

The Compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 11 Issue 1 • January/February 2010

Community Spirit Award Presented at Annual Meeting

By Robert Burns

In 2006, the Common Area Committee (CAC) created the "Mark Pillow Community Spirit Award" in memory of neighbor Mark who died suddenly in December 2005. Mark embodied the spirit of Cameron Station and made it a better, brighter place to live.

The Pillow Award is presented each year to a resident who has exemplified Mark's special volunteerism...someone who



has made a lasting impact on the welfare and spirit of our community. The 2009 winner was Margaret "Pinky" Fitzgerald. Pinky is a member of the Cameron Club & Events Committee and an active volunteer and participant in many community events. She is also the creator of, and

force behind, the popular new TGI(L)F adult happy hour that takes place at the Cameron Club on the last Friday of every month. Whether she is the official hostess or not, she goes out of her way each month to make sure people feel welcome, get to meet neighbors and just kick back and relax for a few hours with new and old friends. Pinky is also a photographer extraordinaire for *The Compass*. Rain or shine, on property or off, and whether it's a daytime or nighttime event, if Pinky is in town, she and her little pink camera are on the scene.

On a smaller scale, Pinky is a member of Cameron Station's "Reading Between the Wines" book club and - according to its members - goes all out when it's her turn to host. She not only serves food and drink to coordinate with the book selection, but she's been known to decorate her house and even herself to match! And of course her Martini Monday St. Patrick's Day party is legendary...how could it not be

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Annual Meeting Achieves Quorum, Conducts Elections and Announces Pillow Award

By Ann Grochala

The Cameron Station Homeowners Association held its Annual Meeting on November 9 at Samuel Tucker Elementary School. There were 188 people at the meeting and 72 proxies were filed, enabling the HOA to reach a quorum. With the addition of new residents from the final phases of the community build-out, the HOA had its largest annual meeting to date.

Mindy Lyle and Tom McClimon were re-elected as board directors, and Don Buch and Mike Kidwell were elected to their first terms as directors. A highlight of the meeting was

(Continued on page 7)



Deputy Police Chief Corle addresses the crowd at the Annual Meeting.

Valentine's Party

Sunday, February 14
Food Matters
9-11am

Please bring your
Cameron Station Community Association ID.



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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

703-567-4881

CAMERON CLUB FITNESS CENTER

Kevin Horner, Director
fitness@cameronstation.org



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

Leah Pommrehn, Manager on site at Cameron Club:

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

lpommrehn@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

For my first official note to the community as president of the Cameron Station Community Association, I would like to wish all a happy and exciting new year as we make the transition from the first decade of the 2000s. I am looking forward to an action-packed year as we begin 2010.

December left us with a record snowstorm, a very white Christmas and to deal with, a pretty large snow mess. (See *snow removal update article on page 7.*) While much of the event was dealt with in a fairly routine manner, I feel that we do have lessons to learn about preparing for and responding to snow events of this magnitude, and I will be working with our community's management and committees to review those lessons and respond in a more effective manner. Thankfully, with the hard work of many and the cooperation of Mother Nature, much of the snow is gone (except for the large gray ice masses that we will be looking at until things warm up a bit).

As I look toward the first couple of months of 2010, the board has a fairly aggressive set of issues that it hopes to be addressing and resolving. Two of these are issues with which our two ad hoc committees have been involved. The ad hoc committee looking into the utilization of the Cameron Club has been working very hard since it was formed in 2009, and we hope to see a final report and set

of recommendations made to the board in the first quarter of 2010. The ad hoc committee looking into issues relating to the usage of the community swimming pool should be wrapping up its activities and making its recommendations to the board in a similar timeframe so that the board may act prior to the opening of the pool this year. In addition, we are likely to see some progress on the "tree issue" that many of our residents have been experiencing over recent years. In early January, there was a community meeting with city planning officials regarding changes in their policies applicable to specified tree species for common area and homeowner trees. The committees with jurisdiction in these areas (the Common Area and Architectural Review committees) will be reviewing these recommendations and in turn making recommendations to the board regarding policy changes necessary to implement those changes.

With all of that said, it is the perfect opportunity for interested parties in the community to get involved by attending a committee or board meeting. There is an opportunity at the beginning of these meetings for you to come and discuss what is on your mind. If you are looking for a little more, there are also openings on the standing committees, which present an ideal opportunity to get involved and make a difference in Cameron Station. As a person much wiser than I once said, "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

HOA Board of Directors 2010 Meetings

Tuesdays, 7pm, Cameron Club

January 26
February 23
March 23
April 27
May 25
June 22
July 27
August 24
September 28
October 26
November 16
December 21

Town Hall Meetings: Sunday, February 21 and Sunday, August 15 (following the Ice Cream Social). Annual Meeting: Monday, November 8 (proposed).

New Covenants Administrator

The Community Manager is pleased to announce that Mary Flynn, former administrative assistant for Cameron Station, has been promoted to Covenants Administrator, replacing Meghan Halfhill, who has accepted a job with the CMC corporate office. Mary can be reached at covenants@cameronstation.org or 703-567-4881. We thank Meghan for her service to our community and wish her well, and we look forward to working with Mary in her new position.



Committee Updates

Cameron Club & Events Committee

It has been a great year for community events! Please see the articles and photos throughout this issue that capture the fun. Thanks to all the hardworking members of the



CCEC members and volunteers prepare for holiday party.

CCEC and to the additional volunteers that have made each event a success. Mark your calendar now for the annual Valentine's Party on February 14 at Food Matters. (See box on front page.) The CCEC is always looking for volunteers; please contact Ray Celeste at 703-819-5203 if interested.

Common Area Committee

The CAC will be working in the first quarter with Lancaster Landscapes on additional pocket parks that will have sprinklers installed in the current fiscal year. The CAC also received budget approval for landscape upgrades to Martin Lane Park and the Gazebo circle park; the committee will be seeking input from interested residents regarding both areas.

Communications Committee

The Communications Committee spent much of our last meeting discussing the website and updating our new board liaison, Don Buch, on the work the committee has been doing and its goals for the future. We want to thank Mindy Lyle,



The committee's annual holiday dinner.

who worked with us as the board liaison for the last two years, for all of her support and great ideas. We know she will make a great board vice president.

The Communications Committee will now be meeting on the second Wednesday of each month at 7:30pm, in the upstairs Henderson Meeting Room. We have an opening on the committee, so please come join us, especially if you want to help develop a more dynamic website!

Architectural Review Committee

No update received.

Financial Advisory Committee

No update received.

Important Management Company Contact Information for Main Street Condo Residents

Condominium Services, Inc.
4600 Duke Street, #331
Alexandria, Virginia 22304

Business Hours: 8:30am-4:30pm
Phone: 703-370-1600
After-Hours Emergencies: 800-995-5093
Elevator Emergencies: 800-995-5093

HOA Committee Meetings

All meetings are held in the Cameron Club. If dates must change, they will be posted on the Cameron Station website at 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

NOTE NEW DAY

Second Wednesday of the month at 7:30pm

Financial Advisory Committee

Third Thursday of the month at 7pm

Board of Directors Meeting, December 2

By Ann Grochala

The board elected from its members Michael Kuhl as President, Mindy Lyle as Vice President and Mahl Avila as Treasurer/Secretary for the coming year.

Police Report

Deputy Police Chief Blaine Corle provided an update on recent criminal activity in the Cameron Station area. Several residents in attendance asked Deputy Chief Corle about police department measures to enforce the parking restrictions for trucks on S. Pickett Street. The Deputy Chief said that he would have his officers patrol that area and enforce the No Parking restrictions.

