high and



Photo by David Thorpe

low tops, and a street-side counter reveals itself when the garage-style door is rolled up in good weather.

Music is an important part of the ambiance. I've heard oldies and blues in there...but in the restrooms, Rachmaninoff and Mussorgsky. The contrast is quirky and absolutely delightful, catching you off guard. Order at the bar or the taco counter; staff will deliver your food and clear your table. They're a happy bunch in there! Their enthusiasm is well-placed, as this festive eatery has caught on like wildfire.

I kept hearing, "They have great margaritas here!" I relayed this to the bartender, who grinned knowingly. Also check out their quality slate of beers. On draft, they're pouring the eponymous *Chop Shop Gold Lager*; I favor a Pacifico or Tecate Tall Boy. Wine options include three reds, three whites, and two sparklings. Margaritas - four variations on a theme. The *Classic*, with citrus black lava salt, should probably be your litmus test.

*Chop Shop's* user-friendly, à la carte menu is succinct, clearly designating gluten-free, vegetarian, and vegan options. The taco is the headliner, and I've enjoyed three varieties. The *Chorizo/Beef Taco* is prepared with fresh

## Chop Shop Taco

1008 Madison St.  
(Corner of N. Madison &  
N. Henry Sts.)  
Alexandria, VA 22314  
571-970-6438  
[www.chopshoptaco.com](http://www.chopshoptaco.com)

### Hours

Sunday-Thursday  
11am-11pm  
Friday-Saturday  
11am-12 midnight  
Taco Window Open  
11am-11pm daily  
Happy Hour - 3-6pm,  
Monday-Friday

### Price

Tacos: \$3.50-\$5  
Sides: \$3-\$5  
Small Plates: \$9-\$11  
Duck Leg: \$14

**Bar**  
Full

**Catering Available**  
Yes

**Smoking**  
No

**HC Access**  
Yes

**Parking**  
Street

**Reservations**  
No





Photo by David Thorpe

cilantro, lime crema, and medium salsa. My *Veggie Taco* (rotating vegetable) had fried avocado, guajillo oil, za'atar red onion, and fresh cilantro. The kitchen is flexible; I easily ordered my *Crispy Flounder Taco* without jalapeño.

They serve several small plates. I recommend their homemade *Guacamole* and their *Li'l Salad* made with shaved Brussels sprouts. Add a side dish - *Roasted Corn on the Cob/Za'atar* (with chipotle-lime crema and cotija) or *Frito Pie* (with lime crema, za'atar red onion, fresh cilantro, jack cheese, and chili beans) served in the Frito bag! A Kids' Menu is also available.

*Tres Leches* is the popular dessert, but overtaken by *Pumpkin Caramel Cheesecake* for fall. For Happy Hour, they discount certain drinks and bar menu appetizers.

Though I have been to *Chop Shop Taco* several times, I am so ready to return. It's conceptually unique, creatively quirky, and decidedly retro! The prices are ever-so-reasonable, and the staff is accommodating. Parking is less challenging since it's located north of Old Town in the Parker-Gray section of Alexandria.

I'm in awe of their creativity! Check it out!

## Annual Meeting

(continued from page 2)

Committee reports were offered next. Jeff Gathers of the Financial Advisory Committee thanked Community Manager Karen Soles and Assistant Community Manager Todd Branson for their financial stewardship. Jeff explained that our community is now 20 years old, and as it continues to age, more money will have to be spent in the future than in the past to keep it in good condition. The community's Reserve Funds will address these needs. A Reserve Study was performed this year, and some adjustments to the accounts were made in accordance with its findings. Follow-up studies will be done every three years to ensure that no major construction projects catch the community by surprise. There is a modest increase in assessments this year, averaging 2-3% per household.

Rob Burns, Common Area Committee Chair, addressed common area issues that are also due to the aging of the community.

Two important annual awards were presented next. Donna Kenley received the Mark Pillow Community Spirit Award, and Andy Yang was named Volunteer of the Year.

Separate articles about both these deserving recipients are in this issue of *The Compass*.

The evening ended with a Resident Open Forum. Issues covered included: the renewal of the CMC management contract and the \$65,000 annual savings that were negotiated; the status of the pond project in Brenman Park; and the renovation of the Gazebo in the Ticer/Tull pocket park.

