

The Compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 11 Issue 3 • May/June 2010

Celebrate Summer with Pool Party and Arts Festival

Annual Pool Party

By Ray Celeste

The annual Cameron Station Pool Party is scheduled for Saturday, June 19. Red Hot & Blue's world-famous barbecue will be served from 11am until it runs out (probably after the first 600 residents). There will be a dual inflatable slide and a moon bounce for the children. Additionally, there will be a clown making balloon art. The pool party will run from 11am to 3pm. Please remember to bring your Cameron Station Community Association I.D. (Facilities Pass) to the front desk at the Cameron Club for entry to the party and to get your meal ticket.

ROAD CLOSURE: The pool party will take place on Kilburn Street between Cameron Station Boulevard and Medlock Lane; the street will be closed from 6pm on Friday, June 18, until 6pm on Saturday, June 19. There will be no parking in this area during that time. Any vehicles that have not been moved from the street by 6pm Friday night will be relocated. The Cameron Club &

(Continued on page 6)

6th Annual Cameron Station Festival in the Park

By Donna Kenley

Open to the public, the annual Festival in the Park will be held on Saturday, June 19, 9am-4pm, in the median along Brenman Park Drive. The Alexandria Police and Fire Departments will have



displays at the festival. In addition, we expect over 50 vendors selling all kinds of items, including children's books; baby items; wooden puzzles; designer clothing, jewelry, handbags and machine embroidery; Mary Kay and wellness cosmetics; glass, photography, paintings, pottery and sculpture; scrapbooks and acrylic stamps; pet photography, dog duds and pet aromatherapy products; and flowers and vegetables.

When the food runs out at the pool party, vendors will have plenty of crepes and glasses of fresh lemonade, plates of German schnitzel, bratwurst and sauerkraut, a multitude of chocolates, fresh coffee,

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Castor Canadensis Redux

By Mindy Lyle

The beaver strikes again.

Some Cameron Station residents may remember that the pond and surrounding areas at Ben Brenman Park were occupied by a beaver colony in years past, until the critters were moved to a more appropriate location. Well, Mr. Beaver and his family are back and making a banquet table out of the park once again.

As many as three beavers have been observed on the banks of the pond. As cute as they may appear to be, beavers are very destructive animals when they feast on the trees and vegetation in urban and suburban areas. A number of the memorial cherry trees and numerous other shade trees in



Mr. Beaver taking an afternoon swim.

the park have been destroyed in this latest visitation.

City of Alexandria Department of Parks and Recreation staff have worked with animal control officers

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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
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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

Are you ready for summer? With recent changes that have been made by the Cameron Station Community Association Board of Directors, this is certainly a great question.

Revised Pool Rules

Over the past several months, both the CSCA Board and the Ad Hoc Committee on Pool Use have been working on revisions that in the end have updated both the pool and club use rules and policies. These revisions covered many general topics, including eligibility to use, access, hours of operation, pool use and use of cell phones and MP3 players. These revisions have been mailed out, and you should have had an opportunity to review them. I particularly draw your attention to a new requirement we have implemented for I.D. cards; it requires the annual issuance of a decal for the back of each card. Applying for and receiving this decal is a prerequisite for use of Cameron Station facilities and services (including access to the shuttle bus). Enforcement will begin on Thursday, July 1. Many thanks to all involved in the policy revision process: the members of the Ad Hoc Committee for their hard work; those in the community who participated in the survey that helped shape the rules and policy; and management, who helped pull it all together into an improved and more consistent policy.

Private Tree Replacement Policy

We also have been working for the past several months to develop rules and policy to address the issues residents have experienced over the years regarding problem trees that are located on their private property. The final policy recently adopted by the board provides clear guidance on what a resident needs to do to remove and replace these trees. It includes a streamlined path for those planting pre-approved trees recommended by our tree consultant, allowing for a quick turnaround for most requests, and an opportunity for homeowners to make the case for other potentially appropriate alternatives before the Architectural Review Committee. Full details on the revised policy have also been mailed out to residents.

Repairs to Storm-Damaged Property

While it all seems like a distant nightmare, many of us are still living with the residual effects of the storms of the past winter. Deadlines for homeowners to address these resulting issues have been extended well beyond the normal timeframes, but May 1, 2010, was the deadline for homeowners to address any structural damage issues, and June 1, 2010, was the deadline for addressing tree and shrub issues. This is the perfect time of year for all homeowners to get out and take a close look at their properties. Many residents have identified issues ranging from wood rot on their dormers to the need for paint/staining, so please take a look and proactively start work on these routine projects.

Safety on the Streets of Cameron Station

While it may seem like common sense to drive carefully in Cameron Station, incautious driving happens more often than one would think. The streets of Cameron Station are there for the use of all residents; primarily they carry vehicle traffic through the community, but many bike riders, pedestrians and others use these streets too. Special care needs to be paid by drivers to their speed and attentiveness to non-vehicular traffic. That said, those who are not traveling in vehicles also need to pay attention to vehicular traffic. Regarding children in particular, there are many great places for them to play – designated playgrounds in the nearby parks and wonderful green spaces in some of the pocket parks. The street certainly is a place that I am constantly telling my small children they shall not play in.

Be safe and have a wonderful summer.

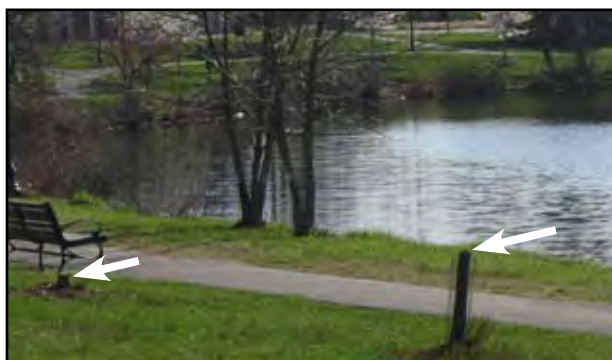
Beaver Strikes Again

(Continued from front page)

and the Commonwealth of Virginia over the last few months to solve the problem. For example, traps were set, but the beavers never took the bait. The traps have now been removed, and there are no plans to set them out again.