Residents' Open Forum

Several residents came to discuss the recently updated city policy regarding removing and replacing trees on private property. They requested that the board agree to participate in a meeting with the residents and the City of Alexandria and its attorney to discuss this issue. The board discussed the tree issue again later in the meeting and agreed that the ARC needed to work on an addendum for the Design & Maintenance Standards (DMS) based on the new guidelines from the city.

Two residents came to discuss purchasing a menorah for Cameron Station and holding a lighting ceremony to increase the diversity of holiday celebrations in the community. The HOA had an opportunity to purchase a menorah at a discounted price of \$300, and resident Rebecca Johnson had offered to donate \$100 toward the cost.

Financial Report

The Accounts Receivable Residential Assessments account balance as of October 31, 2009, was \$54,718.46. This reflects a delinquency rate of approximately 2.69%, which is below the industry standard of 5%. Accrued Reserves total \$1,352,060.49 and are fully supported by cash and investments. This means that the Association is in a healthy financial position. The Income Statement Report reflects a year-to-date income of \$2,157,726.56, which is \$28,768.16 more than the budgeted amount of \$2,128,958.40. Year-to-date expenses are \$1,734,232.56, which is \$63,204.44 below the budgeted amount of \$1,797,437.00. While the overall expenses are below the budgeted amount, there are a few line items that exceed the year-to-date budgeted amount by more than \$1,500.

Committee Liasons

The board appointed the following directors as liaisons to the respective committees:

Dak Hardwick - Architectural Review Committee
Tom McClimon - Common Area Committee
Michael Kidwell - Cameron Club & Events Committee
Don Buch - Communications Committee
Tom McClimon - Ad Hoc Renovation Committee
Michael Kidwell - Ad Hoc Pool Rules Committee

WTS Cameron Club Report

Kevin Horner, WTS Fitness Director, presented the October 2009 WTS report. Kevin noted that the October 2009 usage numbers are lower than those from October 2008, and he expects a decline in numbers until the second week in January 2010. This decrease may be due to the H1N1 and seasonal flu viruses. He advised that the heart rate monitors on the elliptical machines are not working, and replacement parts are currently on order.

Board Action Items

- Appointment of Charles Grimm to the Architectural Review Committee - Approved
- Grant the residents of Brawner Place and Waple Lane the ability to remove private trees that are causing damage to private property with the condition that they must sign an agreement with the HOA detailing HOA conditions for removal of said trees - Passed
- HOA Board of Directors to invite the City Council, City Arborist and City Attorney to a meeting to discuss the private tree issues, including tree canopies - Approved
- Board decision to send a letter to the City of Alexandria in support of a site amendment (for decks to be added) for four Barrett Place homeowners - Ratified
- An additional six (6) months of free advertising in *The Compass* for Cameron Station retailers, including new retailers. The board will revisit this in another six (6) months - Approved
- Lancaster Landscapes proposal for an additional leaf pick-up totaling \$2,940 - Approved
- Remove all monetary fines from a homeowner's account composed of covenants fees, legal fees and late fees totaling \$4,252.21 and reinstate all association privileges - Approved following Executive Session.

It's Easy to Find the Shuttle Bus Schedule

Just go to the Cameron Station website, www.cameronstation.org, and you'll find the link to the shuttle bus schedule at the top of the home page. Please remember that the shuttle bus does not run on federal holidays.



Adopt-a-Family for the Holidays Program Spreads Cheer

By Mindy Lyle

Thanks to the generosity of the Cameron Station community, the Adopt-a-Family program helped well over 30 families



during the holiday season. Whether participants adopted a family, shopped for presents, supplied gift cards, or wrapped packages, those contributions put smiles on the faces of many children on Christmas morning.

Many participating parents indicated that they took their

children along to pick out gifts for the adopted family. Kudos to you; they will remember this experience for years to come. This program brings to mind the first time I was involved with an "adopted family" almost 50 years ago. My parents adopted a family of 14 children whose father was a logger while their mother tried to care for the home. I still remember the children coming to school without shoes or socks and with tattered clothes. The image of their home without electricity or running water is still prominent. They were grateful for everything that was given to them.

The families in this program are also grateful and send thanks for the community's support. Although they have running water and electricity, most of them live on the edge throughout the year. During the remainder of the year, Tucker Elementary School will accept donations of gift cards to help sustain these families. Those who would like to donate something during the "off season" are welcome to drop off a gift card at the school office knowing that it will be put to use.

If anyone would like to get more involved in the Adopt-a-Family program, please email adopttuckerfamily@comcast.net. A coordination partner for next year would be most welcome.

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

Heritage Night at Samuel Tucker Elementary



October 29 was the 10-year anniversary of this popular teacher-sponsored event. Participants enjoyed delicious food from several countries, and henna tattooing was offered. Many children and parents dressed up to represent their native countries. (Tucker children come from 52 countries and speak more than 40 languages!) Maddy Miller, Adrienne Waite and Michael Katsock are featured in the first row of this photo. Maddy and Michael both live in Cameron Station.

Award Presented at Annual Meeting

(Continued from front page)

with a name like Pinky Fitzgerald?

Pinky's love of community extends beyond Cameron Station, too. Pinky, a former Air Force officer, is the coordinator of donations from Cameron Station residents for the wounded soldiers at Walter Reed Army Medical Center. (See page 23.) She personally delivers them to the troops twice a month.

Pinky was nominated by a number of neighbors and truly personifies the spirit of the Mark Pillow Award. Congratulations, Pinky!

Robert Burns is the chairperson of the Common Area Committee.

Snow Removal Update

As of January 5, 2010

By Mike Kuhl

An issue identified by Cameron Station residents during the December snowstorm was the delay by the City of Alexandria in clearing the public streets in our community. As a result of communications from Cameron Station residents and the board, late Monday night after the storm the city did finally start a removal effort in our community. Upon further review of the situation, the reasoning behind this delay is the incorrect designation of these roads as "local" roads, thus giving them low priority in snow removal. Board and community feedback to the city has resulted in a review and consideration of upgrading them to primary or secondary streets as opposed to local. The end result of such a change would be better service to Cameron Station if we experience an event of that magnitude again. The city will be reviewing and discussing these changes during their January meetings, and the board will notify the community of the outcome.

Mike Kuhl is president of the HOA Board of Directors.

Cameron Station Book Clubs

"Monday Night Bookball" has some openings. If you would like to join, please contact PJ Sottile at psottile@steptoe.com.

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

Monday Night Bookball

January: *Frankenstein* by Mary Wollstonecraft Shelley

February: *The Good Earth* by Pearl S. Buck

Reading Between the Wines

January: *Savage Inequalities* by Jonathan Kozol

February: *The Witch of Portobello* by Paulo Coelho



Annual Meeting

(Continued from front page)

the announcement of the winner of the 2009 Mark Pillow Award: Margaret "Pinky" Fitzgerald.

Committee representatives provided reports, and residents had an opportunity to ask board members questions about issues of concern to them during an Open Forum. Deputy Chief of Police Blaine Corle also addressed the gathering.

Residents attending the meeting enjoyed sandwiches, cheese, crackers, fruit, cookies and other snacks purchased from Harris Teeter. Generous local merchants and restaurants provided a number of gift certificates, which were awarded based on random drawings throughout the meeting.



The new HOA Board of Directors: Mahl Avila, Dak Hardwick, Mindy Lyle, Don Buch, Mike Kidwell and Mike Kuhl. (Not pictured, Tom McClimon.)