## 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 every issue of *The Compass* newsletter.**



## Carla's Picks

By Carla Besosa

### Alden Theater (McLean)

Dec. 15 John Eaton's Holiday Songbook  
Jan. 4 The Capitol Steps  
Jan. 25 Hiplet Ballerinas

### Alexandria

Dec. 6 Scottish Walk Parade (Old Town)  
Dec. 7 Alexandria Boat Parade of Lights

### Anacostia Playhouse (DC)

Dec. 14-Jan. 5 *Black Nativity*

### Atlas Performing Arts Center (DC)

Dec. 16 Atlas Presents Jazz: A Bohemian Christmas  
Jan. 16-Feb. 6 Mosaic Theater Company Presents:  
*No Desert Roses*

### The Barns at Wolf Trap (Vienna)

Jan. 29-30 International Guitar Night (I go every year!)

### Bethesda Blues & Jazz Super Club (Bethesda)

Dec. 14 Kenny Lattimore & Regina Belle -  
Christmas & Love Tour

### The Birchmere (Arlandria)

Jan. 17-19 Eddie from Ohio  
Jan. 29-30 Cowboy Junkies

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

Jan. 10 Upcounty Theater: *Now and Then*

### Blues Alley (Georgetown)

Dec. 18 An Evening with Jane Monheit  
Dec. 19-22 Marcus Johnson's Holiday Jam  
Dec. 26-31 Cyrus Chestnut  
Jan. 9-12 Meshell Ndegeocello  
Jan. 16-19 Kirk Whalum

### Capital One Arena (DC)

Dec. 10 Cher: Here We Go Again Tour  
Dec. 15 Andrea Bocelli  
Dec. 23 Trans-Siberian Orchestra

### City Winery (DC)

Dec. 12-13 Los Lobos  
Dec. 15 BETTY Holiday Show  
Dec. 19 Rodriguez\* - An Intimate Evening of Music and  
Conversation

### Constitution Hall (DC)

Dec. 28 New Year's Comedy Jam

### Creative Cauldron (Falls Church)

Dec. 6-23 *Madeline's Christmas*  
Jan. 4-Feb. 22 Passport to the World of Music

### Dance Place (DC)

Dec. 14-15 Kwanzaa Celebration  
Jan. 18-19 KanKouran West African Dance Group

### Del Ray Artisans (Del Ray)

First 3 Weekends in December, Fri.-Sun. - Holiday Market  
Jan. 10 Opening Reception: "Tangerine"

### Dulles Expo Center (Chantilly)

Dec. 20-22 International Gem & Jewelry Show  
Jan. 4-5 The D.C. Big Flea & Antiques Market

### Eagle Bank Arena (GMU/Fairfax)

Dec. 27 Comedy Laugh Fest

### 1st Stage (Tysons)

Dec. 5-29 *Airness*  
Jan. 30-Feb. 23 *The Royale*

### Ford's Theater (DC)

Nov. 21-Jan. 1 *A Christmas Carol*  
Jan. 24-Feb. 23 *Silent Sky*

### Fort Ward Park (Alexandria)

Dec. 14 Civil War Christmas in Camp

### Gadsby's Tavern Museum (Old Town)

Dec. 14 Yuletide by Candlelight

### Gala Theater (Adams Morgan)

Jan. 5 Fiesta de Los Tres Reyes Magos/Three Kings Day  
Celebration

\***Rodriguez**, performing at City Winery Dec. 19, is the  
subject of the documentary *Searching for Sugarman*. If  
you haven't seen it, definitely put it on your list!



**George Mason Center for the Arts (GMU/Fairfax)**

Dec. 13 Vienna Boys Choir

Dec. 21-22 Fairfax Symphony Orchestra: *The Nutcracker***Grounded Coffee Shop (Alexandria)**

Dec. 22 Janna &amp; Rob

**Harman Center for the Arts (DC)**Dec. 3-Jan. 12 *Peter Pan*Dec. 4-22 *The Woman in Black***Imagination Stage (Bethesda)**Nov. 23-Jan. 5 *The Lion, the Witch and the Wardrobe***Jammin Java (Vienna)**

Dec. 21 Clauster Eve: Jammin Java Songwriters Circle - Holiday Edition

Dec. 22 Todd Wright's 17th Annual Santa Clauster-F@%! Christmas

Dec. 26 Crys Matthews

**Kennedy Center (DC)**Dec. 10-Jan. 5 *Come From Away*Dec. 15 The Washington Chorus Presents:  
A Candlelight ChristmasDec. 16 The Choral Arts Society of Washington Presents:  
Songs of the SeasonDec. 19-22 NSO: Handel's *Messiah***Little Theater of Alexandria (Old Town)**Dec. 6-22 *A Christmas Carol*Jan. 18-Feb. 8 *A Gentleman's Guide to Love & Murder***MGM (National Harbor)**

