

The Compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 11 Issue 4 • Sept/Oct 2010

Pride of Ownership Award Winners

By Robert Burns

Each year, residents are encouraged to improve their personal landscaping space – the areas in public view – to enhance the community's overall curb appeal. Awards are given in recognition of those who demonstrate "pride of ownership."

On Sunday, August 15, as neighbors enjoyed ice cream from our Main Street Market at the Annual Ice Cream Social, Susan

Carleson of the Common Area Committee presented a Pride of Ownership award to Eugene Morris Rosera of 5255 Pocosin Lane, who along with his wife Tanya was winner for Best End Townhome. Other winners, who could not be present at the ceremony, were:

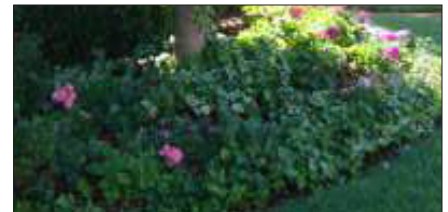
- Single Family 4909 John Ticer Drive,
Birgitta Dewell and
Erik Candy
- Townhome 5259 Colonel Johnson
Lane, Margaret Turner
- Condo 307 Cameron Station
Boulevard, Lynne
Storer



Eugene Morris Rosera, Best End Townhome Award Winner



5255 Pocosin Lane



(Continued on page 3)

Don't Miss the Most Important Meeting of the Year

By Pat Sugrue

The Cameron Station Community Association Annual Meeting will be held Monday, November 8, in the cafeteria of Samuel Tucker Elementary School, from 7pm to 9pm. Registration will begin at 6:15pm, and there will be free sandwiches and other refreshments.

There are three positions on the HOA board that must be filled this year in order for the community to operate properly. The election will take place at the meeting. **If we do**

not have a quorum that night – either on site or by proxies – the election cannot take place and MUST be rescheduled. So please mark your calendars now. Next year's budget and assessment fees will be presented, and you will have a chance to meet members of the HOA committees and learn more about the committees, which are so vital to our community.

More information about the Annual Meeting, as well as the candidates running for the board, will be mailed to each homeowner in advance (along with proxies) and will be posted on the community website, www.cameronstation.org.



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**CAMERON STATION COMMUNITY
ASSOCIATION, INC. (CSCA)**

BOARD OF DIRECTORS

(boardofdirectors@cameronstation.org)

Mike Kuhl (*President*)

Mindy Lyle (*Vice President*)

Mahl Avila (*Treasurer/Secretary*)

Don Buch

Derek "Dak" Hardwick

Michael Kidwell

Tom McClimon

Meetings are the fourth Tuesday of every month,
except November when it is the third Tuesday.

COMMUNITY MANAGEMENT

Airielle Hansford, Community Manager
communitymanager@cameronstation.org

Felicia Mingione-Buzan,
Assistant Community Manager
assistantmanager@cameronstation.org

Mary Flynn, Covenants Administrator
covenants@cameronstation.org

Carla Martin, Administrative Assistant
admin@cameronstation.org

703-567-4881

703-567-4883 (fax)

CAMERON CLUB FITNESS CENTER

Kevin Horner, Director
fitness@cameronstation.org

703-567-8555



CSCA COMMITTEES

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Jon Bradley – Chairperson

CAMERON CLUB & EVENTS COMMITTEE

ccec@cameronstation.org

Ray Celeste – Chairperson

COMMON AREA COMMITTEE

commonarea@cameronstation.org

Robert Burns – Chairperson

COMMUNICATIONS COMMITTEE

communications@cameronstation.org

Cheri Avila – Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org

Michael Bilbrey – Chairperson

**CONDOMINIUM/MANAGEMENT
COMPANIES**

Carlton Place Condominium

Oakland Hall at

Cameron Station Condominium

Woodland Hall at

Cameron Station Condominium

Management Company:

Community Management Corporation

Matthew Foust, Manager on site at Cameron Club:

703-212-8020, 703-212-8021 (fax),

mfoust@cmc-management.com

Main Street Condominium

Management Company:

Condominium Services, Inc., 703-370-1600

After-Hours Emergencies, 800-995-5093

Elevator Emergencies, 800-995-5093

**Unit Owners Association of the Condominiums
at Cameron Boulevard (Centex Condos)**

Judy Wojciechowski, President

Management Company: Klingbeil, Powell & Alutz, Inc.

703-532-5005

The Residences at Cameron Station

Management Company: Armstrong Management

703-385-1133

Angela Luker, Community Manager:

On-site number, 703-751-4070

From the President of the HOA Board

By Michael Kuhl

I'm thankful that over the years I've lived in places where I've had great friends and wonderful neighbors, with Cameron Station keeping that string alive. We are so fortunate to have a great mix of different people from a wide range of backgrounds and occupations from all over this country (and world), many families with children as well as many without and lots and lots of dogs. The community's wide variety of activities and amenities definitely appeals to our cornucopia of residents and makes Cameron Station a wonderful place to live.

However, in talking to friends and family you hear about situations with neighbors that are complete horror stories. You also see all sorts of crazy stuff on the internet regarding people venting about their neighbors (www.rudeneighbor.com, www.annoyingneighbors.com), along with some interesting coverage in the mainstream media. For example, cnn.com/living posted an article, "Surviving a Nasty Neighbor," that was interesting to read and had some good tips on keeping the peace with your neighbors. You can find it at www.cnn.com/2008/LIVING/wayoflife/01/14/neighbors/. I'd recommend it to anyone who finds themselves in this unfortunate situation. Another good resource is "Bad Neighbor Basics: How to Recognize and Deal With Bad Neighbors," found at www.lifescrypt.com/Life/Relationships/Also-in-relationships/Bad_Neighbor_Basics.aspx.

Five tips for keeping the peace:

Know your neighbors. Upon moving in, knock on doors, introduce yourself and establish a rapport. That way, when a problem does arise, you'll both want to resolve it peacefully.

- Bring problems up immediately. Don't delay. The longer you wait, the bigger the problem can get – literally, in some cases (a new puppy, a tree that blocks your sunlight).
- Ask around. Most problems bother more than one neighbor. Gather support to build your case and consider talking to the offending party as a group.
- Be nice. Bring your neighbor cookies or a bottle of wine. It sets the stage for an amicable discussion. And if you've been confrontational, apologize. Nothing's more powerful – and chances are, your neighbor will apologize back.
- Be proactive. Try to deal with conflict on your own before taking things to the next level. Unless the offense is truly egregious, reporting a neighbor to the police or another relevant agency is the wrong first move.

When you think about it, our close proximity to each other really doesn't offer us many alternatives but to try to be the best neighbors we can. Why let what appears to be a bad situation spin out of control when you can try to address the matter and possibly make a great new friend?



Is Cameron Station in a Flood Zone?

By Airielle Hansford, Community Manager

On occasion, the Cameron Station management office receives inquiries from homeowners asking if Cameron Station is located in a flood zone. This question usually comes up during the purchase or refinancing of a home. The answer: When Cameron Station was built, the residential area was officially removed from the flood zone. This is detailed in a "Letter of Map Revision" (LOMR) from FEMA, which was provided to management by the City of Alexandria. This document is sufficient verification for lenders and insurance agencies and can be found on the Cameron Station website under "Forms and Surveys," or a copy can be provided by the management office.



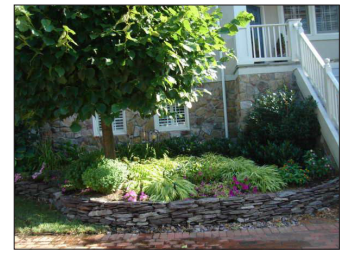
Pride of Ownership

(Continued from front page.)

The winners were selected by the Common Area Committee in the spring and notified in the summer. Each winner received a \$100 gift certificate to Food Matters. It's not too early to start thinking about nominees for next year – yourself and/or your neighbors!



5259 Colonel Johnson Lane



4909 John Ticer Drive



307 Cameron Station Boulevard

Robert Burns is chairperson of the Common Area Committee.

Board of Directors Meeting, August 24

By Catherine Huddleston

Guest Speakers

Deputy Chief Blaine Corle, Alexandria Police Department, discussed recent crime-related activity in the community. He also mentioned that there would be increased patrol presence throughout the community once school began.