In April, the National Humane Society beaver expert came to the park to assess the situation. His report was to be presented to Parks and Recreation staff the first week in May. At that time a decision was to be made as to how to remove the beaver family. Mark Kelly, the city's naturalist, is now the point person for "the beaver project." Meanwhile, the city has agreed to replace all trees damaged by the beaver, although no date has been set.

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



Only stumps remain from these two memorial cherry trees.

Committee Updates

Architectural Review Committee

No update received.

Financial Advisory Committee

No update received.

Cameron Club & Events Committee

The committee sponsored the annual Cameron Station Spring Yard Sale on April 10. About 55 residents participated. Thanks to Ellen Shreve and Sonia Agosto for their support, including arriving at the Cameron Club in the wee hours of the morning to blow up balloons! Donna Kenley did a superb job advertising the event; among other venues, it was posted on Craigslist, Yard Sale Source, *The Washington Post*, *Alexandria Gazette*, Yard Sale Portal and many others.



The annual Cameron Station Pool Party will be held on Saturday, June 19, along with the Festival in the Park, the annual arts and crafts festival. (See front page article for details.)

Please note that the walls of the Cameron Club basketball court have been repainted. The speed bag in the fitness center has been repaired. The bike that is not working properly is going out for bid. We have new free weights. Our dumbbell rack has been labeled. Many of these items were due to Cameron Station residents' recommendations! We appreciate your input, and please keep the ideas coming. As you know, we cannot act on every one, but we do consider all of them carefully.

Common Area Committee

The Common Area Committee accepted Pride of Ownership nominations through May 28. Awards will be presented at the Cameron Circle gazebo on Sunday, August 15, during the ice cream social.

CAC has sent a plan to the board for improvements to the front entrance of the community. Irrigation systems recommended for this year should be installed soon. The committee continues to work on a snow removal policy; when complete, it will be forwarded to the board.

Reminder: Please do not fertilize common area grass, as we have a landscape company that will take care of that. Over-fertilization will cause damage to lawns. (See related article, page 15.) Thank you!

Communications Committee

The committee received 19 proposals in response to the website design Request for Proposals (RFP). They have narrowed the field down to six for further review and evaluation against the RFP. The committee has agreed to offer a 10% discount to advertisers who are running ads on the community website and in *The Compass* newsletter.

The committee is changing the date of their meeting to the third Monday of every month at 7:30pm in the Cameron Club. There are two openings on the committee. If you would like to join, please contact Chairperson Cheri Avila at communications@cameronstation.org.

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

Third Monday of the month at 7:30pm

Financial Advisory Committee

Third Thursday of the month at 7pm

Board of Directors Meeting, April 27

By Catherine Huddleston

Guest Speakers

John Noelle, City of Alexandria Arborist, gave a presentation regarding the proposed plantings for the Linear Park. The preliminary plans include building on existing conditions, dedicating resources effectively, planning now for the future and basing decisions on how/what to plant and when/who to maintain plantings. A copy of the presentation can be found on the Cameron Station website, www.cameronstation.org.

Financial Report

On March 31, 2010, the association had operating and investment funds totaling \$2,137,873.05. The Income Statement Report reflects a year-to-date income of \$565,028.45, which is \$12,746.45 above budget, while year-to-date expenses are \$686,859.41, which is \$135,397.84 above the budgeted amount of \$551,461.57. 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 \$197,552.70. The annual budgeted amount is \$44,500, which also covers street cleaning, usually completed in the spring.

Federal/State Income Tax exceeds the year-to-date budgeted amount of \$16,000 by \$4,500.

Common Area Consulting, with a budget of \$5,000, exceeds that amount by \$2,500 due to payment of \$2,500 for consulting by RTEC Tree for the forthcoming DMS Amendment.

Exercise Equipment Repair and Maintenance exceeds the budget by \$2,058.67.

Utilities exceeds year-to-date budgeted amount by \$2,117.85, partially due to higher-than-average club utility bills at the beginning of the year.

There is a negative variance of \$121,830.96 through March 31, 2010, and overall there is a negative variance between year-to-date income and expenses in the amount of \$122,651.39. The Capital Reserves account totals \$111,223, and the board approved \$97,060 in capital improvements projects for 2010 to be funded from this account. The Accounts Receivable Residential Assessments as of February 28, 2010, was \$26,467.37. This reflects a delinquency rate of approximately 1.27%, which is below the industry standard of 5%. Accrued Reserves total \$1,376,055.43 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 fitness center numbers are back on par with last year. One bike needs replacement, and proposals were presented with \$2,552.25 being approved

for a new bike. Also mentioned were complaints received regarding the warm temperature of the fitness center as is common for this time of year. Kevin requested that a mini fitness center survey be posted on the website that would stay up year-round, and the board concurred.

Residents' Open Forum

Several Cameron Station residents came to make recommendations for possible tree species to be added to the acceptable tree replacement list and to comment about tree replacement timeframes. Others, who have homes bordering the Linear Park, discussed the need for trees to be added to the areas that have none at this time and offered to help water the new plantings when they take place.

Committee Reports

Architectural Review Committee Chairperson Jon Bradley updated the board on the snow removal issues ratified during last meeting. One board member cited disappointment regarding committee decisions to waive snow removal violations and reminded the committee of the cost to the association for snow removal. The board advised the committee to remain consistent with city policies.

Ad Hoc Pool Rules Committee Chairperson Mark Miller clarified some recommendations made to the board. He announced that 225 surveys were completed online and five hard-copies were turned in to the management office.

Communications Committee member Jamie Test gave the board an update on progress with the website RFP. The committee has narrowed the list of candidates from 19 to six. The committee will go back to the vendors with questions and then narrow the list to three. They expect to be finished in approximately 30 days.

Cameron Club & Events Committee (CCEC) member Sonia Agosto reported to the board that the CCEC intends to move forward with the original plan to host a Halloween party in 2010 and will discuss eliminating the party next year after evaluating attendance for this year. Donna Kenley gave an update regarding the spring yard sale, which was a great success.