Dec. 20-23 Cirque Dreams Holidaze

Jan. 24 Dancing with the Stars Live Tour 2020

**Mount Vernon (Alexandria)**

Dec. 6, 7, 13, 14, 22 Mount Vernon by Candlelight

Dec. 20-21 Christmas Illuminations at Mount Vernon

**Round House Theater (Bethesda)**Nov. 20-Dec. 22 *The Curious Incident of the Dog in the Night Time*Jan. 22-Feb. 24 *Spring Awakening***Signature Theater (Shirlington)**Oct. 29-Jan. 5 *A Chorus Line*Jan. 28-Feb. 23 *Gun & Powder***State Theater (Falls Church)**

Jan. 18 Lez Zeppelin

**Strathmore (Bethesda)**Dec. 17-19 *The Hip Hop Nutcracker*

Jan. 12 Step Africa! Step Explosion

**Studio Theater (DC)**Jan. 15-Feb. 16 *Pipeline***Synetic Theater (Crystal City)**Dec. 3-29 *The Snow Queen***Theater J (DC)**Jan. 9-Feb. 2 *Sheltered***Theater on the Run (Arlington)**

Dec. 5-22 Scripts in Play 2019

**Warner Theater (DC)**Nov. 23-Dec. 29 Washington Ballet's *Nutcracker***Woolly Mammoth (DC)**Dec. 1-Jan. 5 *She the People: The Resistance Continues!*

## And Another Thing...

(in my stream-of-consciousness order)

**Did You Know...****Cameron Cafe** is now serving beer and wine! They will be expanding their hours on certain days and augmenting the menu with new finger foods!**Silver Diner** will be opening in the summer of 2020 at N. King and N. Beauregard Sts.**Bagel Uprising** is open in Del Ray at 2307A Mount Vernon Ave. (formerly the Happy Tart)**Kiwi Pie Shop** is at 4548 Eisenhower Ave. (Thanks, Tricia!)**Nectar Del Ray** is now offering *Afternoon Tea*: a pot of tea, 1 of 3 sandwiches, and a scone or brownie - \$13.**Books by Neighbors***Shanghaied* by Philip Samawicz**What Am I Listening to?**Stan Getz: *Getz Plays Jobim - The Girl from Ipanema*Caro Emerald: *Deleted Scenes from the Cutting Room Floor*Violet Bell: *Honey in My Heart*Ben Zebelman: *Suite: Naoh's Ark* (piano)

# 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 January to the first week of February.

## 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, Virginia 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

**Dec. 7 - Letter Writing Day:** Not emails, letters. You remember...you put it in an envelope with a stamp!

**Dec. 13 - Violin Day:** My faves are Lorenza Ponce, David Garrett, Lucia Micarelli, Vanessa Mae, Nadja Salerno-Sonnenberg, Lindsey Stirling, Regina Carter, Caroline Campbell, Lara St. John, Janine Jansen, and Bond.

**Jan. 2 - Swiss Cheese Day:** includes Emmental and Gruyere.

**Jan. 7 - National Tempura Day:** Check out Taste of Asia, Yamazato, Samurai, May Island, and Sumo.

**Jan. 8 - National Gourmet Coffee Day:** Celebrate at our new and improved Cameron Cafe!

**Jan. 20 - National Cheese Lovers Day:** I recommend La Fromagerie (Old Town) or Cheesetique (Del Ray, Shirlington, and Mosaic).

**Jan. 31 - Eat Brussels Sprouts Day:** Note, they are not Brussel Sprouts. Alexandria's top ten for Brussels Sprouts preparation: Magnolia's on King, Captain Gregory's, Oak Steak House, Mason Social, Northside 10, Stomping Ground, City Kitchen, Majestic, Burton's Grill & Bar, and The Reserve.

[www.cameronstation.org](http://www.cameronstation.org)





# Cameron Station Celebrates Halloween 2019



Photo by Ana Maria Keating



Photo by David Thorpe



Photo by David Thorpe



Photo by Dar Davis



Photo by David Thorpe



Photo by David Thorpe



Photo by David Thorpe



Photo by Pat Sugrue



Photo by Pat Sugrue



Photo by Pat Sugrue



Photo by Rene Zimmer

# The compass

200 Cameron Station Blvd.  
Alexandria, VA 22304

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



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



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