A round of applause at the Annual Meeting for the HOA management team: Airielle Hanasford, Felicia Mingione-Buzan, Mary Flynn and Meghan Halfhill.

Cameron Cafe: Welcome and Welcoming

By Eliza Dolin

As many Cameron Station residents have happily discovered, there's a new kid on the block: Cameron Cafe on Brenman Park Drive, to be precise. For those who haven't, here's the scoop on our newest neighborhood retailer.

The Cafe, which opened on November 5, is owned and operated by siblings Rhoda and Dayan Worku. (Relative Nadia works the counter as well.) Old hands in the hospitality business, Rhoda and Dayan are well known in the Del Ray neighborhood of Alexandria, where their sister establishment, Caboose Cafe and Bakery, has been a popular spot since 2003.

Here in Cameron Station, the Workus have a business plan well-suited to the community: they are proceeding with an extended soft opening in order to give customers time to share their opinions

on operating hours, food selections, beverages and more. "We are already talking to customers to find out what they want. Suggestions are always welcome!" said Rhoda and Dayan, who are thrilled by the warm welcome they've received from their neighbors.



Some changes have already been made – a mild Columbia Supremo by The Daily Roast is now available daily, in addition to the original offerings of organic Sumatra drip coffee (also by The Daily Roast) and Lavazza espresso beans (roasted in Italy and ground to order on premises). In addition, operating hours have been modified slightly. *The Compass* can confirm, however, that the "buy 10, get the 11th free" program remains in effect.

Although it has fewer seats than its predecessor, the Cafe has a calm, airy ambience and offers a surprising number of food and beverage options for its size. In addition to coffee, espresso, cold coffee drinks and chai tea, Lipton and Stash teas are available, as are a variety of cold case beverages, including healthy options for children. Prepared foods – all made entirely from scratch daily at Caboose – include pastries, bagels, cupcakes, tarts, scones, turnovers, cinnamon twists and muffins (including low-fat bran muffins), quiches and sandwiches (fresh tuna, roast beef and brie, spinach and mozzarella, and hummus and cucumber, among others). Soufflés just became available as *The Compass* was going to press. Prepared and baked daily, varieties include bacon, egg and cheese, and spinach, egg and feta.

The breads, fresh from the Caboose ovens, are already selling well. The Cameron Station favorite seems to be pain de campagne.



Hidden behind the counter is a crock pot that sports a different soup every day of the week, repeating throughout the month. Examples are cream of broccoli, tomato basil, red lentil, chicken curry, New England clam chowder and Brazilian black bean. Tucked by the door is a rack sporting *The Washington Post*, *USA Today* and *The Washington Times*.

The Workus' plans for the near future include offering seasonal and flavored coffees and further expanding the food selections to include breakfast burritos, French toast, daily specials and ice cream. Even while those plans are in the works, advance special orders are welcome; the Cafe will be happy to package up entire meals or a selection of baked goods for easy pickup, transport and serving.

Also to come is a small selection of coffee-related merchandise, including items that further the Cafe's commitment to environmental friendliness, and seasonal sidewalk seating. A kids' corner is already in place, and the occasional organized event for the little ones is also on the agenda. The Cafe's website will be up and operating shortly (www.cameroncafe.com) to keep the community posted on such events, as well as menu changes and other news. Comments and suggestions will be welcome there, too. And for those customers who love the view but shy from direct sunlight, the Workus are in discussions with the landlord about appropriate window treatments.

Drop by soon for a cup of coffee, a sandwich or a scone, have a chat with Rhoda or Dayan, and get your two cents in!

The Cameron Cafe is located at 4911 Brenman Park Drive and is open 6am-6pm, Monday-Friday; 8am-6pm, Saturday; and 8am-5pm Sunday. The telephone number is 703-212-8211.

Editor's Note: A vibrant retail community is important to Cameron Station. We are fortunate that Rhoda and Dayan decided to open the Cameron Cafe here. As explained above, they are very interested in providing for the needs of the community and are open to suggestions, as evidenced already by the change in operating hours and the addition of a milder coffee option to the original robust blend. Your support will be much appreciated.

Halloween Festivities at Food Matters, TGI(L)F and Around the 'hood



Brenman Park Photos on Web

Walt Barrows is a resident of Cameron Station and a hobbyist nature photographer. He was featured in the May/June 2009 issue of *The Compass*, along with samples of photos he took in Ben Brenman Park. Since then, Walt has expanded his collection of Brenman photos and created a new website to showcase them.

Go to <http://wlb3.smugmug.com/Virginia-Parks> and then click on "Ben Brenman Park."



The Brenman Beaver

ALIVE! – Helping Your Neighbors in Need

By Gerry Hebert

Did you know that right here in Alexandria we have a safety net for the city's poor? It's called ALIVE! and it stands for "Alexandrians InVolved Ecumenically." It's a collection of assorted church congregations, synagogues and community groups that is now starting its 41st year.

When a family moves from a homeless shelter to public or subsidized housing, they often arrive in their apartment with little more than the clothes on their backs. ALIVE! provides the family with furniture and housewares to get them started. Where does ALIVE! get these items? From generous Alexandrians like you who call ALIVE! and donate.

ALIVE! takes donations of both used furniture and housewares. We will arrange to pick up furniture. You can take used housewares to the ALIVE! housewares office located in the basement of Fairlington United Methodist Church (at the corner of King Street and I-395) seven days a week. My mother, Addie Hebert, who lives above Food Matters, is the chairperson of ALIVE!'s housewares committee and she, along with Ron Loveng (another Cameron Station resident), often can be seen driving housewares to needy families each week.



Addie Hebert

ALIVE! also has a number of other programs to help the poor and to help those who caught a bad break and are trying to get back on their feet. For example, the ALIVE! House shelter provides transitional housing for up to four families with women serving as head of household. Oftentimes, the women are victims of domestic violence or are being re-united with their children for one reason or another. ALIVE! also runs a fully accredited pre-school program for working parents. Tuition is based on a sliding income scale so that the children of the working poor can be in a safe and nurturing environment.

ALIVE!'s food programs provide food year round. Because ALIVE! can buy food from Capital Area food banks and can purchase 12 pounds of food with every dollar, ALIVE! can maximize financial donations to buy food for those who are hungry and in need. ALIVE! also operates three sites on the last Saturday of every month to distribute food to needy people. (See page 11 for location nearest to Cameron Station.) The number of people asking for food has dramatically increased over the last couple of years. People who once donated to ALIVE! now find themselves asking ALIVE! for food.

I have been active in ALIVE! for many years. It inspires me in many ways: in my daily life, in my faith, and when I get to work alongside other volunteers who believe they too can make a difference in someone's life.

Not long ago, ALIVE! delivered furniture to a family who had recently moved from a homeless shelter to an apartment. Shortly thereafter, the furniture volunteers were given this letter:

Dear ALIVE Furniture "Miracle" Workers,

Thank you for getting us off to a great start in our new apartment. Since my divorce we have been homeless for the past five years, moving from post to pillar...while I saved money for a two-bedroom apartment.

My daughters are very happy that we have our own home with our own rooms and that we made it this far. My children are very appreciative and they would never complain that they had no dining room table, living room furniture or bedroom furniture, and no place to sit and eat.

ALIVE Miracle Workers, you are not just delivering furniture, you are helping to rebuild people's hopes and dreams. Thank you so much!