Financial Report

On July 31, 2010, the association had operating and investment funds totaling \$2,172,313.12. The Income Statement Report reflects a year-to-date income of \$1,653,981.57, which is \$17,614.07 above budget. Year-to-date expenses are \$1,406,737.74, which is \$92,768.59 above the budgeted amount of \$1,313,969.15. A few line items exceed the year-to-date budgeted amount by more than \$1,500:

Snow removal costs exceed the year-to-date budgeted amount by \$199,021.90.

Postage exceeds the year-to-date budgeted amount by \$2,055.89. A significant portion of this overage is due to the cost of mailing the Cameron Club Policy and Design & Maintenance Standards (DMS) Amendment.

Common Area Lighting Maintenance exceeds the year-to-date budgeted amount by \$2,381.37. This is partially due to the April lighting inspection and replacement.

Exercise Equipment Repair and Maintenance exceeds the year-to-date budgeted amount by \$3,851.90 due to increased wear and tear on the aging fitness center machines.

Sprinkler System exceeds the year-to-date budgeted amount by \$2,087.91 due to a few repairs necessary to maintain the fire suppression system.

Landscape Maintenance exceeds the year-to-date budgeted amount by \$1,558.07 but is anticipated to level out towards the end of the year.

There is a positive variance between year-to-date income and expenses in the amount of \$247,243.83 through July 31, 2010, which is \$75,154.52 above the budgeted amount for July 2010. The Capital Reserves account totals \$70,772.52. The Accounts Receivable Residential Assessments as of July 31, 2010, was \$72,818.83. This reflects a delinquency rate of approximately 3.49%, which is below the industry standard of 5%. Accrued Reserves total \$1,396,751.00 and are fully supported by cash and investments. This signifies that the association is in a healthy financial position.

WTS Cameron Club Report

Kevin Horner, WTS Fitness Director, gave an update on the fitness center. He mentioned that the number of residents scanned into the facility has increased during the summer months, largely due to pool use. Labels for the large dumbbell rack have been ordered and will be attached when they arrive.

Kevin detailed some equipment that was recently repaired and reported that Lauren Todd would be joining the WTS staff as a fitness specialist.

Residents' Open Forum

Several residents from Brawner Place and Ferdinand Day Drive discussed an ongoing dispute among neighbors. One resident from Tancreti Lane wanted to discuss a parking incident, and a resident from Brawner Place came to discuss rule enforcement.

Committee Reports

Cameron Club & Events Committee. Ray Celeste, committee chairperson, updated the board on the outcome of the August committee meeting. The committee is requesting the board approve the proposal for one new Stepmill and two new stationary bikes. They also recommended sending the fitness center survey as written. They asked the board to vote on the reappointment of three committee members. The board asked that the committee be prepared to present their recommendation for monitoring system security at the September Board Meeting.

Communications Committee. Don Buch, Board of Directors liaison to the Communications Committee, and Community Manager Arielle Hansford updated the board on the progress of the website design. The new website should be ready to go live in approximately 70 days.

Action Items

- Activities & Events Planning Committee Charter - Approved
- Cameron Club Facilities Committee Charter - Approved
- Office of Voter Registration and Elections request to use the Cameron Club for the November 2, 2010, General and Special Elections - Approved
- Proposal by Lancaster Landscapes for turf restoration totaling \$2,820 - Approved
- Proposal by Lancaster Landscapes for mowing and mulch bed care in Linear Park beginning in April 2011 totaling \$16,124 - Approved
- Proposal by National Fitness Consultant to provide preventative maintenance and warranty repairs to the exercise equipment at the Cameron Station fitness center totaling \$1,700 annually - Approved
- Management request for permission to write an article for the upcoming edition of *The Compass* regarding Association Advantage - Approved
- Approval of division of Cameron Club & Events Committee - Approved (See page 7.)

(Continued on page 5)

Board of Directors Meeting

(Continued from page 4)

Additional Items

- The cafeteria at Samuel Tucker Elementary School has been reserved for Monday, November 8, for the 2010 Annual Meeting. Call for candidates and meeting agenda will be mailed out to the community no later than Friday, September 17. Of the seven current board member positions, three terms will expire in 2010 and four in 2011.
- Chris Neuberg began work as the new maintenance technician on Monday, August 30.
- Management office to be closed on Monday, September 6, in observance of Labor Day.
- Board of Directors, Financial Advisory Committee, committee chairs and management to meet on Tuesday, September 14, at 7pm to review the draft FY2011 budget.

HOA Board of Directors 2010 Meetings

Tuesdays, 7pm, Cameron Club

October 26

November 16

December 21

ANNUAL MEETING

Monday, November 8

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AND ASSOCIATES

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– Phil Hagen

"Our experience was great and everything went according to plan. It could not have gone smoother. You offered honest, comprehensive advice and were always available for questions."

– Darald & Bice Stebner

"Choosing your firm as my Realtor to sell my townhome in Kingstowne was one of the easiest business decisions I have ever made. Without hesitation, I would recommend Tom & Cindy and Associates to anyone selling or buying a home in Northern Virginia."

– Michael Doubler

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



Committee Updates

Architectural Review Committee

With winter on the way, homeowners are reminded that snow removal on sidewalks in front of their homes, driveways and walkways leading to the front door all must be cleared of snow – within 24 hours of the snowfall. This is a City of Alexandria ordinance that Cameron Station is expected to enforce. Meanwhile, fall is a good time to replace dead or dying trees. There are now four choices of tree species for each street and an expedited approval process to facilitate the replacement. Please contact Cameron Station management for details.

Common Area Committee

The Common Area Committee (CAC) reviewed significant feedback from residents regarding last year's snowstorms and presented improvement recommendations to the Board of Directors in July for implementation. Also, additional sprinklers have been installed in designated areas of the community. The CAC presented the Pride of Ownership awards on Sunday, August 15. (See front page.) Nominations are now being accepted for the Mark Pillow Community Spirit Award. (See page 12.)

Cameron Club & Events Committee

The Cameron Club & Events Committee (CCEC) recently hosted the largest party that Cameron Station has ever had – the 2010 Pool Party. About 750 people attended between 11am and 3pm on Saturday, June 19. The barbecue offered by Red Hot & Blue was very well received, and the children of Cameron Station most certainly had a great time, as evidenced by the action at the inflatable dual slide and moon bounce and the line to see the clown who created the balloon art. John Schneider's one-man band also returned for an encore performance to help create the right summer mood.



Ray Celeste, Chairperson of the CCEC, would like to formally thank the following volunteers, who are not on the CCEC but nonetheless volunteered their time to set up, break down and clean up: Nick Kolovos, Jessica Lowrance, Howard Ehret, Pat McKenna, Greg Flaherty and Ken Nahigian. Ray would also like to thank Keith Nahigian for the use of his pop-up tents, which provided much-needed shade for our residents. Ray apologizes if he has missed naming any other volunteers and offers many, many thanks!

The ongoing community work of CCEC members Donna Kenley, Ellen Shreve, Pinky Fitzgerald, Yvonne Pover

and Sonia Agosto is, as ever, greatly appreciated, as is the leadership provided by Michael Kidwell, CCEC's liaison with the CSCA Board of Directors.

Communications Committee

At the beginning of this year, the Communications Committee learned that the Cameron Station website had a virus that could not be removed. A request for proposal was developed to solicit bids for a new website designer. The committee received 19 proposals, and after discussion and interviews with various companies, MicroConsolidated was chosen as the new vendor. The committee is now working with the vendor on the website design, which will be completed before the end of the year. More to come in the next issue of *The Compass*!

Financial Advisory Committee

No update received.

HOA Committee Meetings

All meetings are held in the Cameron Club. If dates change due to holidays or other reasons, they will be posted on the Cameron Station website: www.cameronstation.org.

Cameron Club & Events Committee
First Monday of the month at 7pm

Architectural Review Committee
First Tuesday of the month at 7pm

Common Area Committee
First Wednesday of the month at 7pm

Communications Committee
Third Monday of the month at 7:30pm

Financial Advisory Committee
Third Thursday of the month at 7pm

Cameron Station Committees Need You!