Action Items

- Meeting Agenda - Approved
- Minutes from board meeting of March 23 - Approved
- Proposal by Lancaster Landscapes totaling \$14,471.50 for 53 various tree replacements behind Carlton Place Condominium, previously removed due to damage from the snow storms - Approved
- Proposal by Sweep Rite totaling \$4,850 for street sweeping of Cameron Station's private streets - Approved

(Continued on page 18)

Cameron Club Pool Open for Season

By Airielle Hansford

The Cameron Club pool opened on May 29 for the 2010 season and will be open every day through Labor Day (September 6). It will also be open weekends in September, weather permitting.

Hours of Operation

Monday-Sunday, including federal holidays, 10:30am-8:30pm. Lap swim only 6-8am, Monday-Friday, excluding federal holidays. Two lanes will be reserved for lap swim only 7:30-8:30pm, Monday-Friday. (Please note that ten minutes before the top of each hour will be reserved as a "break" for lap swim during normal hours.)

Cameron Station Facilities Pass holders may bring four guests per household to use the pool area at any one time.

Private and group swimming instruction is no longer allowed at the pool.

Annual Decals and Pool and Fitness Center Use Agreement

All residents are now required to obtain an annual decal each year to display on the back of their Facilities Pass (formerly called the Cameron Station I.D.) in order to enter and use Cameron Station facilities (including the shuttle bus). In order to receive the annual decal, all pass holders must complete the combined Pool and Fitness Center Use



Agreement and bring it to the front office at the Cameron Club. The form was mailed to each residence and is located on the community website at the following link:

http://www.cameronstation.org/documents/forms&surveys/Exhibit_A_CClub_Usage_Agreement.pdf; there are also copies available in the management office. Enforcement of this rule will begin on Thursday, July 1, 2010. In an effort to accommodate

those residents who cannot visit the office during normal business hours, management will have extended hours on a few weeknights between now and July 1 so that residents can obtain decals. The extended hours will be posted on the website and sent in community email blasts. Also, residents can call the office.

Nanny Passes

Each residence may obtain one "nanny pass" each calendar year. Nanny passes will be marked with the year of use and are specific to individual residences. Any resident wishing to obtain a nanny pass will be required to provide written authorization each calendar year with the name(s) of any nanny or childcare provider who will escort Cameron Station Facilities Pass holders under the age of 16.

Airielle Hansford, CMCA, AMS, PCAM, is the Cameron Station Community Manager.

Annual Pool Party

(Continued from front page)

Events Committee appreciates your cooperation!

If you would like to volunteer to help with the pool party, please send an email to Raymond.Celeste@gmail.com.

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

Correction

Thanks to neighbor Burke Wilson who notified *The Compass* that the colonel for whom Somerville Street was named (see *History in Our Streets*, March/April 2010, page 11) actually spelled his name without the final "e" – General Brehon Burke Somervell.

Arts Festival

(Continued from front page)

smoked BBQ, hand-cut French-fries, hand-made veggie sandwiches and an assortment of fresh baked pastries and breads. Additionally, there will be wine tasting. Most importantly, the festival is open for breakfast. Come enjoy coffee, organic juices, fruits, biscuits, sausage and egg wraps and an assortment of muffins.

PARKING RESTRICTION: Parking on either side of the median on Brenman Park Drive will be prohibited from 6pm on Friday, June 18, until 6pm on Saturday, June 19. Parking spaces will be marked by the Alexandria Police.

If you would like to volunteer to help with the festival, please send an email to kenleyd@aol.com.

Donna Kenley is vice chair of the Cameron Club & Events Committee.

Congrats to Our New Administrative Assistant!

By Felicia Mingione-Buzan

Carla Martin joined the office of the Cameron Station Community Association in January of this year and officially transitioned to the role of permanent administrative assistant in April. With a B.A. in communications and almost 10 years of experience in apartment management, Carla recently relocated with her family from central Florida to northern Virginia. We are very excited to have Carla on our team, and she is looking forward to sharing her enthusiasm and positive attitude with our great Cameron Station community.



Felicia Mingione-Buzan is Cameron Station's Assistant Community Manager.

Book Signing at Food Matters

Tuesday, June 29
5:30-8:30pm

Come and meet neighbor Krista (Kelley) Gauthier and her father R. Michael Kelley, co-authors of the coming-of-age novel, *The Bridge Club*. (See article on page 11.)

HOA Board of Directors 2010 Meetings

Tuesdays, 7pm, Cameron Club

May 25
June 22
July 27
August 24
September 28
October 26
November 16
December 21

Town Hall Meeting: Sunday, August 15
(following the Ice Cream Social and Pride of Ownership award ceremony). **Annual Meeting: Monday, November 8 (proposed).**

Cars Crash into Neighborhood Townhouse and Restaurant

In the span of two weeks, there were two serious auto accidents in Cameron Station, both apparently caused by drivers trying to park and hitting the accelerator instead of the brake.

The first occurred on Medlock Lane. The owner was not home at the time, and fortunately the driver was not hurt, but the structural damage was severe, and the owner cannot move back in until it is repaired.

The second accident involved a car crashing into the glass double doors of the Somerville Street entrance to Food Matters. Fortunately there was no structural damage, and neither the driver nor anyone in the restaurant was hurt. As this issue goes to press, the entrance is boarded up, and patrons are being asked to use the main entrance on Brenman Park Drive.



The damaged townhouse on Medlock Lane



Food Matters entrance boarded up after the crash

Fitness Center News

By Kevin Horner

Group Exercise Classes

Our third group exercise session of 2010 is underway. Residents can drop in on classes for \$10 a class. Our fourth session will begin the week of August 1.

Sports Conditioning with Abs:

Mondays, 7-8pm (with Amy)

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

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

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

Yoga: Wednesdays, 8-9pm (with Natalie)

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

Yoga Fusion: Thursdays, 8:15-9:15pm (with Denise)

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

Fitness Center Reminders

This continues to be a problem! Please make sure you clean the machines after you use them. We provide gym wipes, towels and sprays to make this as easy as possible. No one likes sitting or stepping in pools of someone else's sweat. Thank you!