*Sincerely,
Elizabeth, Jahkeed and Hadiya*

All of us have hopes and dreams, and when they get shattered, we hope there will be someone there to help us pick up the pieces. Sometimes, ALIVE! provides food just so a family will have food to eat. Other times, the organization provides beds for people to sleep on, instead of the floor in a bare apartment. But no matter what ALIVE! does, one thing is for sure: ALIVE! is out there in the community helping people rebuild their hopes and dreams 365 days of the year. It is little wonder that ALIVE! was selected by the Catalogue for Philanthropy as "one of the best small charities in the Washington DC Region."

I read recently that Alexandria was voted America's most charitable city for the second year in a row. In 2009, the article reported, Alexandrians made "25,143 online donations, adding up to a whopping \$1.8 million." What that means is that for every 1,000 people in our city, the amount of online giving was almost \$13,000! Now that's a city that knows the importance of giving!

Aren't you glad you live in a city and a neighborhood that not only care about the poor, but also care for the poor? To volunteer for ALIVE! or to make a donation to ALIVE!, go to www.alive-inc.org.

Gerry Hebert is a resident of Cameron Station and an officer of ALIVE!

A Little Neighbor with a Big Heart

By Pat Sugrue

If you read Gerry Hebert's article on page 10 of this issue, you learned that Alexandrians are extremely generous. In fact, one poll ranked the city as number one in the nation for online charitable giving, for the second year in a row. How did we achieve this distinction? Well, if Cameron Station resident Thomas Freirich is any indication, this generous spirit starts to develop around here at a very early age.



According to his dad Brett, Thomas had his eighth birthday at the Cameron Club. He decided he'd prefer that, rather than give him gifts, his friends make donations to Coats for Kids (a charity that was created in January 2004 by former Cameron Station residents Paul and Cheryl Darby to provide new coats for needy Alexandria children). Thomas collected \$200, and Brett's company matched the donation to bring it to a total of \$400. Thomas presented the check to Paul in November, and thanks to him and his generous friends, lots of kids have new warm coats this winter.

Nice going, Thomas! You should be very, very proud of yourself!

Coats for Kids has been very successful, thanks to the generosity of people like Thomas and many other Cameron Station residents. Over the years it has expanded and now provides new coats, hats and gloves to children in several states. If you would like more information, the foundation's website is www.coats-for-kids.org. Or contact coatsforkidsfoundation@gmail.com or 703-567-COAT(2628).

Neighborhood Watch Program Update

By Annette Duncan

Many residents have expressed interest in the neighborhood watch program. There are only a few streets that still need block captains: Waple Lane, Barbour Drive, Minda Court, Knapp Place, California Lane and Livermore Lane. If you would like to volunteer, please contact me at arfduncan@aol.com. Many of the block captains have been contacting the residents on their streets with information focusing on neighbors helping neighbors. They have also sent out the non-emergency phone number for the police, to be used if residents feel there is suspicious activity in the area. The number is 703-838-4444. Thanks to all who are involved in keeping Cameron Station safe.

Annette Duncan is a resident of Cameron Station and coordinator of the Cameron Station Neighborhood Watch Program.



The November Neighborhood Watch meeting drew a crowd.

ALIVE!

(ALexandrians InVolved Ecumenically)

Food Distribution

8:30am - 11:30am

Saturday, January 30

Saturday, February 27

Church of the Resurrection,
2280 N. Beauregard Street, Alexandria

*(Take 395 north to Seminary Road west, right on
Beauregard, right into parking lot.)*

Volunteers Needed!
Thank You!

Beatley Central Library Sponsors “Books to Film” Discussion Group 2010

By Mark Schwartz

Readers and film buffs are invited to Beatley Central Library to discuss films and the written works that inspired them. Participants are expected to have read the works and viewed the films before attending. The library has chosen books and films that are in the library and also are available from bookstores, movie rental outlets and other library systems. Discussions are held on the second Tuesday of the month at 7pm, in Beatley's Small Conference Room. [Meetings are facilitated by Mark Schwartz, who has taught Film Studies at the college level and has written about books and film for ABC-Clio.]

February 9

The Accidental Tourist (PG, 1988)

Anne Tyler's novel of love and recovery to Lawrence Kasdan's well-awarded film.

March 9

A Clockwork Orange (R, 1971)

Director Stanley Kubrick with author Anthony Burgess plunge into a study of evil.

April 13

Brokeback Mountain (R, 2005)

Annie Proulx's story to Ang Lee's film with the tagline, "Love is a Force of Nature."

May 11

Adaptation (R, 2002)

The Orchid Thief by Susan Orlean into Spike Jonze's own meta-motion picture.

June 8

The Big Sleep (Unrated, 1946)

Bogart and Bacall and Raymond Chandler and Howard Hawks at the height of their powers.

July 13

Hamlet (PG-13, 1990 and/or 1996)

Shakespeare's genius jumps to film(s) from arguably the best play of all time.

August 10

Catch-22 (R, 1970)

Joseph Heller's satiric war masterpiece made into a Mike Nichols' award-winning film.

September 14

Nick & Nora's Infinite Playlist (PG-13, 2008)

Young adult novel by Rachel Cohn and David Levithan into film with NYC as a chorus.

October 12

The Shawshank Redemption (R, 1994)

Stephen King's story in *Different Seasons* into Frank Darabont's most popular movie.

November 9

The Old Man and the Sea (Unrated, 1958)

Hemingway's unsung hero played by Spencer Tracy in John Sturges' melodic film.

Beatley Central Library is located at 5005 Duke Street, Alexandria, VA 22304. For more information on the group, please call Mark at 703-519-3498. Refreshments are sponsored by VIDEO VAULT, located at 113 S. Columbus Street, Alexandria, VA, 22314.

Mark Schwartz is a resident of Cameron Station and Alexandria Library Public Information Officer.

“Housekeeping” Information

Due to an abundance of articles and photos in this issue, we have not been able to include some of the recurring “housekeeping” info that does not change from issue to issue. Following is an index of some of these articles. All past issues of *The Compass* can be found on the community website, www.cameronstation.org.

Electronic Newsletter Delivery	Nov/Dec 2009
Feeling Out of the Loop	Nov/Dec 2009
Hazardous Waste Disposal	Sept/Oct 2009
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
Snow Removal	Nov/Dec 2009
Transportation Options	Nov/Dec 2009
Trash Collection in Inclement Weather	Nov/Dec 2009
Trash/Recycling Collection	Nov/Dec 2009
Trash Removal Restrictions	Sept/Oct 2009
Tree Trimming	Nov/Dec 2009

How to Turn That Holiday Puppy into a Great Family Dog

By Christina K. Anderson

Making a decision to add a puppy to your family is always a big one because it means that you and your family will need to readjust your priorities and make a plan for the new life that is joining you for the next 15 or so years. In the best of all scenarios, you have carefully thought through this decision and had many family discussions on how you will care for this new addition.

But, if for some reason you were swept up in the warm glow of this past holiday season and made a snap decision to adopt a cute, fluffy friend, then you may be in for a big surprise when the ornaments are put away. It is no secret that the shelters are deluged with young dogs in the spring, because the holiday puppies start growing up and getting into trouble. Millions, yes millions, of dogs across our country are euthanized every year because there are just too many, and the ones with behavioral problems take too much time to rehabilitate. The fact is, with a little research, patience and time, you can make sure that your puppy has every opportunity to be a great family pet. Here are some suggestions on how to give your puppy every advantage and keep it out of the shelter.

Learn about your dog's breed and puppy behavior. Different sizes and breeds have different needs and jobs. There is much information to be found on the internet and in books. One good resource is *The Everything New Puppy Book: Choosing, Raising, and Training Your New Best Friend (Everything Series)* by Carlo Devito and Amy Ammen. There you can pick up tips on subjects from feeding to crate training. Another excellent resource is *Whole Dog Journal*. You can get a subscription by checking out the website at www.wholedogjournal.com.