The Cameron Station Community Association committees are the foundation of our Cameron Station community, and they are all staffed by volunteers. If you can give a few hours of your time, please consider joining one that matches your interests. The Cameron Club & Events Committee, the Communications Committee, the Architectural Review Committee and the Financial Advisory Committee currently have one or more vacancies. Interested homeowners should send an email to ahansford@cmc-management.com.

FY2011 Budget

By Airielle Hansford

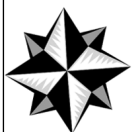
The draft budget has been prepared and provided to the Financial Advisory Committee (FAC). During August and September, meetings were held with Cameron Station Community Association committee chairpersons, the FAC, the Board of Directors and management to review the budget and discuss committee requests. The final budget will be presented and approved at the October 26 board meeting and distributed to residents in early November. At this time it is anticipated that there will be a very small increase in assessments, if any at all.

The Cameron Station Management Office will be closed on the following dates in 2010:

Thanksgiving Day, Thursday, November 25

Day after Thanksgiving Day, Friday November 26

Christmas Day, Friday, December 24 - Observed

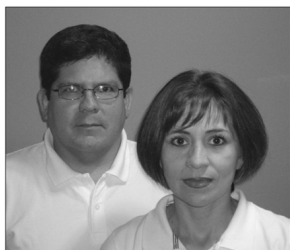


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Luis and Arminda

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2010 Cameron Club Guest Passes and Visitor Parking Passes

**Available at front desk
of the
Cameron Club.**

Please Watch Your Speed

The management office has received several complaints from residents regarding cars speeding down Cameron Station Boulevard and Brenman Park Drive. Please remember that there are many children in our community, including those who attend Bright Start Learning Center and Samuel Tucker Elementary School. Tucker is back in session, so many more children are now walking and biking to school and crossing the streets. The speed limit in Cameron Station is 25 MPH (15 MPH in school zone during school hours). Please watch your speed!

Division of the Cameron Club & Events Committee

By Airielle Hansford

In July, the Board of Directors voted to split the Cameron Club & Events Committee (CCEC) into two separate committees effective January 1, 2011. This decision was based on the recommendation of the CCEC that its current responsibilities be divided between two separate committees, one responsible for Cameron Station Community Association events and the other for items related to the Cameron Club. Charters for the Activities & Events Planning Committee and the Cameron Club Facilities Committee have been approved and posted on the Cameron Station website, www.cameronstation.org. The management office is accepting applications from Cameron Station homeowners interested in becoming committee members. Members will be appointed at the December 2010 Board of Directors meeting.

If you are interested in serving on either committee or have questions about the charters, please contact Airielle Hansford at 703-567-4881 or via email at communitymanager@cameronstation.org.

Fitness Center News

By Kevin Horner

Group Exercise Classes

Our group exercise classes are underway. Walk-ins on the night of a class are welcome for a \$10 fee; this is a great way to try out a class. Our next session starts with a \$5 week the first week of October. The schedule is as follows:

Sports Conditioning with Abs: Mondays, 7-8pm (with Amy)

Yoga Sculpt: Tuesdays, 9-10am (with Denise)

Pilates: Tuesdays, 7:30-8:30pm (with Denise)

Zumba: Wednesdays, 7-8pm (with Christina)

Yoga: Thursday, 9-10am (with Denise)

Pilates/Yoga Fusion: Thursday, 8:15-9:15pm (with Denise)

Fitness Fusion: Saturdays, 9-10am (with Denise)

Workout Parents

Are you an at-home mom or dad who would like a chance to work out during the day? Here's an opportunity to get some exercise and take a short break from the kids, all under one roof at the Cameron Club. On Mondays, Wednesdays and Fridays, from 8:30am to 10am and 3:30pm to 5pm, you can bring your kids to the Victoria Hebert Great Room and alternate childcare duties with other participating parents. How often you watch your children and those of other residents depends on how many moms and dads participate. This is *not* a babysitting or daycare service.

Fitness Center Maintenance

We have been battling a water leak in the ceiling of the fitness center. Our maintenance crew is working hard to get the leak fixed. In the next few months we will be replacing a couple of the older machines in the fitness center.

Complaints/Suggestions

We have received several complaints about the volume of the music in the fitness center. We have set the volume at a reasonable level and ask that residents not adjust the volume of the music. We have also received several complaints about personal hygiene and not cleaning up the equipment after use. The club operating rules require residents to clean the equipment once they are finished with it. Please be courteous of other gym users and wipe down the equipment when you are finished. (To repeat: no one likes sitting in a puddle of someone else's sweat or grabbing a sweaty hand grip.) Also, keep your personal hygiene in mind. Lots of people bring extra shirts and shorts to change into between their cardio exercise and their strength training. This and some deodorant will help keep the air a little fresher.

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

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

Expect more with the Pair, Parker & Stockton Team:

- Internet Exposure to the most exclusive real estate sites:
- coldwellbanker.com, realtor.com, trulia.com, openhouse.com, zillow.com, forbes.com, newyorktimes.com and google & yahoo based search engines
- Enhanced virtual tour of your home – linked to Coldwell Banker's and our personal feature-rich web sites
- Include your home in our Cameron Station newsletter
- Provide both National and Local Display advertising
- Provide professionally developed Feature Sheets/Brochures
- Send out Direct Mail cards announcing your home
- Increase the "buyer pool" by tapping into Coldwell Banker's Corporate Relocation Services and local Military housing offices
- Provide Concierge Service for pre-screened, home-related services & product providers
- NEVER simultaneously list a like-kind property that will directly compete with your home
- Offer a highly competitive Commission schedule
- Install "world-wide" recognized yard sign with brochure boxes

Bottom-line: We offer you Exclusive Services that go beyond Industry Standards – please give us call...



Betty, Gil & Willie

Gil Stockton
The Pair, Parker & Stockton Team
703-969-5089 (Cell)

www.thePPSTeam.com

gilstockton@comcast.net



FALL ACTIVITIES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00/7:00AM							
7:00/8:00AM							
8:00/9:00AM		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents	
9:00/9:30AM			9:00-10:00AM Yoga/Sculpt (Denise)		9:00-10:00 AM Yoga (Denise)		9:00-10:00AM Fitness Fusion (Denise)
10:00AM							10AM-12NOON Pick-up Basketball
3:30PM		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents	
7:00PM		7:00-8:00PM Sports Conditioning w/ Abs (Amy)		7:00-8:00PM Zumba (Christina)			
7:30PM			7:30-8:30PM Pilates (Denise)				
8:00/8:15PM			8:00-10:00PM Pick-up Basketball		8:15-9:15PM Pilates/Yoga Fusion (Denise)		

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

This schedule can change at any time due to low class participation, so please call the fitness center or check the website for an updated schedule.

Cameron Club Fitness Center Hours

Fitness Center Hours

Monday-Friday
5am-11pm

Saturday-Sunday
7am-8pm

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

Closed:

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

Closing at 6pm:

Fourth of July, Thanksgiving Eve, New Year's Eve

Opening at 8am:

Martin Luther King, Jr. Day, Presidents' Day,
Memorial Day, Fourth of July, Labor Day, Columbus Day,
Veterans' Day, Day after Thanksgiving

Ad Hoc Cameron Club Renovation Committee Issues Final Report

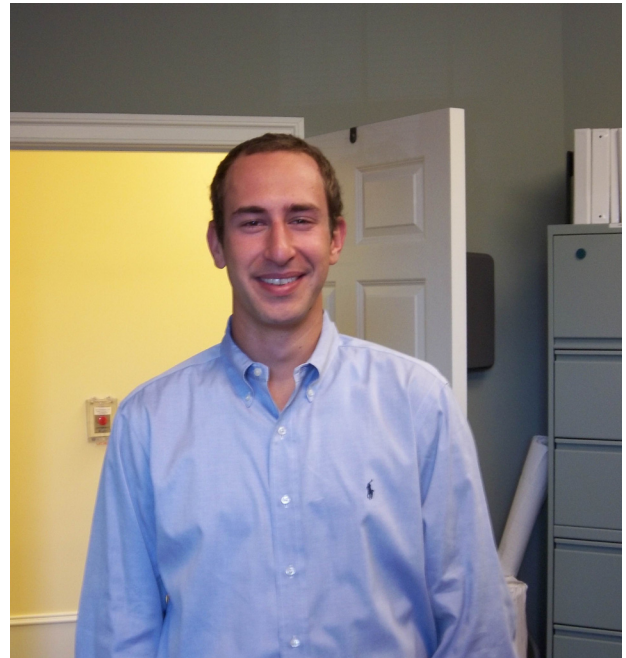
By Cris Hamer

Since June 2009, the Ad Hoc Cameron Club Renovation Committee has been examining information surrounding a potential renovation of the Cameron Club facilities. The committee recently presented its recommendations in a final report to the Cameron Station Community Association Board of Directors. The committee and the board would like to thank residents for sharing their opinions and participating in the process of assessing the needs of the community. For more information or to review the report and recommendations, please visit the Topics of Interest section on the committee's webpage at www.cameronstation.org or visit www.cameronstation.org/residents/board/topics_interest.asp?ID=9.