Special Thanks

We purchased new weight plates for the gym, and instead of having the company that delivered the new weights haul away the old ones, we donated the old weights to the T.C. Williams High School weight room. Special thanks to the CCEC for making this happen.

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

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

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

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, Fourth of July, Labor Day, Columbus Day, Veterans' Day, Day after Thanksgiving

2010 Cameron Club Guest Passes and Visitor Parking Passes

Available at front desk of the Cameron Club.

Adopt a U.S. Service Member

Here's a way to show year-round support to our deployed service men and women: adopt a Marine, Soldier, Sailor or Airman today and let him or her know we care. For more information, contact Heather Vahovich at 410-980-6315 or hmelinda1@yahoo.com.



SUMMER 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 (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 Fitness Fusion (Denise)
10:00AM							10:00AM-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)				
8:00PM				8:00-9:00PM Yoga (Natalie)	Yoga Fusion 8:15-9:15PM (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.



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Choosing the best
real estate company?
NO PROBLEM.

The way they made you laugh. The little secrets you shared. These are the ties that bind friends together forever. It's not so different with your real estate company. At Tom & Cindy and Associates, we seek long-lasting relationships with our clients. Our skilled real estate professionals are highly trained and pride themselves on creating a world-class service experience for each and every client. We know how to bring buyer and seller together - with ease. Why not call today? Whether you're working with us for the first time, or fifth, you'll always have a friend with Tom & Cindy's team.



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.

Evelyn Brooks Designs, Stylish and Exotic

By Catherine Huddleston

Alexander Graham Bell wrote, "When one door closes, another opens."

For Cameron Station resident Evelyn Brooks, this adage could not be more accurate. On October 2, 2001, just weeks after the tragic events of 9/11, she was laid off from her job with an airline and moved back to her native Peru. That Christmas, her father, whose lifelong career is in the



jewelry manufacturing industry, gave Evelyn a box of rubies and sapphires and asked her to create a design. Although she had always said that she would never design jewelry nor work in Dad's business, she rose to the challenge and fashioned a bracelet, earrings and ring. Less than two years later, Evelyn and her husband Bryan established Evelyn Brooks Designs (EBD); and three years after

that, Evelyn left the travel industry for good to take on her biggest and most passionate professional challenge yet.

With a solid business plan in mind, EBD developed a Mission Statement: "To inspire men and women to wear contemporary and exclusive designs with a fine touch of Peruvian and contemporary art; to create designs that strive to preserve culture and contribute to the world's efforts in fighting worldwide issues."

A Social Responsibility Statement was developed, with EBD strongly believing in giving back to the community. "There is a meaning in all we do in life," Evelyn explains. "The reason for doing business is not simply business; we strive to bring light and beauty to the world and through our work and actions inspire others to reach out for their dreams and contribute to our society. As a new American, I feel compelled and committed to contribute to social change."

EBD had great success during the first summer with Evelyn creating the ingenious Fashion Fights Poverty charm; and the cuff bracelets from the men's collection sold out in one week. Evelyn realized things were going to "in a good way" get really crazy. "I knew that if I had to give up my comfort and eat rice and beans to live, I was willing to do that." The designs and the business have grown so well since those days that the menu in the Brooks household has long since expanded!

Evelyn in particular praises Empowered Women International's Training for Success program for aiding her in focusing her ideas and providing guidance for her first portfolio. Her progression was so impressive that she was awarded their Outstanding Artist Achievement Award in November 2007. (Acclaimed designer Donna Karan also took notice of Evelyn's work and was photographed wearing EBD at "Fashion Fights Poverty, New York" at this same time.) Additional training at the Torpedo Factory and the Gemological Institute of America rounded off Evelyn's education in jewelry design. The Greater Washington Fashion Chamber of Commerce recently awarded Evelyn the GWFCC Fashion Chamber Choice award 2010.

The aesthetic of EBD's designs is modern and classic, artistic and contemporary, with influences that can be linked to various lineages in Peruvian culture. The Moschik, inspired by the Moche culture, and the Kon-Tiki, influenced by the ancient Incan civilization, are a few of the early collections designed by EBD. Elegant and beautiful, they transition from morning to evening with ease. Evelyn's award-winning designs incorporate precious metals (950 silver, gold and platinum), natural gemstones and seeds from the Amazon such as Huayruro, a symbol of good luck, happiness and fertility.

Additional information about EBD can be viewed at www.ebrooksdesigns.com. As for Evelyn herself, she currently teaches jewelry design at a local college and is available to do workshops for interested groups and individuals. Her pieces are also for sale at many shops in the Washington, DC, area, with Saks-Jandel being the newest. She can be reached at 571-221-4150 or info@ebrooksdesigns.com.

Evelyn and Bryan live in Cameron Station with their son Tyler, who celebrated his first birthday in March.

Working from Home?

Love the freedom but miss the camaraderie? Looking for something to break up the day? Grab your laptop and head over to Cameron Café for free wireless and some great beverages and food.

Neighbors in the News

From Author to Entrepreneur

By Pat Sugrue

There are many things fathers and daughters enjoy doing together. Co-writing a “coming of age” book is probably not the first thing that pops into your mind.

However, that’s exactly what Cameron Station resident Krista Gauthier and her dad Michael Kelley did. One of Cameron Station’s book clubs, “Reading Between the Wines,” chose the book for their February discussion. It turned out to be not only an enjoyable read, but a fascinating evening with both authors as they explained how their novel, *The Bridge Club*, came about.



Both Krista and Michael are Boston College grads (1997 and 1971), English majors, voracious readers and good writers. But it is Michael who had the strong desire to be a published author someday. Although he had been a high school English teacher for six years, it

was during his subsequent career as a financial planner that he got the idea for the book. Having a close relationship with his daughter, and knowing that she enjoyed writing too, Michael thought it would be a fun adventure to write a book together. So in 1994, when Krista was a sophomore in college, the adventure began. According to Krista, it was indeed fun...but much more difficult than either had anticipated.