DO NOT under any circumstances leave a puppy alone all day or for long periods of time in the house or its crate. Puppies need to be taken out to potty every few hours and need play time as well. It is not fair to leave them alone all day without human contact. This is when dogs get bored and become destructive. If you work outside the home, either arrange to work at home for awhile or hire a pet sitter to come in a couple of times during the day for walks and play. Make sure that your home is puppy proofed and be sure to lock all cabinets that contain cleaners and toxic chemicals.

Ensure excellent health with a quality puppy food. Most commercial foods that you find in the grocery store are not good quality. They have coloring, fillers, preservatives, "by products," flavoring and other ingredients that could be harmful. Consider checking out Pet Sage right here in Alexandria. They have a variety of good quality food and can help you choose one that is right for your dog.

It may be a little more expensive, but it could pay off in decreased veterinarian bills. Consider grain-free foods for dogs that are allergy-prone. It can make a big difference.

If possible, use a crate to potty train your puppy. It takes a little more effort and time, but the puppy learns clearly when and where to potty. Take them often. And then when they are successful, reward with treats. Always be positive and do not punish them for making mistakes. Just show them the correct place to go when they slip up. Be patient and kind, and they will soon get it.

Take your dog to positive-based puppy class as soon as you can. Choose a trainer or school that does not use negative methods such as choke collars, electric shock collars, jerking or intimidation. This form of training has become popular because it is effective. But is not a good choice in the long run. It does not build a trusting relationship, but one that is fear-based. It can also cause injury to the dog. Make sure that you take time to play with your puppy because they learn boundaries this way. End all play that becomes aggressive or when they start to bite.

Be positive, kind and respectful to your pet. Dogs are very intuitive and can pick up on whether you are angry, irritated or happy with them. They always want to please you, so look for ways to reward their good behavior. If you catch them doing something that you want, reward it. Don't tease or confuse your dog. Be the person your dog thinks you are and you will have a friend for life.



An advertisement for "Old Town PUPS". The text "Old Town PUPS" is prominently displayed in a stylized font. Below it, it says "Dog Walking & Pet Sitting" and "VA's Premier Professional Pet care company". At the bottom, the phone number "703.850.5559" is listed. There are illustrations of a dog and a cat. In the top left corner, it says "Bonded & Insured." with a logo for "NAPPS Professional Pet Sitters". In the top right corner, it says "Now Serving Cameron Station!".

Fitness Center News

By Kevin Horner

Group Exercise Classes

Our first group exercise session of 2010 began the week of January 18. Residents can always drop in on a class for a \$10 drop-in fee. These classes are great for everyone who has resolved to be healthy and fit in 2010!

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 8:30 to 10am, 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.

Toys for Tots

Once again residents of Cameron Station stepped up and were very generous in giving toys for the Marine Reserve's Toys for Tots program. They were so generous that they continued giving even past the deadline! Thanks to all those who donated. A special thanks to the resident who volunteered to deliver the extra gifts received to the pick up point!

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.

NOTE: Fitness center orientations and instructions regarding use of the equipment are available on request during normal business hours.



Unlike the October yard sale when it poured rain, the sun shone brightly for a second sale held in November.

Cameron Club 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

Fitness Center Reminder: Keep It Clean and Safe!

This is still a problem! Even though we have reminded fitness center users over and over, it is becoming more and more common that people are not wiping down the cardio machines and the area around them when they have finished their workouts. The germs and bacteria sweat carries could cause a cold, stomach illness or staph infection. Cold and flu season is here, so it is more important than ever to wipe down your equipment. We provide sanitizing wipes and anti-bacterial spray to make wiping down the machines easy. Remember: the best way to keep from getting sick is to wash your hands often and to use the hand sanitizer we provide in the center. We ask for your cooperation!

2010 Cameron Club Guest Passes and Visitor Parking Passes

Available at front desk of the Cameron Club.

WINTER ACTIVITIES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 (Denise) 9:30-10:30AM Stroller Strides		9:00-10:00 AM Yoga/Sculpt (Denise) 9:30-10:30AM Stroller Strides		9:00-10:00AM Pilates (Denise)
10:00AM							10AM-NOON Pick-up Basketball
7:00PM							
7:30PM			7:30-8:30PM Pilates (Denise)				
8:00/8:15PM			8:00-10:00PM Pick-up Basketball	8:00-9:00PM Yoga (Natalie)	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: 703-567-9555 or fitness@cameronstation.org.



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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.

Rowed to Recovery

By Pat Sugrue

You can't tell it from her smiling face, nor the speed at which she pedals down the bike trails. And you certainly can't tell it from the number of crew races she's competed in on the Potomac, the Schuylkill and the Charles rivers. But neighbor Marilyn Means is a breast cancer survivor –

a 10-year survivor – and her road to recovery story is one worth sharing.



Marilyn moved into Cameron Station in December 1999, and three months later she was diagnosed with breast cancer. After dealing with the effects of surgery and the subsequent chemotherapy and radiation treatments, athletic

endeavors were the farthest thing from her mind. But she decided to join the Cameron Station Walking Club; while even that was a struggle at first, it helped get her back on her feet and moving, and it made her realize that physical activity just might be a key component in her healing.

Fast forward to 2005: Marilyn's stamina and physical activity continued to improve every year. One day she was sitting at her office desk and a flyer came across it from an organization created to help breast cancer survivors recuperate by teaching them how to row. Intrigued, Marilyn contacted WeCanRow (Women Enduring Cancer Row), founded by world champion rower Holly Metcalf, and along with seven other breast cancer survivors was introduced to the sport of "sweep rowing." Marilyn was hooked. The first year, the initial group of eight women rowed on the Potomac River, averaging about one outing a week. The second year, a new group of 16 women joined the program and began rowing on the river two times a week. They also participated in their first race, the Head of the Potomac.

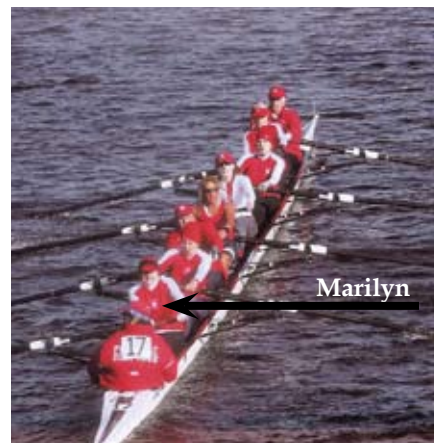
More time passed. Marilyn kept rowing and kept getting

stronger, and soon she was racing not only on the Potomac, but also in the Head of the Occoquan in Virginia, Head of the Schuylkill in Philadelphia and the very prestigious Head of the Charles in Cambridge, Massachusetts.

In August 2009, Marilyn won six first-place medals at the U.S. Rowing Nationals, and one of her boats was composed entirely of breast cancer survivors.

Marilyn often rows in the important position of "stroke," which requires sharp mental skills as well as physical ones. She says her "best win" last year was stroking a lightweight-four boat to a win by only 45 seconds!

"I love to row!" explains Marilyn. "When I began, my only goal was to see if I could actually do it...I didn't know if I had the skill. So I went full tilt...I figured I couldn't postpone it due to my age. I still feel I have a lot more to learn. There are skills I haven't mastered yet. I want to become more skilled and stronger, and I want to stay as fit as possible. I don't know where this is going to take me, but it's a terrific ride!"