Chris Hamer is a member of the Ad Hoc Cameron Club Renovation Committee.

Welcome to Our New Condo Manager

Matthew Foust was recently named the new on-site manager for Carleton Place Condominium, Oakland Hall at Cameron Station Condominium and Woodland Hall at Cameron Station Condominium. A native of McLean, Virginia, Matthew joined Community Management Corporation (CMC) in 2009, where he served as the assistant manager for a large garden-style community in Fairfax while obtaining his designation as a Certified Manager of Community Associations. A graduate of Vanderbilt University, Matthew excels at managing multiple tasks and efficiently handling resident concerns, all while making a concerted effort to provide service with a smile. CMC is pleased to have Matthew as one of its "fast-track" employees and confident that he will provide top-notch customer service to the community. Matthew can be reached at 703-212-8020 or mfoust@cmc-management.com.



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info@williamsprofessionalpainting.com
www.williamsprofessionalpainting.com



Mark Your Calendar for These Upcoming Events

In Cameron Station:

Community-Wide Fall Yard Sale

Saturday, October 16

8:30am-1pm

Rain Date: Saturday, October 23

2010 Cameron Station Annual Meeting

**Monday, November 8, 7pm
Samuel Tucker Elementary School**

(See article on front page)

Meet the Candidates

Sunday, October 17, 5pm

**Cameron Club
Victoria Hebert Great Room**

There are openings on the Cameron Station
Community Association Board of Directors.

This is your chance to hear from the candidates
before voting at the Annual Meeting.



Annual Holiday Party

**Sunday, December 5
5-7pm at the Cameron Club**

Expect fun on all levels – Santa and activities in the gym for the younger ones, and adult festivities upstairs and in the Great Room, including music, dancing and adult drinks. There will also be delicious food for all! Please remember to bring your Cameron Station I.D. for entrance to the party.

Children's Halloween Party

Sunday, October 31

6:30-8:30pm



Cameron Club, Victoria Hebert Great Room

Music, lite fare, soft drinks, treats.

Please remember to bring your
Cameron Station I.D. for entry to the party.



Chanukah Celebration

**Wednesday, December 8
6:30pm**

Cameron Club

Lighting of the menorah, traditional holiday food, treats for children. Sponsored and led by Rabbi Mordechai Newman of the Chabad Lubavitch of Alexandria/Arlington.

Outside Cameron Station:

Charity Charge

Saturday, October 9

Cameron Run Water Park

5K Race, 10am; Community Fair, 11am

The race benefits Gifts in Kind International, a 501(c)(3) non-profit organization whose mission is to help companies help charities. Following the race, runners and event attendees will be invited to a fair where several local nonprofits will be exhibiting; there will be food for purchase from local vendors and live entertainment. For registration fees and more information, visit www.active.com and search "Charity Charge 5K."



Family Fall Festival

Saturday, October 16

10am-3pm

Armistead Boothe Park



Giving Thanks for Good Neighbors – The Pillow Award

By Robert Burns

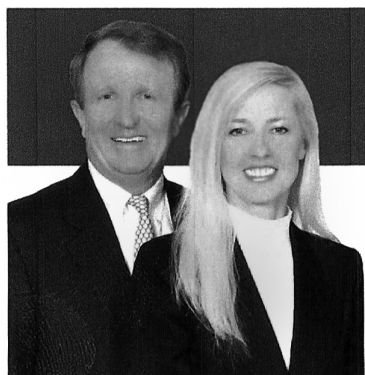
Mark Pillow, who died suddenly in December 2005, was a wonderful neighbor and friend – someone who embodied the spirit of Cameron Station and made it a better, brighter place to live. In 2006, in memory of Mark and in honor of those who have followed in his footsteps, the Common Area Committee (CAC) instituted the “Mark Pillow Community Spirit Award.” Previous winners were Kathy Price, Denise Cantrell, Marilyn Means, Pat Sugrue, Sonia Agosto and Margaret “Pinky” Fitzgerald. The CAC is now asking for nominations for this year’s award, which will be presented at the Annual Meeting.

Please think about your good neighbors and how they add to the quality of your life. For example, there are those who help out the entire community – who volunteer on committees, lend a hand at community events, organize meetings and parties, serve on the board and work with the civic association. Cameron Station could not exist without these dedicated volunteers, many of whom toil year after year after year.

And there are those who help on a more personal level – who feed and walk your pets, water your plants, pick up your newspapers and mail, shovel your driveway, provide rides to doctors and airports, offering the ordinary, day-to-day neighborliness that makes such a difference in our lives.

Thank your neighbors for all they do by nominating them for the Mark Pillow Community Spirit Award. You may nominate as many neighbors as you wish, but **NOMINATIONS MUST BE RECEIVED BY FRIDAY, OCTOBER 22.** Send their names and a description of their contributions to the community to commonarea@cameronstation.org. Please join us at the Annual Meeting on Monday, November 8, when the winner(s) will be announced. Their names will also be engraved on the award plaque located in the Cameron Club, outside the Victoria Hebert Great Room.

Robert Burns is chairperson of the Common Area Committee.



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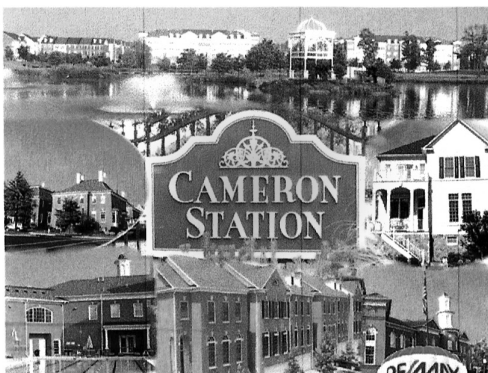
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Adopt a Family for the Holidays

By Mindy Lyle

It may seem a little early to be thinking about holidays and gift-giving, but we wanted to give you plenty of advance notice that the Adopt-a-Family holiday gift program for less-fortunate Tucker Elementary School students will be on again this year. Since the program began 10 years ago, Cameron Station residents have been very generous, adopting almost 200 families over the years who, without our help, might not have had any Christmas celebration at all.

Individual residents, groups of neighbors, clubs, committees or entire streets can join together to adopt an individual student, a couple of students, a family or several families.

You can shop for items or donate gift cards. Everything is greatly appreciated.

Please look for more information in the next issue of *The Compass*, as well as in the October flyer and email blasts.



Mindy Lyle is a member of the Cameron Station Board of Directors and president of the Cameron Station Civic Association.

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“Housekeeping” Information

Due to an abundance of articles in this issue, we are not able to include some of the recurring “housekeeping” information that usually does not change from issue to issue. Following is an index to where some of this information can be found. All back issues of *The Compass* and current shuttle bus schedules are available on the community website, www.cameronstation.org.