Michael knew the basic story he wanted to tell: a coming-of-age story involving high school kids and a popular teacher, set in an American small town. He and Krista together would develop rough outlines and create the characters. Then Michael would write the chapters involving the teachers and administrators; Krista would be responsible for the ones featuring the high school kids.

Two years after they began, caught up in their own busy lives, they had only skeletons of half a dozen chapters. They realized they had to get serious about this project or it would never get done, so each committed to writing a chapter a week. Five months later, they had a completed draft that was half the size of the final book and, according to Krista, “it was basically garbage!” But at least they had something in hand.

The editing process took another year. Michael was in charge of the editing and responsible for making sure that the book had one voice – that it did not sound like two authors had taken turns writing chapters, even if that’s what had actually happened. Krista was in charge of marketing – finding agents and eventually a publisher. Ninety-three rejection letters later, they realized they were not going to find an agent, and without an agent, no publisher.

Lo and behold, in April, 2002, they were contacted by AuthorHouse, a self-publishing operation that not only publishes books but also helps authors find outlets such as bookstores and libraries and even provides marketing materials. They had half a dozen book signings in Connecticut, where Michael lives, and in Colorado, where Krista was living at the time, and they did sell books. They also entered a book contest and almost won, except the judges didn’t like the book’s cover!

Now it’s eight years after publication of *The Bridge Club*, and the question is – is there another father/daughter book in the works? “No,” said Krista, “we won’t be writing another book together. It truly was an amazing experience to work with my dad on this project, but we had no idea of the time and effort it would take. Today we live 350 miles apart and lead totally separate lives, so we’ve decided to follow our own creative paths.”

Actually, Krista’s dad is working on another book. She says it is a little difficult to describe at this point, but rather than a work of fiction, it is “a series of reflections on life and the way we treat each other.” Krista’s creative juices are flowing in a more entrepreneurial direction. As this newsletter goes to press, she is launching a company, “Crafted Elegance,” which she describes as a “holiday in a box.” Krista has created wreaths and other holiday and seasonal decorations for mantels, coffee tables, doors, dining room tables and the like. She offers a number of designs to choose from, and everything comes neatly packaged in a box with directions on how to display them. She is also starting a seasonal wreath club. Look for her wares at Cameron Station’s art festival on June 19.

But Krista and Michael haven’t abandoned *The Bridge Club*. A number of friends have urged them to explore the Young Adult market, which they are considering looking into in the near future. Meanwhile, they will be doing a book signing at Food Matters on Tuesday, June 29. Come by and meet this delightful daughter/dad duo!

Ben Brenman Park Volunteer Clean-up

By Christina Anderson

The volunteer park clean-up is the last Saturday of every month at 10am. If you like to use Ben Brenman Park, make it a family event and come out to help clean up the park and nearby surroundings. Bring a bag, gloves and a pair of grabbers if you have them. With just an hour of effort, we can do a lot to improve the park for ourselves and our neighbors. Thanks to all of you who have donated your time to help keep the park clean. If you need more information, contact Christina at cka27@comcast.net.

One of the many turtles and Canada geese families in the pond in Brenman Park.



Sunday, August 15

1pm
**Pride of Ownership Awards Ceremony
and Ice Cream Social**
Gazebo in Cameron Circle



2pm
Town Hall Meeting
Cameron Club

Grab an ice cream, congratulate the Pride of Ownership award winners and come on into the town hall meeting to discuss community issues with your neighbors and HOA board members. Make your voice heard in a comfortable, casual setting!

Dining Al Fresco



Take advantage of the beautiful warm weather and dine outside in your own neighborhood! The Main Street Market, Cameron Café and Food Matters all have outside tables. Not only are they perfect for people, but they are pet-friendly, too!



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USA/Alexandria Birthday Celebration

Saturday, July 10

4-10pm

Oronoco Bay Park

Old Town Alexandria

This is a wonderful event for the entire family! Beginning at 4pm, community exhibitors, children's activities and refreshment sales will be available. The 257th Army Band, "The Band of the Nation's Capital," will play at 6pm, followed by the Mayor of Alexandria's introduction of Alexandria city and Virginia state officials and the presentation of community awards. Birthday cake will be distributed at 8pm. The Alexandria Symphony Orchestra begins playing at 8:30pm, followed by the grand finale fireworks display at 9:30pm, featuring the 1812 Overture with cannon support by the United States Marine Corps, Basic Training School, Quantico, VA.

"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 2009
Newsletter Delivery Problems	Sept/Oct 2009
Nuisance Abatement	Mar/Apr 2009
Pet Policy	Mar/Apr 2009
Reporting Problems	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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Keeping Your Pet Healthy This Summer

By Christina Anderson

With summer just around the corner, we pet owners need to be even more aware of the lurking dangers that can wreak havoc with our best friends. With some due diligence and heightened awareness, we can make choices that will keep our pets healthy, happy and out of the animal hospital.

Pet-proof your home. Just as you would child-proof your home with a small child, it is good idea to pet-proof your home as well. Imagine you are at the same height as your pet and look for dangers. There are many things in your home that may be toxic, and some of them are even beautiful. For instance, house plants can be poisonous. Some of the offenders include Easter lilies, mistletoe, oleander, English ivy and tulip and narcissus bulbs. Keep the lid on your garbage and keep your dog from pulling out cooked bones. Bones can splinter and cause choking. If you want to give your dog bones, try the digestible ones or raw beef bones. You can find a good selection at Pet Sage in Alexandria. Put away all medications as they can be lethal. The most dangerous are the anti-inflammatory ones like ibuprofen and acetaminophen.

Don't feed your pet people food, especially the main offenders. It is a bad idea to feed your pets people food for a number of reasons. You may think you are being a good owner by giving in, but you are probably creating problems for your pet that can cause them discomfort or harm. Actually, some veggies and fruits are fine, but know which the safe ones are. Watch out for toxic foods, including chocolate, onions, macadamia nuts, garlic, chives, rising bread dough, sugar, baked goods and xylitol (found in sugar free gum). Xylitol is very toxic and can cause the liver to shut down quickly. Take your pet to the veterinarian immediately if you suspect this has happened. For a pet emergency list that you can post in your home, go to www.marthastewart.com and search for "Creating a Safe Home for Pets."