Marathoners in Our Midst

By Eliza Dolin

The recent running of the Marine Corps Marathon on October 25 sported a number of Cameron Station participants. Among others who ran in this "People's Marathon," and in several other recent endurance tests, are these neighbors, who offered a few words about their experiences:

Jennifer Lowe

"We had perfect weather and an incredible atmosphere with an amazing, enthusiastic crowd. Can't beat a run that takes you around the monuments!"



(Continued on page 17)

Neighbors

(Continued from page 16)

Raymond Celeste

"This was my 18th Marine Corps Marathon in a row and I think my 42nd or 44th overall (including ultramarathons). I was pleased to help train about 100 people in the Capitol Hill Running Club, and in the past donated \$1,000 to the Injured Marine Semper Fi Fund as a result of a Marine running a marathon for this charity." (Ray also ran the Shamrock Marathon, Virginia Beach, VA, in March in support of the Mike McGreevy Memorial Scholarship Fund.)

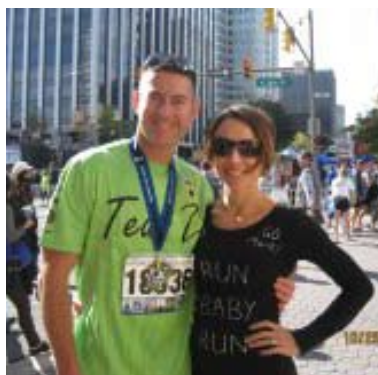


Joseph Furco

"Being a Naval Academy graduate ('99), I ran in conjunction with the 'Run to Honor,' a memorial to Naval Academy graduates who have given their lives while serving since 9/11." (Joe also recently completed The Nation's Triathlon, an Olympic-length event in Washington, DC, as well as a half ironman event in Wilmington, NC, called "Beach 2 Battleship.")

Mark Wright

As described by wife Michelle, "This was Mark's third Marine Corps Marathon and a personal record. He qualified for the Boston Marathon in 3:27 - and just a few weeks after completing his first triathlon, the Bassman Half Ironman in New Jersey!"



Michelle Wright

Wife of Mark, Michelle is also a successful tri-athlete, having completed the Naylor's Beach Olympic Triathlon in Warsaw, VA, in September. It was only her second triathlon, and she came in third place in her age group.

Justin Anderson

As described by wife Catherine, "Justin, who is a major in the Marine Corps, ran the Marine Corps Marathon for the first time this year, finishing in 4 hours and 12 seconds. He says he will come back stronger next year."

Bill Smith

"I ran the Crossroads 12k at MCB Quantico in November. It was a VERY VERY COLD AND WET RUN."

Kenneth Nahigian

"After training for 20 weeks, I ran the Chicago Marathon on October 11 - my first marathon ever. My wife cheered me on, and both of my brothers flew in to surprise (and root for) me, too. It was very cool, literally. Thirty degrees at the start."

Congratulations to all!



Neighborhood Residence Wins Beautification Award

Cameron Station neighbor Wayne Babb of 444 Ferdinand Day Drive was recently presented with the Alexandria Beautification Commission award. This award recognizes outstanding achievement in making the City of Alexandria more beautiful.

The criteria included: "... property visible from the public right-of-way; interesting plant colors, textures and forms; good proportion; creative landscaping accents and elements; maintenance excellence; overall appearance to the surrounding neighborhood; and noticeable improvement...."

The award was presented to Wayne by Mayor Bill Euille and members of the Alexandria City Council at a ceremony at Lee Center in Old Town.

Congratulations, Wayne.

We'll look forward to checking out your beautiful property when winter is done!





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For six years, a number of Cameron Station neighbors have been getting together during the holidays to exchange cookies and ornaments. Each year people move and new people join, but it's always a big group of neighborhood gals!

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Friday: Prime Rib night.

Saturday: Hand-cut Steak and Half Price Bottle Wine night.

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A la carte menu items

TGI(L)F Approved for 2010

By Pinky Fitzgerald

The Cameron Club & Events Committee is pleased that the board approved the TGI(L)F (last Friday of the month) adult happy hour for 2010 and invites all Cameron Station residents 21 years of age and older to join in the fun!

This monthly happening has a very simple agenda: Happy Hour is held from 6 to 8pm on the last Friday of every month in the Victoria Hebert Great Room in the Cameron Club. The board supplies the room, license, ice, nametags, tables and chairs, and the attendees simply bring a beverage and snack to share and, of course, their smiling faces.

Each month, a few volunteers do the set up and they also tidy up at the end; simple and easy, it takes less than a half-hour. Residents who would like to help should call Pinky Fitzgerald at 703-461-3027.

The goal of these events is to have fun, meet neighbors and newcomers, catch up with regular attendees, learn the latest scuttlebutt, gain sympathy for a cause, network, find a job, meet alumni, fellow service members or the love of your life, make friends, get a life outside of work and just plain socialize.

Mark your calendars with a bright highlighter now!



2010 TGI(L)F Dates

January 29
February 26
March 26
April 30
May 28
June 25
July 30
August 27
September 24
October 29
November 26

Condominium School Supplies Drive Scores Big

By Carla Besosa

The Main Street Condo Association Events Committee sponsored a School Supply Drive to assist students at Tucker Elementary. Collection boxes were placed in the lobbies of all four buildings, with great results!

The collected supplies included the following:

- 4 backpacks
- 9 packs of markers
- 19 packs of colored pencils
- 4 packs of crayons
- 26 composition notebooks
- 11 other notebooks
- 11 three-ring binders
- 15 folders
- 8 packs of pencils

...and a lot of other miscellaneous supplies such as glue, binder dividers, Sharpies, highlighters, calculators, rulers and pencil bags! It's a rewarding feeling to help out our little neighbors down the street.

Tucker Elementary School Kindergarten Playgroup

All Cameron Station children entering kindergarten at Samuel Tucker Elementary this summer are invited to join a playgroup to meet other future kindergarteners and their parents before school starts.

The group will meet at Tucker Elementary's kindergarten playground (the small playground with the rubberized surface) on March 20, April 17 and May 15 (third Saturdays), 9-10am. Please join us. If you'd like more information or would like to be reminded of playdates and times via email, please email Ingrid Sanden at iasanden@gmail.com.



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Annual Holiday Party a Crowd Pleaser Once Again

By Ray Celeste

The Cameron Station Annual Holiday Party, held at the Cameron Club on December 6, was a great success, with over 300 people in attendance. Sonia Agosto, who recently joined the Cameron Club and Events Committee (CCEC), did a superb job turning the gym into a children's party room with



games, crafts, festive decorations and a toddler play area. Her initiative and creativity were greatly appreciated! The children and their parents also enjoyed delicious food from La Casa of Foxchase Plaza, beverages and – most important of all – a visit from Santa Claus, who happily listened to the wishes of Cameron Station's boys and girls.

On the other side of the club, the adults partied in the Victoria Hebert Great Room and upstairs in the Henderson Meeting Room. There was food from La Casa, wine and soda and live entertainment from one-man-band John Schneider.



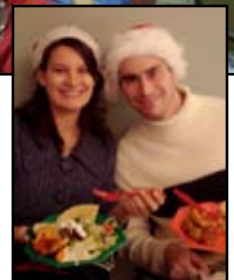
We are so grateful to everyone who helped put on this popular community event. I would especially like to recognize the following volunteers: Sylvia Bennett,

Kristen Carle, Brian Evans, Deena Disareilly, David Donovan, Rebecca Johnson, Paula Lauria and Tina Mercado. The following CCEC members were also involved: Sonia Agosto, Ray Celeste, Pinky Fitzgerald, Donna Kenley and Mary Murphy.