Electronic Newsletter Delivery	Mar/ Apr 2010
Feeling Out of Loop	Nov/Dec 2009
Hazardous Waste Disposal	Sept/Oct 2010
Newsletter Delivery Problems	Sept/Oct 2009
Nuisance Abatement	Mar/ Apr 2009
Pet Policy	Mar/ Apr 2009
Reporting Problems in Neighborhood	Sept/Oct 2009
Retail Space for Rent	Nov/Dec 2009
Shuttle Bus Service during Holidays/ Inclement Weather	Nov/Dec 2009
Trash/Recycling Collection	Nov/Dec 2009
Trash Removal Restrictions	Sept/Oct 2009
Tree Trimming	Nov/Dec 2009

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City of Alexandria Crime Reports

Did you know that the City of Alexandria Police Department posts reports on crime activity on the internet? The department utilizes the Crime Reports website at www.crimereports.com, which lists all recent criminal activity in the City of Alexandria. There are several search tools, and the site is easy to read and simple to customize. Residents are encouraged to check regularly for recent incidents in and around the community.

Residents are reminded not to leave valuables in vehicles and always to secure your vehicles and home. The police encourage residents to keep an eye out for suspicious activity and they urge you to report any such activity by calling the City of Alexandria Police Department at 703-838-4444. Don't hesitate to call!

Notary Available to Residents

Community Manager Airielle Hansford is a notary public and will notarize documents for Cameron Station residents during normal business hours at no charge. You are encouraged to call the management office prior to visiting for this service. Photo identification will be required.

New Maintenance Technician

By Airielle Hansford

Chris Neuberg joined the Cameron Station Community Association management team in late August as the Maintenance Technician. Chris has a considerable amount of experience and is a true jack-of-all-trades; he is a tremendous asset and will be able to help with the maintenance of the aging common areas and Cameron Club. We are very excited to have Chris on our team.



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Four Small Ways to Keep Fees Down

By Airielle Hansford

Residents can help the Cameron Station Community Association (CSCA) minimize its maintenance expenses – and hold down assessment fees as well – by observing a few simple courtesies:

- **Recycle.** Cameron Station's trash hauler offers a very broad recycling program. Residents are able to recycle most paper products and plastic containers which carry resin codes 1-7. Recycling reduces the amount of trash carried to the tipping station, which can help keep haulers from raising rates.
- **Secure recycling and trash.** Debris on private streets and common areas can require special maintenance, and that can mean additional costs.
- **Be kind to the common area landscaping.** Every bush destroyed or flower trampled has a price tag attached and so does the labor to replace it. Please alert management staff to any damaged trees and shrubs.
- **Observe the rules.** Association rules are neither arbitrary nor frivolous. They have been carefully developed to keep property values up and insurance rates down.

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In Memoriam

On July 8, Sean Newman, a former Cameron Station resident, was killed in a motorcycle accident. A retired marine who worked at White House Television during the Clinton and Bush administrations, Sean lived in our community for about five years before moving to North Carolina with his wife Julie and young son Jack. According to Leah Simon, who used to live across the hall from him, "Sean was a fun, warm, selfless guy, a fabulous photographer, just a great, extremely kind man. There are well over a hundred messages on his Facebook page, all from people who wrote like he was one of their closest friends – that is because he made everyone feel that way." A number of Cameron Station residents traveled to North Carolina for the service. If you are interested in making a donation in Sean's memory, the family has designated The Kay Foundation for adoption; for more information visit <http://kayfoundation.com>.



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Sixth Annual Cameron Station Festival in the Park

By Donna Kenley

Over 50 vendors participated in the 6th Annual Cameron Station Festival in the Park held on June 19. Vendors and guests alike battled an excessive heat index of over 95 degrees. Attendees enjoyed crepes, lemonade and BBQ from Crepe Deli Catering and Old Smokey. Once again, many local artists representing photography, painting, pottery, sculpture and glass art were on site. Our sponsors Wayne and Irina Babb, REMAX Alliance realtors, Margaret Hollar, Long and Foster realtor, and American Disposal Services assisted in making the festival a success. Alexandria Mayor Bill Euille and Councilwoman Redella S. "Del" Pepper visited the festival, and the mayor spent over an hour with event planners Donna Kenley and Sonia Agosto, members of the CCEC Cameron Club & Events Committee. He plans to put the 2011 festival on the Alexandria Planning Calendar and wants to promote the festival for the City of Alexandria. Next year's festival, named "West End Festival 2011," will be held in early October.

Donna Kenley is a member of the Cameron Club & Events Committee and festival organizer.



Donna Kenley, Mayor Beatley and Sonia Agosto



Cameron Station resident and exhibitor, Krista Gauthier

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 email information to thecompass@cameronstation.org.

Neighbor Naser Named Nonprofit Leader of the Year

By Elizabeth McAlee

Cameron Station resident Ken Naser received the "2010 Nonprofit Leader of the Year" award for his leadership as Executive Director of ALIVE! (ALexandrians InVolved Ecumenically) on April 30. The award was presented at the Spring for Alexandria 12th Annual Volunteer Business Philanthropy Summit.

Ken has been Executive Director at ALIVE! for five years, and prior to that was an ALIVE! volunteer for 30 years. He was nominated for the award by several members of the non-profit's staff; a long-time ALIVE! volunteer, Suzanne Lamb, wrote and submitted the nomination package. Under Ken's leadership, ALIVE!'s programs have grown and become more streamlined, in no small part due to his public outreach, including creation of the ALIVE! Donor Development Council, which builds relationships with prospective donors and the community.

Ken took the time to answer a few questions about ALIVE! and his work there:

You volunteered at ALIVE! for many years before taking on a management position. What prompted you to make that leap? I was working in the environmental policy arena for the federal government and, even though I loved my work, I decided it was time for a change. One area I was interested in was the non-profit sector and as it turned out ALIVE! was looking to hire its first Executive Director about the same time.



Ken with Suzanne Lamb (l) and Alive! President Cheryl Malloy (r)

What is your greatest challenge as executive director? Keeping up with the many tasks and responsibilities. One morning can see me talking to our landlord about a broken toilet, then writing a grant proposal; next I'm explaining the comprehensive support package we have for the women and families in our shelter. Our "office" is me and my half-time administrative assistant!

We are all aware that these unsettling economic times have stretched the limits of many social services providers. How is ALIVE handling the upsurge in demand for help? So far we are keeping up, but we constantly have to stay on message that, like the old saying goes, "when the going gets tough, the tough get going." We have to let all of our funders know that the demand for our services has skyrocketed and we need their help. In the last four years, our food program clients have increased 43% (from 18,745 people to 26,802). We reach out to foundations, large and small, and our local member congregations, as well as individual donors. Up until this year, the largest grant we received for our Family Emergency Program was from Alexandria's Community Partnership Grant. This year that grant was cut by one third, so we have to scramble to make up that \$10,000 shortfall.

Where does the majority of your funding come from? The only federal funding we get is a USDA reimbursement for providing meals and snacks for low-income children in our Child Development Center. We get some state and local subsidies for child care for low-income families and children. The bulk of our income is from grants and individual and corporate donations. About ten percent of our support comes from our member congregations.

How many programs does ALIVE! have? We have two food programs. One is part of our Family Emergency Program and delivers on weekdays. We are the only food bank that delivers. The other is our Last Saturday Food Distribution that operates out of three locations in Alexandria, distributing food to about 2,200 people each month. We also have furniture and housewares distribution programs, the Child Development Center and ALIVE! House

Which is your favorite ALIVE! program? That's like asking me which of my daughters I love the most. I really don't have a favorite - they are all great programs, led by some very dedicated volunteers. And, they meet the critical needs of our neighbors who are having a difficult time. I do like having an office in the same building as our preschool for children of low-income families and our Family Emergency Program. Never a dull moment!

How can Cameron Station residents help ALIVE! in its mission? We have a lot of supporters in Cameron Station, both volunteers and donors, who have been terrific. Anyone interested in learning more about ALIVE!, volunteering in or supporting our programs or making a donation should visit our website at www.ALIVE-Inc.org.

Ken and his wife, Cris, have lived in Cameron Station since 2007. They have two grown daughters.

Pete Wilhelm, "Service to America Medal" Finalist

By Pat Sugrue

How often have you heard the phrase, "Well, it ain't rocket science." If you're in the company of neighbor Pete Wilhelm, probably never. He really is a rocket scientist! Pete has been involved in the development, deployment and operation of more than 95 satellites critical to our nation's communication capabilities and defense. And after 50 years at the Naval Research Laboratory (NRL), he is being recognized for his outstanding service to our country.