Create a toxic free home with green cleaners. There is research showing that many of the chemicals we use in our home are toxic and can cause headaches and allergic reactions. Protect your children and pets by switching to natural cleansers that are just as effective. White vinegar, water, baking soda and lemon juice can clean just about everything in your home without the harmful effects and extra expense of many commercial cleaning products.

Go pesticide free in your home and on your pet. After losing a beloved childhood dog due to pesticides used in our home, I do not advocate using any pesticides in the home or even the use of strong commercial flea products. Though many vets say they are fine, I have also spoken with some who think they are much too strong and can cause neurological and allergic reactions, especially in small dogs. First, try an herbal flea shampoo or the "flea

birth-control pill" that the pet takes to stop the fleas from breeding. It takes a little longer, but it's just as effective and not so toxic. Also, get a good flea comb and periodically check your pets. Wash and treat the bedding and areas they use. Stay on top of the problem and only use the commercial pesticide products as a last resort and for a limited time. Always consult your vet first.

Keep watch for outdoor dangers. If you walk your dog in the park on a regular basis, be aware of the dangers that can lurk behind that tree or bush. First off, be sure to clean up after your pet and try to clean up after others if their owners have failed to do so. I know it's gross, but you will be a great neighbor in helping keep feces away from other dogs that can ingest it and get sick. Also, be careful of food that falls out of the garbage cans, a temptation for your dog as you walk by. Be aware that some gardeners may still use chocolate mulch in their gardens which, if eaten, can be toxic to pets. Also, wipe up all antifreeze in the garage or driveway; unfortunately, it is sweet-tasting, but antifreeze is poisonous to pets and even one teaspoon can be fatal. I am not sure why the industry does not change the smell and taste of the liquid to discourage pets, but that has not happened yet, so we have to be aware. An antidote must be given within 12 hours, so rush your pet to the vet if you suspect antifreeze ingestion.

If you follow some of these simple suggestions, you may avoid a costly trip to the vet and emotional wear-and-tear on you and your family. It just takes a little more time and attention to be sure that you are giving your pet and your family a safe and toxic free environment. Have a wonderful summer – and don't forget to bring your doggie bags to the park.



Cameron Station resident Betty Dawson with Duffy and Lola Belle

Lancaster Landscapes Answers FAQs

A number of residents have raised questions or concerns about the potential environmental impacts of the work done by the community's landscaping contractor. The following information is an abridged and edited version of Lancaster Landscapes' response.

Fertilizer Use

Healthy turf requires the correct usage of fertilizer and weed control materials (herbicides). Overfertilization can cause many problems, including fungus, extreme rapid growth, thatch build-up and excessive nutrient leaching and run-off. Excessive use of weed control materials can also damage healthy turf, plants, trees and shrubs.

For many years, Lancaster Landscapes has followed the guidelines set forth by the Maryland Department of Agriculture Nutrient Management program, the Maryland Cooperative Extension Service and the Chesapeake Bay Foundation. By adopting their recommendations we are able to reduce pesticide and fertilizer usage, thus protecting local waterways, the Potomac River and the Chesapeake Bay.

This program involves carefully timed usage of herbicides so that both winter and summer annual weeds can be controlled with one application in the spring. In contrast, fertilization takes place primarily in fall. Applications are made according to the soil condition, turf condition and weed populations.

It is important to remember two points. First, undesirable plants can be controlled but not always totally eradicated. Second, more material can be applied if needed, but it is impossible to "take back" excess applications or the damage they may cause.

Grass Recycling

Lancaster Landscaping practices "grasscycling" – the practice of mowing the grass but not necessarily bagging or raking up the clippings. Mowers with sharp mulching blades are used to mow at a height of 2½ to 3 inches so that the clippings do not harm the lawn or contribute to thatch. Grasscycling has many benefits, including returning nutrients and organic matter to the soil; natural mulching of turf, resulting in less need for water; and reducing fertilizer requirements by 25%.

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Samuel Tucker Elementary News

By Ingrid Sanden

Martha Grutza Honored

Martha Grutza, a physical education teacher at Tucker Elementary and a Cameron Station resident, is one of nine recipients of the 2010 Salute to Women Awards sponsored by the Alexandria Commission on Women. This award honors outstanding women nominated by fellow residents for their contributions to the women and children of Alexandria.



Cameron Station resident and Tucker physical education teacher Martha Grutza receives her Salute to Women award from City Council Member Del Pepper.

Ms. Grutza, who received the Women's Health and Safety Advocate Award, is described by her colleagues as a "visionary for physical education, nutritional health, personal strength and safety,"

who continually goes above and beyond her role as an educator. Her commitment to her students is extraordinary, both in the classroom and out. Described by Janice McLaury, Tucker PTA President and Cameron Station resident, as "an amazing teacher who will be remembered by her students as having had a positive effect on their personal development, self-esteem, attitude towards life and ability to overcome life's challenges," Ms. Grutza has been a strong community advocate for living a healthy lifestyle, helping to prevent obesity, anorexia and malnutrition among children.

Ms. Grutza's commitment not only to Tucker students, but also to their family members is evident. She maintains open communication with countless Tucker parents, knows every one of the more than 700 children at Tucker and encourages students and their families to attend Tucker events after school and on weekends. For example, she, along with the YMCA of the National Capitol Region, organized Tucker Family Sports Day this winter; more than 400 people poured into Tucker Elementary on a chilly winter Saturday to exercise together, learn about fitness and burn calories. Ms. Grutza's leadership on this event was critical to its success.

Ms. Grutza is a role model for Tucker students and staff, as well as for the Cameron Station community, because she practices what she teaches: healthy physical choices provide the basis for a happy life. We could not be more proud or more blessed to have her as a part of our West End community.

Jennifer Willment Recognized

Ms. Willment, a kindergarten teacher at Tucker Elementary since 2003, is one of 21 regional winners of the 2009-2010 Agnes Meyer Outstanding Teaching Award, presented annually by *The Washington Post*. Teachers, students, former students, parents, administrators and the general public choose nominees, each of whom must have at least three years of teaching experience in the school or school system in which he or she is currently serving.