Special thanks go to Bo Schnurr, the jolliest and most popular fellow at the party! And to Wayne and Irina Babb for their generous financial support.

Thanks also to everyone who helped. I am honored to serve on the CCEC, as the committee members give so much of themselves to our community. If you would like to help at a future event, please contact me at ccec@cameronstation.org.

Ray Celeste is chairperson of the Cameron Club & Events Committee.





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Cameron Station Shines at Walter Reed

By Margaret "Pinky" Fitzgerald and Helen "Dubey" Liffman

We thank those who contributed to the soldiers' holiday gathering at Walter Reed Army Medical Center. We were very proud to represent our community. Our holiday delivery was timed perfectly, as we arrived at the same time as the Ravens Cheerleaders. The lobby of Mologne House was crowded, so we had the opportunity to deliver the goodies directly into the hands of the soldiers. Dubey had fun passing out Redskins sweatshirts (contributed by Harris Teeter and Dubey) while the cheerleaders gave Ravens caps. The wounded warriors want to thank everyone who contributed. It was a pleasure to see their smiling faces and gratitude.

From this last trip we noticed that the patients have the following needs: toothbrushes and toothpaste; Vaseline lotion for face and hands; children's books; DVDs; CDs; and wrapped snacks.

If you would like to contribute, please contact Pinky at 703-461-3027 or email magsfitzgerald@comcast.net.



Hats and Gloves Needed

There is a special need for hats and gloves for the soldiers, and a request that no hardcover books be donated at this time. Thank you!

Chanukah Celebration Lights Up the Neighborhood

By Pat Sugrue

A new annual holiday tradition for Cameron Station was instituted on Wednesday, December 16, as Rabbi Mordechai Newman led a Chanukah celebration at the Cameron Club.

More than 120 neighbors gathered for a lighting of the menorah, followed by a discussion of the meaning of Chanukah by Rabbi Newman and the singing of joyful Chanukah songs. Guests, including City Council member Kerry Donley and Sergeant Mitchell Grossman of the Alexandria Police Force, enjoyed traditional kosher potato latkes (pancakes) with applesauce, fruit salad, nuts, cookies, juice and soda. Rabbi Newman handed out gift bags filled with gelt (chocolate coins), a dreidel and holiday crafts to each child. He also donated a hundred-dollar digital picture frame as a door prize.



John, Sonia and Rebecca



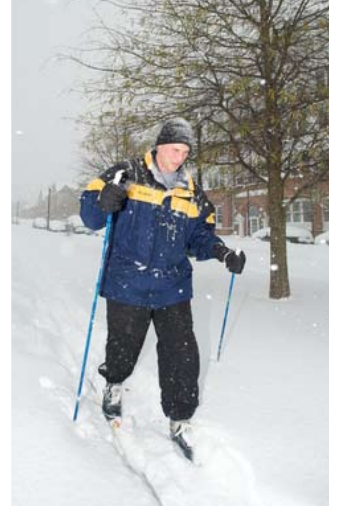
Special thanks go to the Chabad Lubavitch of Alexandria-Arlington for co-sponsoring the event; to neighbors Rebecca and John Johnson for not only being the guiding lights behind this wonderful evening but also offering significant financial assistance and providing many beautiful Chanukah decorations; to Sonia Agosto who worked hand in hand with the Johnsons in developing the event; and to Catherine Huddleston, Sandra Troutman, Barbie Brand and Ray Celeste, who lent much needed hands to help ensure the evening's success.

Micki Aronson, former president of the HOA Board of Directors, had this to say: "Driving home from work and seeing the tall lit menorah in Cameron Station was a joyful sight to behold! This was the first time I felt I lived in such a wonderfully inclusive community."

The community will be looking forward to many joyful and inclusive holiday celebrations in the years to come.



The Big Snow of 2009



A Cookbook and a Good Cause

Recipes Needed from Residents

By Jayne Schwetje

Cameron Station friend and neighbor Gwen Lewis has started a non-profit organization called Concerned Citizen Network of Alexandria (CCNA). This organization will benefit high-risk children who are not succeeding in school. Alexandria ranks number two in Northern Virginia for student drop-outs. This is something Gwen wants to change. CCNA needs funding to get started. CCNA is not asking for money, however – it's asking for original recipes. Yes, CCNA would like to publish a Cameron Station Cookbook.

The fundraising committee decided at its last meeting to publish a Cameron Station Cookbook using original recipes from the neighborhood's creative cooks. CCNA requests that everyone gather his or her favorite original and unique recipe(s) and send them to the organization's website at www.CCNAlexandria.org. Very short interesting histories about the recipes are also welcome. Of course, the chef's name will be noted with each recipe. CCNA plans to make Cameron Station the culinary neighborhood of Alexandria and beyond!

Jayne Schwetje is a resident of Cameron Station and chairperson of the fundraising committee of CCNA.



Santa & Mrs. Claus were spotted in the neighborhood several days before Christmas. It was reported that Santa visited several children with his list that he was checking twice, wanting to know who was naughty or nice.... All were nice!



FAMILY DENTISTRY in Cameron Station



181 Comay Terrace
Alexandria VA 22304

NEW HOURS

Mon - Fri 7am - 3pm

Tuesdays 9am - 5pm

Sat 9am - 2pm

(703)461-3000

www.novadentists.com

Cameron Club Resident Survey Complete

By Cris Hamer

The Ad Hoc Cameron Club Renovation Committee and the Cameron Station HOA Board of Directors would like to thank those residents who completed the Cameron Club survey throughout November. The purpose of the survey was to generate feedback on club use.

Since March 2009, the committee has been collecting critical information to assist in preparing a recommendation to the board regarding potential improvements and upgrades, if any, to the Cameron Club. Activities have included:

- Reviewing the December 2008 Cameron Club Renovation Feasibility Study
- Discussing this topic at town hall meetings
- Receiving input at committee meetings during the resident forums
- Collecting and analyzing club usage statistics
- Examining facilities in comparable communities
- Conducting the recently completed residents survey

Over the next couple of months, the committee will analyze the data and prepare a report for the board in order to provide recommendations on actions the board should consider regarding a potential renovation of the club. Residents who are interested in providing feedback or requesting additional information can contact the Ad Hoc Cameron Club Renovation Committee at clubrenovation@cameronstation.org.

Cris Hamer is a resident of Cameron Station and a member of the Ad Hoc Cameron Club Renovation Committee.

The HOA Office will be closed:

Presidents Day, Monday,
February 15

Memorial Day, Monday,
May 31 – Observed

Independence Day,
Monday, July 5 – Observed

Labor Day, Monday,
September 6

Thanksgiving, Thursday,
November 25

Day after Thanksgiving
Friday, November 26

Christmas, Friday,
December 24 – Observed

Your Neighborhood Coffee Shop is now open



Cameron Cafe offers a range of speciality coffee and tea products. We also offer a wide variety of pastries, lunch sandwiches and more.

*Cameron Cafe
4911 Brenman Park Dr
Alexandria VA 22304
Ph: 703-212-8211*

*Hours
Mon – Fri 6am – 6pm
Sat – 8am – 6pm
Sun – 8am – 5pm*

Carla's Picks

By Carla Besosa

The Barns at Wolf Trap

February 5

Hiromi

She's a maniac on the piano (and I mean this in the best possible way), attacking multiple genres with a fierceness rarely seen in a performer.