In May, Pete was named one of 32 finalists for a Service to America Medal, one of the most prestigious awards celebrating America's civil servants. In June, Pete was featured as a "Fed Face" in *The Washington Post* where his many achievements were highlighted. And now we get to brag about him in *The Compass*.

Pete and his wife Linda Greenway were among the first residents of Cameron Station, and in fact were the very first to put down a deposit to move into the community (which at that time looked more like a moonscape than a neighborhood, probably adding to its allure). At that time, Pete was about to enter his fifth decade at NRL, and he had a string of successful satellite projects behind him. His first, during the Cold War, involved accurately locating all the radar sites around the Soviet Union. He and his team discovered that there were so many sites, it would be impossible for an aircraft to fly in undetected – resulting in a significant change in military strategy (from airplanes to intercontinental ballistic missiles).

Pete quickly advanced from junior engineer to head of the satellite group to his current position of Director of NRL's Naval Center for Space Technology. Along the way he led many satellite programs, including ones that have enabled the country to collect intelligence on potential threats to U.S. forces; mapped the surface of the moon and collected data that postulated the presence of water there; measured global weather patterns, critical to weather forecasting and military planning; and improved shipboard navigation through the use



Pete with a "Vanguard inspired" piece of art next to a mockup of the real Vanguard satellite launched on March 17, 1958

of satellites equipped with atomic clocks. One project that most of us are reaping the benefits of today was the development and launch of the first global positioning system satellite; its successors now provide accurate locations for everything from cell phones to automobiles to aircraft and ships at sea.

While many of Pete's discoveries and achievements are classified, he was able to discuss a few projects now in the works, including the development of an ultra high frequency communications satellite that can be used by soldiers on the move; a star tracker satellite that will more accurately and frequently catalog the position and location of stars; and a microwave imaging sensor satellite that records wind speed and direction over the surface of oceans to help measure soil moisture. (Measuring how dry or wet the ground is will have utility for the military and should have agricultural applications, as well.)

John Montgomery, NRL's Director of Research, said of Pete, "He's the senior and most widely recognized scientific figure in the space community today. If it's been in space in the last 50 years, his fingerprints are on it." This newsletter will have gone to press by the time the awards ceremony takes place, so we don't know if Pete has won a medal – but we certainly know that he's a winner.

Inspiration – Right at Your Doorstep

By John Philbin

Seldom in life do we meet a person who impacts us the way our young neighbor recently did. As adults we preach, and strive to practice, doing the right thing, but sometimes find ourselves and others falling short. How inspiring, then, to witness our ten-year-old neighbor Janaki Bhanot effortlessly accomplish this very thing.

Janaki rode her bike by our house and stopped to explain that she found a small manila envelope addressed to a specific person, but she didn't know who he was or where he lived. It even looked like it had money inside! She was insistent on finding the rightful owner and, even after questioning, we were assured by Janaki that we needed to investigate. After doing a bit of internet research, we found the rightful owner's address. Janaki led the march to the neighbor's house and

explained to the occupants what she had found. A few moments into the conversation, we discovered that the recipient was a military doctor who just returned from serving our country in Afghanistan. To see our ten-year-old neighbor reach out to help someone who is helping our soldiers, sailors, airmen and marines was very touching. We are grateful to have these two very different people who are making their positive mark on the world as our neighbors. Thank you, Dr. Marc and Janaki, for making a difference in this world.

John Philbin is a resident of Cameron Station.



Cameron Station Town Hall Meeting, August 22

By Mike Kuhl

The second Town Hall Meeting of 2010 was preceded and highlighted by the summer Ice Cream Social/Pride of Ownership Awards. After a brief update from CSCA President Michael Kuhl covering the latest news from the board, there was a major presentation from the Ad Hoc Cameron Club Renovation Committee regarding the study they have been working on and their findings. (See page 9.) The presentation was followed by residents' questions on this topic. News regarding next steps, etc. will follow in the coming months.

The presentation was followed by an open forum for residents' questions and answers. Topics included:

The "rumor" regarding Cameron Station being in a flood zone. (See page 3.)

The Ethanol Transloading Facility gates being open when nobody was present at the facility. Concern was also expressed about other suspicious activity in the neighborhood. It is recommended that residents contact the Alexandria Police Department about such situations.

Committee news. In addition to openings available on committees, the board recently approved the recommendation to split the Cameron Club & Events Committee into two. (See page 7.)

Upcoming policy revisions. In the remaining months of 2010, the board will be looking at some very important matters relating to the 2011 budget, as well as revisions to the Design & Maintenance Standards (DMS) and snow removal policies.



Ice cream for the Ice Cream Social was from the Main Street Market.

Tucker Tutors and Volunteers Needed!

By Ingrid Sanden

Please contact Kate Graham at eve.graham@acps.k12.va.us if you are interested in tutoring at your community school, Samuel W. Tucker Elementary. Please give your name, whether you are a new or returning tutor, your availability (days, times, frequency) and your preferences for either reading or math, as well as your comfort level for age groups. Or, if you love books, love the library and want to help, please contact Tucker Elementary Librarian Nancy Silcox. Extra pairs of hands in the library during school hours would be greatly appreciated to help with shelving books, checking out materials and other tasks. If you are interested, contact Nancy Silcox at nancy.silcox@acps.k12.va.us. The students and staff at Tucker thank you for your commitment to education!

Ingrid Sanden is a resident of Cameron Station and mother of a Tucker student.



Slow Down, Please!

Please remember that children and families from throughout the neighborhood walk to and from Tucker Elementary each day. Little people are often excited to get to school and move pretty fast, so please take an extra look at crosswalks, particularly from 7am to 8am and 2:30pm to 3:30pm. Within the Tucker school zone, the speed limit is 15MPH during school hours, and crossing guards are on duty to help both students and drivers get to where they need to be as safely and quickly as possible. Thank you for your patience.





TGI(L)F

Friday, October 29

6:30-8:30pm

Cameron Club

Join your neighbors for the last TGI(L)F of the year. It will be an adult Halloween Party, BYOB, but light fare will be served. Costumes are encouraged.

Many thanks to Papa John's Pizza, which donated pizzas for the August TGI(L)F.



West End Farmers Market Looks to the Future

By Susan Birchler

It's been a great summer season for the market, and now it's time to make way for the delicious fall fruits and vegetables coming from the farms. As cooler weather approaches and second plantings ripen, expect to see more squashes, gourds, pumpkins, lima beans, beets and eggplant, as well as lettuces, arugula, peas, kale, mustard greens and spinach; and of course multiple varieties of apples and pears. With so many vendors offering delicious foodstuffs, don't overlook the artists who come to the market every week. You can shop early for your holiday gifts. Not only will you find amazing one-of-a-kind items, you will be supporting local artists and the local economy with your dollars.

The West End Farmers Market will be closing on Sunday, November 21, and there will be special treats for the children that day. This winter, the market will be exploring methods to make it viable for the next decades. In order to achieve some

of our goals, the market needs five committed individuals to contribute time and energy to the market. Time investment could range from several hours a month to several hours a week. The work involved includes the following: a pro-bono lawyer to help set up a nonprofit 501-C; people at the market to help out on Sundays; one or two people well versed in new media social networking to set up and maintain website, Facebook, blogs, tweets, etc.; at least one person to help with marketing and promotion; an accountant or financial person; and at least two people to serve on a board to assist at the market, if necessary, help organize, perform outreach and provide input on decisions.

If you would like to volunteer, please contact Susan Birchler at sabirchler@gmail.com or come by the market on Sundays, 9am-1pm, and talk to Julie Bryant or Susan. Thanks to everyone for their continued support, and we look forward to seeing you Sunday mornings in October and November. (Secret Hint: most large vendors are set up and ready by 8:30am - come early to get first pick!)

Susan Birchler is an associate market manager of the West End Farmers Market.

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Toka Salon & Day Spa
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Truc Mai Family Dentistry
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Cameron Station Book Clubs



For those of you reading with the book clubs, here are the current selections:

Monday Night Bookball

September: *The Long Walk: The True Story of a Trek to Freedom* by Slavomir Rawicz

October: *The Woman Behind the New Deal: The Life and Legacy of Frances Perkins, Social Security, Unemployment Insurance* by Kirstin Downey

November: *The Girl with the Dragon Tattoo* by Stieg Larsson

Reading Between the Wines

September: *Small Island* by Andrea Levy

October: *A Prayer for Owen Meany* by John Irving

November: *Shooting in the Wild* by Chris Palmer

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Volunteers Needed! Thank You!