Jennifer Willment poses with some of her kindergarten students in her classroom at Tucker.

"I can think of no one on my staff more deserving of this recognition than Jennifer Willment," said Tucker Principal Loretta Scott. "This creative teacher utilizes music, art, poetry and movement to bring learning into the reach of the variety of learners in her classroom."

In 2003, Ms. Willment collaborated with another teacher to create a school-wide reading celebration called "Room to Read." This event continues to be held four times each year and involves adopting a school from somewhere else in the world. Tucker students learn about the culture, music and literature of the selected country while experiencing the effects of social activism by collecting spare change to help children in need of books in their native language.

Ms. Willment believes that each student can exceed his or her goals, regardless of challenges he or she faces, notes a parent of a student Ms. Willment taught last year. "Ms. Willment has such a special gift: she reacts to her students' achievements with pride, but also as though she expected the children to succeed all along - and was just quietly waiting for him or her to realize it too. And then she is there to celebrate with them! The pride my daughter felt after mastering a new skill was so gratifying, and I give all credit to Ms. Willment."

Ms. Willment holds a Bachelor of Education degree from The Pennsylvania State University and a Master of Education degree from Cabrini College.

(Tucker News continued on page right)

Samuel Tucker Elementary News *(Continued from previous page)*

Tucker Students at White House Easter Egg Roll

The U.S. Department of Education invited Tucker Elementary teachers, students and their families to the 2010 White House Easter Egg Roll on April 5. The department presented 250 free tickets to the school, chosen for its high achievement (the school has made Adequate Yearly Progress under the No Child Left Behind Act since 2000 and is fully accredited), its diversity and its many health and wellness initiatives.



Cameron Station residents\Tucker students at the Easter Egg Roll on the White House lawn: Maeva Dellaria, Michael Katsock and Andrew Perry.

"We feel fortunate to have been chosen to represent Alexandria at this much-anticipated White House event," said Tucker Principal Loretta Scott. "This is a once-in-a-lifetime opportunity for many of our students."

President Barack Obama and First Lady Michelle Obama hosted the Easter Egg Roll, a spring tradition dating to 1878. The health-and-wellness-themed event featured live music, sports courts, cooking stations, storytelling and, of course, Easter egg rolling.



The Tucker Elementary PTA raised more than \$7,000 for technology items on teacher wish lists at the Spring Fling on April 23. Tucker students pose with Alexandria City Councilwoman Alicia Hughes, who was a high bidder in a silent auction of student art work.

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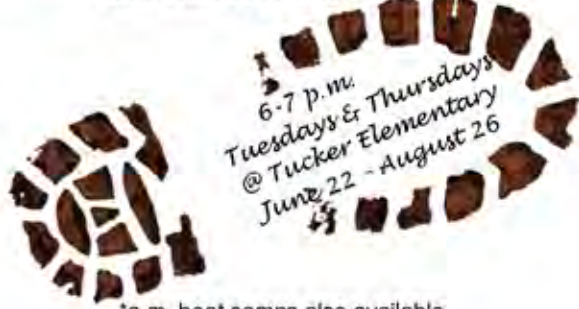
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Board of Directors Meeting

(Continued from page 5)

- Proposal by SimplexGrinnell totaling \$8,736.50 for dry pipe valve replacement and smoke detector repairs as a result of the Fire Marshall inspection - Approved
- Tree replacement amendment to the Cameron Station Design & Maintenance Standards - Approved
- Cameron Club Operating Rules & Procedures Policy Resolution Number 2010-01 as amended - Approved

Additional Items

- The front desk at the Cameron Club was repositioned on Monday, April 19. The drywall has been repaired and painting will begin shortly.
- Carla Martin accepted the Administrative Assistant position and officially started on April 12.
- The perimeter fence extension at Woodland Hall is installed and is the correct height. The city has inspected the fence and confirmed that it is consistent with the design of the perimeter fence.
- Management is continuing to interview for the full-time maintenance technician position. Many applications have been received; however, management wants to ensure that only ideal candidates with the appropriate credentials and experience are considered. Additional information will be provided to the board at the May 23 board meeting.
- The association's insurance expires on June 1, 2010. CMC is in the process of soliciting bids for renewal. This information will be provided at the May 25 board meeting for board review and consideration.



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What Should Fill Empty Retail Space?

We asked this question in the March/April edition of *The Compass* and received replies from half-a-dozen residents. Here are their suggestions, which we have shared with the leasing company.

- A pack-and-mail store that would also receive packages for residents
- Drop-in babysitting, open until midnight on weekends
- Office/conference room rental, with walk-in and account copier/scan/fax services
- Family practice doctor
- A blues/rock & roll music night club that would showcase local music talent and offer a light menu, full bar and table service
- A "neighborhood-type" restaurant that would sell comfort food, draft beers, "solid" drinks and appetizers...a local watering hole with TVs for sporting events
- A nail salon or hair salon, not necessarily a high-end spa
- A crepes place
- An ice cream shop
- A sandwich shop like Potbelly
- A brick-oven pizza place
- An "authentic" pizza place
- A pet supply store/pet day care

Cameron Station Book Clubs

"Monday Night Bookball" may have 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

May: *Blithe Spirit, Hay Fever, Private Lives: Three Plays* by Noel Coward

June: *Pride and Prejudice* by Jane Austen

July: *The Informant: A True Story* by Kurt Eichenwald

Reading Between the Wines

May: *Angry Housewives Eating Bon Bons: A Novel* by Lorna Landvik

June: *The Hotel on the Corner of Bitter and Sweet* by Jamie Ford

July: *A Cordiall Water: A Garland of Odd and Old Receipts to Assuage the Ills of Man and Beast* by M.F.K. Fisher

Beatley Central Library Announces SummerQuest 2010 Lineup

By Mark Schwartz

Alexandria Library has announced the SummerQuest 2010 schedule for the Beatley Central Library, right across Duke Street from Cameron Station. SummerQuest is the reading summer program for children ages six to 12. Children are invited to read books, keep a reading log and enjoy book-related events.