Birchmere

February 13

The Association

You will CHERISH this trip down a WINDY Memory Lane!

March 17-18

Bobby McFerrin

A one-man vocal orchestra; nobody does what Bobby does like Bobby!

Jammin Java

February 13

Deanna Bogart

Saxophone, keyboards, vocals...she does it all and really connects with her audience!

National Harbor

February 19-20

Chesapeake Oyster & Beer Festival

St. Elmo's Coffee Pub

February 27

Janna Audey

You may remember Janna from Cameron Perks or Art on the Avenue. Talented singer/songwriter (acoustic rock); a delight to listen to.

Strathmore

March 31

David Garrett

My newest discovery in the violin world, this 27-year-old virtuoso will amaze you as he plays everything from Metallica to Mozart!

DAR Constitution Hall

March 26

Moody Blues

Always a good show, whether to go on TUESDAY AFTERNOON or during NIGHTS IN WHITE SATIN!

GMU Center for the Arts

February 26 and 28

Don Giovanni

My favorite opera performed by the Virginia Opera Company.

Warner Theater

February 6

YES

If you're the OWNER OF A LONELY HEART, there has to be a ROUNABOUT way of getting you to this concert!

February 13

Michael Franks

Vocalist with a unique sound that has carried him through the decades.

Little Theater of Alexandria

February 27-March 20

Chicago

A classic!

Zikrayet

Karaoke, every Thursday, 8:30pm.

Belly dancing, every Friday and Saturday, 11pm.

Spill the Beans

February 12 and March 12

Janna Audey

And Another Thing...

Did you know the Virginia smoking ban went into effect on December 1, 2009? Check out all those establishments you were previously afraid to enter!

Check out these books: *Enshallah* by M.M. Terrence (this author and Cameron Station resident tells a gripping tale of post-9/11 revenge) and *God Knows All Your Names* by Paul N. Herbert (this local author has dug up some incredible facts that will amaze you).

"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 (communitymanager@cameronstation.org), who will keep a copy on file. Any resident may have access to the file.

Sapore d'Italia

By Carla Besosa

If you have been following my reviews, you know I have a particular passion for the “Mom & Pop” eating establishments. My newest discovery fits the bill. Sapore d'Italia, located on the south end of Mount Vernon Avenue in Del Ray, a neighborhood in Alexandria, is a quaint little family-owned-and-operated restaurant that provides well-prepared cuisine at very reasonable prices.

You are greeted by one of the friendly staff as warm bread arrives with olive oil (and butter, for those of you who feel the need). For starters, I like *La Caprese con Prosciutto* (fresh homemade mozzarella, sliced tomatoes, fresh basil, garlic, olive oil and prosciutto). If in seafood mode, try the *Mussels Marinara* or the *Calamari Fritti*.

In the entrée category, they offer three vegetarian dishes, seven chicken dishes, five seafood dishes, six veal dishes, a sirloin steak and fifteen pasta dishes. I was quite pleased with their *Chicken Parmigiana* (breaded boneless chicken baked with mozzarella and tomato sauce) and their *Penne Putanesca* (penne pasta in tomato sauce, capers, black olives, fresh garlic and basil). In addition to their standard menu, Sapore d'Italia offers an impressive selection of *Chef's Specials*. I find the seafood specials particularly enticing and rather creative. A children's menu is also available. One can also indulge in *Pizza* or a *Calzone* for Two. The homemade dough is a treat, but make sure you add the homemade Italian sausage, as well.

Dessert selections include the requisite *Cannoli* and *Tiramisu*. Beer and wine selections are plentiful and, of course, include some good Italian options.

Sapore d'Italia is small in size but big on value. During warmer weather, al fresco seating is also available. Its popularity is growing, so check it out soon. You'll love the family atmosphere and the escape from the “chain” restaurants. Though I have dined at Sapore d'Italia several times, I look forward to returning to sample other menu offerings yet to be discovered. Please join me in supporting this wonderful family business, where you'll experience hospitality as well as a “bang for your buck”!



1310 Mount Vernon Avenue
Alexandria, VA 22301
703-683-9680

Hours of Operation

Monday, 4pm-11pm
Tuesday-Friday, 11am-11pm
Saturday-Sunday, 12noon-11pm

Price Range

Appetizers: \$5.95-\$9.95
Entrees: \$8.75-\$15.50
Desserts: \$3.50-\$4.75

Smoking

No

Handicapped Accessible

Yes

Parking

Street

Reservations

No

Don't Miss Out on Timely and Important Community Information – *Sign Up for Email Blasts!*

During the emergency situation last year, when part of the community was in lockdown, the HOA office sent email blasts to residents to help keep them updated on the situation. Email blasts are also sent on a regular basis to keep the community informed of upcoming events or to alert residents to changes in trash pick-up, shuttle schedules...all kinds of important and timely news.

If you have not already signed up to receive community email blasts, you may contact the HOA office via email at csadmin@cmc-management.com or by phone at 703-567-4881 to receive a password.

Please note that you may specify that your email address be used only by the community manager.

Let Us Hear from You...

The staff of *The Compass* welcomes your comments and suggestions about the newsletter and community updates. Please send them to thecompass@cameronstation.org. Thank you.



The West End Farmers Market closed for the season on Sunday, November 22. Our thanks to managers Julie Bryant and Susan Birchler, and to Jack Browand from the Alexandria Department of Recreation, Parks and Cultural Activities. The market is scheduled to re-open in May.

Classifieds

COMPUTER PROBLEM? – We can handle anything computer-related. Free estimate. Hours that fit your schedule. BeltwayPC.com. 703-531-8628.

JAZZERCISE IS HERE! – Tues/Thurs at 7pm at Tucker Elementary. *ONE WEEK FREE*. Ticket also accepted at Capitol Martial Arts Academy for weekday (w/childcare) & weekend classes. Call Mary at 703-550-9867 or email cheers2u2@verizon.net.

PURRFECTLY KLEEN CLEANING SERVICE INC. – Residential cleaning specializing in green cleaning. Professional, punctual, reliable. Licensed, insured, legal, English-speaking. References available. www.purrfectlykleen.com. 703-509-8393.

PAINTING – Interior/exterior. Licensed and insured. 25 years' experience. Neat, clean, reliable. Excellent rates. References available. Small and large jobs. Wallpaper hanging/stripping. Call Steve Chute, 703-912-1450 or 571-216-9338 (cell).

Support Our Cameron Station Retailers

**Bright Start Learning Center Day Care
& Preschool**
703-370-8414

Cameron Café
703-212-8211

Cameron Station Valet
703-823-0606

Food Matters
703-461-3663

Main Street Market
703-823-6162

Truc Mai Family Dentistry
703-461-3000 or 703-778-1221

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., February 15-28 for March/April; April 15-30 for May/June) 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 March/first week of April for March/April; last week of May/first week of June for May/June).

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 (February 28 for March/April; April 30 for May/June). 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.

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.

Thanks to this issue's contributors:

Wayne Babb	Doug Fagen
Allison Ferko	Brett Freirich
Ana Kelly	Donna Kinnal
Peter McFarren	Isaac Pacheco
Kathleen Ryan	Ingrid Sanden
Tom Styc	



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, VA 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,
Cynthia Longo, Jane McDonald, Patricia Sugrue

Photographer: Pinky Fitzgerald

Contributing Photographer: Sonia Agosto

Cameron Station Community Website Now Accepting Ads

The Cameron Station website, www.cameronstation.org, is now 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.

The compass

200 Cameron Station Blvd.
Alexandria, VA 22304

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Please recycle this newsletter.



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