Food Matters Offers Delivery Service

Food Matters restaurant is now delivering to Cameron Station addresses. Evenings only, \$10 minimum purchase, \$3 delivery fee. Please call 703-461-3663 to place an order. Visit the Food Matters website at www.foodmattersva.com to view the menu.

Sending Potato Chips to Afghanistan

By Lenore Marema

When U.S. Army Captain Tanya Manning was deployed to Afghanistan last November, she had to send her son Chase to live with his grandmother in Michigan and rent out her home in Cameron Station, among many other preparations. Tanya was a regular participant in Martini Monday (MM), and one Monday night after she was deployed, the MMs decided to send her a care package. A call went out for items that the soldiers need and that also would remind Tanya of home. The resulting donation of items was overwhelming, filling five packages that are being mailed to Tanya at intervals. There was one very special package that was mailed for the Fourth of July, however – an entire box of potato chips.

When Joe and Melanie Parris, former Cameron Station residents, returned for a visit and a break from their expatriate life with the State Department in Afghanistan, they told us that the one thing Americans living abroad cannot get is an old-fashioned American potato chip. (Pringles and other types of snack foods are available, but the U.S. is the only real market for chips.) Joe and Melanie often mail themselves a package of potato chips when they are in the States for a visit, and so assured us that the chips would arrive in good condition as long as they were wrapped in bubble wrap.

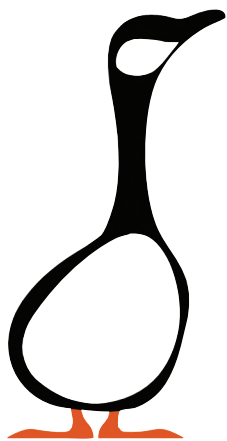


A wide assortment of chips was purchased: the ones that taste like Burger King fries with ketchup; Route 66 chips, which are unique to Virginia; an assortment of corn chips; some funny-flavored chips; but most of all, large bags of potato chips, both plain and rippled. How could these possibly arrive without

looking like bread crumbs? That was the thought that came to mind while your reporter was standing in line at the post office and completing the customs form ("Contents of Box: potato chips and bubble wrap"). Joe and Melanie are known to have a good sense of humor ... could they be pulling our legs about the chips? Then there was the smirk from the postal clerk as she read the customs form, attached the postage – and hurled the package onto a pile behind her. Did the chips inside look like Rice Krispies before they even left Pickett Street?

The answer, happily, is "no," and the photo above is proof that you can indeed mail potato chips to Afghanistan. We trust that Tanya and her fellow soldiers enjoyed a good old-time American treat on Independence Day!

Lenore Marema is a resident of Cameron Station.



Geese Rescued in Ben Brenman Park

Neighbor and photographer Isaac Pacheco was in Brenman Park in June when geese were gallivanting on an embankment of the pond near a fenced-off drainage area. According to Isaac, two of the juveniles slipped and fell behind the metal screen, trapping them. Concerned citizens saw the trapped goslings and alerted the police, who investigated. The officers called in reinforcements in the form of an animal control officer and then went about effecting a rescue. Armed with nets



on poles, the officers scooped the goslings out of their prison and reunited them with their family.

The Walk to Fight Breast Cancer

Saturday, October 23, at 8am, along Eisenhower Avenue

Supporting the Alexandria Breast Cancer Fund for Early Detection & Education. For details on the 1.5K/3.5K/5K walk or run, go to www.alexcanwalk.com or call 703-746-5030. Walkers, runners, children, wheelchairs and strollers are welcome.



Ahhh – STRETCH!

By Paula Jarvis

Flexibility is an often forgotten but essential aspect of overall fitness. Along with strength, cardiovascular health and an appropriate ratio of fat-to-lean in your body composition, good flexibility helps us function at our best and avoid injury and pain as we perform daily activities.

The best way to improve your flexibility is to regularly stretch all of your body. While not everyone finds enjoyment in exercising, stretching is unique in that virtually everyone finds it feels good. Stretching relieves stress and tension, and it will feel most beneficial to you when you target the areas where you carry your tension. For many, these are the shoulders and neck, the back and the chest. Our daily routines and customary posture also create areas of tightness, in particular the hamstrings (back of thighs) and the hips.

Why are stretching and flexibility so important? Besides being a wonderful stress reliever, stretching also helps us maintain our range of motion, promotes injury resistance and delays the aging process. Think of your muscle and connective tissues as taffy. If it's cold and stiff, when you pull on it, it breaks. If it's warm and pliable, it bends and stretches easily. Likewise, if your muscles are cold and stiff, they're prone to injury when you place extra demand on them. This is also why you should always warm up with a little walking or other gentle movement before stretching, and stretching is safer and most useful after exercise, rather than before.

Stretching slows part of the aging process by improving the health of our joints. Most of the joints in our bodies are called synovial joints, with sacs of synovial fluid that keep them moving smoothly. As we age, the synovial fluid decreases in viscosity and quantity. Stretching slows that process, actually increasing the quantity and quality of the synovial fluid.

You should always stretch after a strength or cardio workout, when your muscles have been worked. If you participate in a sport, you may have particular areas of tightness you should address. Your goal is a balanced body – strengthen the weak areas and stretch the tight. A great shoulder stretch for those who sit at a desk for most of the day is to reach both hands behind your hips and interlace your fingers, then pull back as far as your can, opening the chest and squeezing the shoulder blades together.



Generally, stretches should be held for about 30 seconds. This allows the tissues to develop a memory of the increased length. Ballistic stretching, or bouncing, should be avoided, as it can lead to injury.

As you work to improve your overall fitness, don't forget to include stretching in your routine. You'll feel more relaxed, move more freely and look forward to a slower aging process!

Paula Jarvis, a certified personal trainer, is new to Cameron Station in 2010. She lives with her family and her black lab, Lupine.

City of Alexandria Household Hazardous Waste Facility

New Location

3224 Colvin Street

Getting rid of leftover paint, cleaning solvent and other household hazardous waste is not as simple as tossing the items in the trash. Improper disposal of these items can be dangerous and harmful to you, the environment and others. City of Alexandria residents may dispose of household hazardous waste safely, conveniently and at no cost at the Household Waste Facility. The city's Household Hazardous Waste (HHW) & Electronics Collection and recycling drop-off center was moved to 3224 Colvin Street on August 21. The HHW & Electronics Collection site is open every Monday and Saturday (except holidays) from 7:30am to 3:30pm. The recycling drop-off center is open 24 hours a day, seven days a week to receive ordinary (non-hazardous, non-electronic) recyclable material. For more information, visit www.alexandriava.gov/SolidWaste or call 703-746-4410. The facility is available to City of Alexandria residents only; photo identification is required to prove residence at time of drop off.

Kingstowne Area Art Exhibit and Sale

The Kingstowne Area Artists Association will exhibit and sell its work on Saturday, October 23, 11am-6pm, and Sunday, October 24, 12noon-5pm at the Snyder Center, 6450 South Van Dorn Street. The event is free and open to the public. Work in a variety of media will be displayed, including acrylics, oils, watercolor, mixed media, pastels, photography, pen and ink, digital media, etc. Refreshments will be served.

Cameron Station Community Website Accepting Ads

The Cameron Station website, www.cameronstation.org,
is accepting advertising.

Advertising space is limited and is filled on a first-come, first-served basis.

Ads will be scheduled to start on Mondays and will run for 28 days.

Ads are published on the site solely at the discretion of the
Cameron Station Community Association Communications Committee.

For complete information

including closing dates, rates, material specifications and payment,
log onto www.cameronstation.org.

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510-502-2602 praerose@gmail.com

www.paulajarvispersonaltrainer.com



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achieving fitness and wellness goals

Strength Training/Pilates/Injury Recovery/Balance
Flexibility/Weight Loss



www.cameronstation.org

Carla's Picks

By Carla Besosa

National Harbor

September 9-
October 24
Cirque du Soleil
OVO

Saturdays through
October 30
American Market

Birchmere
October 7
Acoustic Alchemy
Jazz

October 25
Indigo Girls
Folk

November 4
Basia
Vocals

November 19
Richie Havens with Lili Añel
Guitar/Vocals

November 21
Keiko Matsui
Piano

Jammin Java
November 5
Acoustic In-the-Round
Eric Brace (Last Train Home), Dan Navarro (Lowen & Navarro), & Peter Cooper

Kennedy Center
October 8
Karen Briggs at the KC Jazz Club
Violin

October 23
Bill Cosby
Comedy

October 26-

November 21
HAIR

Blues Alley
October 20-24
David Sanborn
Sax

November 14
Jonathan Butler
Guitar

November 15
Kyle Eastwood
(Yes, Clint's son!)
Bass

DAR Constitution Hall
November 4
America's Got Talent

Strathmore
October 21
Midori plays Shostakovich
Violin

December 6
Dave Koz & Friends - A Smooth Jazz Christmas
With Jonathan Butler, Brian Culbertson and Candy Dulfer

Center for the Arts
October 7
Virginia Opera - Rigoletto

November 11-13
GMU Dance (Harris Theater)

St. Elmo's Coffee Pub
October 23,
November 20,
December 15
Janna Audley
Guitar/Vocals

Lyceum

October 30-31
Poe in Alexandria

The Barns at Wolf Trap
October 20-21
Flying Karamazov Brothers

GMU Vision Lectures
November 8
Dirty Little Secrets of American Politics

December 6
Is Nuclear Energy the Answer?

Signature Theater
October 26-
December 19
Walter Cronkite is Dead

Torpedo Factory
December 2
Holiday Open House

The State

Theater
November 10
Rusted Root

Little Theater of Alexandria
December 3-12
A Christmas Carol

Warner Theater
October 29
Margaret Cho - "Cho Dependant"
Comedy

Theater J
October 23-
November 28
The Odd Couple

Woolly Mammoth
November 1-28
House of Gold

And Another Thing...

The Art League at National Harbor has an opening reception the second Thursday of the month. Peruse the art and then slip over to McLoone's and enjoy a cocktail (and maybe some of their Buffalo Chicken Wontons!) while overlooking the water!

Toka Salon & Day Spa

Welcome **Toka Salon & Day Spa**, debuting in September at 4907 Brenman Park Drive. A full-service salon and spa, our newest retail neighbor will be open Monday through Saturday, 10am-7pm, and Sunday, 10am-5pm. To make an appointment, call 703-370-5133; to learn more, go to tokasalon.com.

And stay tuned for a full article on Toka Salon & Day Spa in the November/December issue of *The Compass*.

“Our Neighbors Recommend” Vendor List on Website Only

The list of contractors recommended by neighbors can be found on the community website, www.cameronstation.org, under “Neighborhood Net.” If you would like to submit recommendations for this list, please email thecompass@cameronstation.org.

Vendor Complaints

If you have used a recommended vendor and have a complaint to make, please send an email describing your concerns to the community manager, ahansford@cmc-management.com, who will keep a copy on file. Any resident may have access to the file.

Thanks for the Photos

We encourage residents to submit photos they take around Cameron Station or at community events to *The Compass*. You may send them electronically to thecompass@cameronstation.org. Or you may provide prints, which we can scan in and will return to you. We do ask that you “self-select” your best photos before sending.

Thanks to this issue’s contributors:

Susan Birchler

Pinky Fitzgerald

Isaac Pacheco



**4901 Brenman Park Drive
Alexandria, VA 22304
Tel: (703) 823-6162**

Hours

Mon-Fri:	7:00 AM ~ 9:00 PM
Sat:	8:00 AM ~ 9:00 PM
Sun:	9:00 AM ~ 8:00 PM

Your neighborhood market

- ☺ An Upscale Selection of Beer & Wine
- ☺ Groceries
- ☺ Fresh Milk, Eggs & Bread
- ☺ Seattle’s Best & Dunkin Donuts Coffee
- ☺ Cappuccino, Latte, Espresso Coffee
- ☺ Hot Chocolate
- ☺ Deli Sandwiches
- ☺ Smoothie
- ☺ Fruit Tea Blast
- ☺ Blended Ice Coffee
- ☺ More than 30 flavors of Ice Cream
- ☺ Greeting Cards
- ☺ Bistro Tables (Indoor, Outdoor)



Cosmopolitan Grill

By Carla Besosa

Don't let the generic-sounding name fool you – Cosmopolitan Grill is the only traditional Balkan restaurant in the area! Unassumingly located in a shopping strip, next to Gold's Gym on South Route 1, this venue, which has been around for a few years, may not have been on your radar.

With just 20 tables and four barstools, the space is not expansive but routinely accommodates the plethora of regulars who dine there. The lighting is subtle, the tables are cafe-style, decorated with fresh flowers and little lamps, and the atmosphere is comfortable and welcoming.

They will start you off with their wonderful homemade bread, accompanied by a tasty blend of sour cream and feta. The *Goulash* would be a traditional beginning. The salads, sufficiently sizable to be consumed as entrées, include the *Grilled Tilapia Salad* and the *Grilled Trout Salad*. Every time I have dined at Cosmopolitan Grill, my dining compadres have always been quite pleased with the taste, presentation and size of the entrées they ordered. The *Pikata Chicken Schnitzel* and the *Wiener Schnitzel* are always popular, and I would definitely encourage you to try the *Cevapcici*, grilled homemade sausages served with the restaurant's bread (which is basted in broth and grilled). One can select five, seven, or ten pieces, making it easy to share this traditional creation in addition to ordering other entrée offerings. Also, be sure to check out the daily specials.

For dessert, I always go straight for the *Palacinke* (crepes). These are available in chocolate and marmalade, so get one of each and mix and match. What a treat! Pair that with a cappuccino, espresso or Bosnian coffee to complete the experience.

Cosmopolitan Grill has quite the unique wine list, which includes select Croatian and Slovenian vintages. Each is masterfully described to facilitate the selection process. You will have to peruse the descriptions to see what calls you.

Now that *Washingtonian Magazine* has recognized Cosmopolitan Grill in its commonly read "Cheap Eats" recap, many are discovering that the trip south on Route 1 is well worth it. The food is consistently good, the service is utterly efficient and the wait staff are eager to explain and recommend. They are particularly busy on weekends, so reservations would be warranted. Cosmopolitan Grill has filled, if not created, a well-defined dining niche for our area. Give it a try and you too will become a regular!



7770 Richmond Hwy, Alexandria, VA 22306
703-360-3660
www.restaurant-cosmopolitan.com

Hours of Operation

Monday, Closed
Tuesday-Saturday, 11am-10pm
Sunday, 11am-9pm

Price Range

Appetizers/Soups: \$5.40-\$6.90
Salads: \$6.90-\$13.90
Sandwiches: \$5.90-\$10.50
Entrées: \$13.90-\$17.90
Desserts: \$3.50-\$6.90

Smoking

No

Handicapped Accessible

Yes

Parking

Lot

Reservations

Recommended on weekends

Advertising & Submissions Policies & Procedures

Advertising:

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

Article Submissions:

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

Advertising Rates:

Display Ads (<i>Camera-ready</i>)	
1/2 page (horizontal: 7" x 4 1/2"; vertical: 3 1/2" x 9 1/4")	\$220
1/4 page (3 1/2" x 4 1/2")	\$135
1/8 page (3 1/2" x 2")	\$110

Classified Ads (*Limit 35 words*)

Resident	\$5
Non-resident	\$25
Lost & Found, Carpool, etc.	Free

Checks should be addressed to Cameron Station Community Association and sent with camera-ready artwork to Community Manager, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to assistantmanager@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.

The Compass Staff

Christina Anderson, Carla Besosa,
Eliza Dolin, Lily Engle, Skooter Franklin,
Ann Grochala, Catherine Huddleston,
Elizabeth McAlee, Patricia Sugrue

Photographer: Sally McConnell

Contributing Photographers:
Sonia Agosto, Cynthia Longo

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Cameron Lighthouse

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(703) 539-2319

~Cameron Station Resident~

The compass

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Alexandria, VA 22304

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