Wednesday, June 30:

Michael Klee Magic. Join Michael Klee for his amazing magic show.

Wednesday, July 7:

Bingo Bash. Play bingo and win a book.

Wednesday, July 14:

The Maryland Science Center presents Science to Amaze and Intrigue. How do our senses help us? What is a flaming vortex? This is a show that mixes chemistry, biology and physics to demonstrate the properties of sound, temperature and combustion.

Wednesday, July 21:

Storyteller Gary Lloyd presents "Got a Whale of a Tale to Tell" - silly stories about deep sea creatures.

Wednesday, July 28:

Stevens Puppets present "The Wizard of Oz."

Wednesday, August 4:

Join us for some *stories and songs*. Certificates and prizes will be given out to those readers who have met their goals. (Parents are invited to join us at the end of the program for refreshments.)

SummerQuest sign-up begins Monday, June 21. The programs are especially designed for ages 6-12. Programs last 45-60 minutes. There are several special programs (in addition to regular story times) for children under the age of six. Sign up your pre-school children and receive a "SummerQuest Junior" schedule at any Alexandria library.

Performances by Michael Klee, Maryland Science Center, Gary Lloyd and Stevens Puppets are courtesy of The Friends of the Beatley Central Library.

Beatley Central Library is located at 5005 Duke Street. For more info, call 703-746-1702, extension 5.

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

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Sun. 1-5pm

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Le Club Français de Station de Cameron

Parlez-vous français? Do you speak French?

If so, please join your French-speaking neighbors who would like to practice their French speaking skills. We meet the FIRST MONDAY of each month. Our next meeting is set for Monday, June 7, at 7:15pm. If you would like to attend, please RSVP to Geraldine Amaral at geraldinestarot@gmail.com or call 703-671-7421. Note: Although many of us are rusty in our speaking skills, we prefer that you have a basic knowledge of French. *Nous esperons que vous pouvez nous rejoindre!*

Become an Event Auxiliary Volunteer!

The Cameron Club & Events Committee is establishing a list of residents who are willing to assist with events but do not need to attend committee meetings nor vote on committee actions. If you would like to be an Event Auxiliary Volunteer, please contact Pinky Fitzgerald at 703-461-3027 or magsfitzgerald@comcast.net. Your help is greatly needed and appreciated. Thank you!

TGI(L)F Undergoing Changes

By Margaret Fitzgerald

The Cameron Club & Events Committee (CCEC) is revamping the monthly adult happy hour. The May TGI(L)F was canceled. We intend to have fewer but better TGI(L)Fs and plan to start later (probably 7pm) to better accommodate people's work schedules. Look for email blasts and signs indicating the next events and starting time. We will be fixing the signs, publishing the revised schedule, looking at funding, changing out ABC permits and working themes. TGI(L)F is still evolving, and we want to serve as many residents as possible.

Margaret "Pinky" Fitzgerald is a member of the CCEC and founder of TGI(L)F.



Line dancing was a highlight of the April TGI(L)F.

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- Include your home in our Cameron Station newsletter
- Provide both National and Local Display advertising
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West End Farmers Market Returns with Old Favorites and New Offerings

By Susan Birchler

The West End Farmers Market opened for its fourth season on May 2. Last year the market thrived, and this year looks like it's going to be stupendous as well! We have added several new vendors, and all our old established vendors will be back.

To whet your appetite, allow me to present some of the vendors who are putting up their tents, setting out their wares and awaiting your visits from May to November in Ben Brenman Park.

Amish Cheese and More: Tommy Tompkins brings several kinds of mouthwateringly delicious artisan cheeses, goat cheeses, yogurts, free-range chicken eggs, jams, jellies, canned veggies and baked goods. His tent is always crowded.

Papa's Orchard: Barry Argento was retired when his daughter asked him to sell the fruits from her orchard and farm at farmers markets. The farm is not certified organic yet, but the apples, pears, grapes, peaches, blueberries and grapes are grown without pesticides. His fruit is always sweet and delicious, and he carries multiple varieties.

Fresh Joseph's: You can smell the fresh-squeezed orange juice twenty paces away from Cheryl's stall. And the scones she makes at four in the morning are melt-in-your mouth great.

Berry Farm: Alma Diaz comes from the Virginia shore region with ripe, in-season berries. The wet spring should produce a bumper crop of sweet strawberries, raspberries, blackberries and blueberries. In season, she also has peaches, garden tomatoes, garlic and squash blossoms.

Produce: We have three produce vendors, each bringing vegetables, sometimes picked early that morning, from their small farms, garden plots and greenhouses.

Breads: The market features a wonderful array of pastries, breads, cakes, cookies and sweets of all kinds, baked early that morning by Joe LaPorte, Sweet Ladies Bakery, Great Harvest Bread Co., Uptown Bakers, Coates Bakery and Rockahock Farms.

Coffee and Tea: Teaco and Beanetics return for another season, and their friend Mimi from Guata Java will be joining them.

Flowers: William and Billie will be back giving away roses and selling big, gorgeous bunches of flowers, as well as coffee to ease the pain of getting up and out in the morning.

New Vendors:

Cavanna Pasta will be selling handmade pastas and sauces – so goooooood!

Rockahock Farms will be bringing some old-fashioned southern foods, including sweet potato biscuits, peanut butter pie, fruit cobblers and marmalades.

Joelle Coates goes international with Belgian waffles, Brittany crepes, vegetable turnovers, quiche, soups, taboule and gazpacho.

Arch Painter makes and sells floral arrangements.

Nuts. We were lucky enough to talk Aimee into bringing her scrumptious gourmet nuts to sell at our market. Don't miss these.

As if all that mouth-watering food weren't enough, artists and craftspeople will be selling their work every week.

Come out and join us on Sundays through November 21, 9am-1pm, in the south parking lot of Ben Brenman Park.

See you at the market!

Susan Birchler is a resident of Cameron Station and, with Julie Bryant, a manager of the West End Farmers Market. She may be contacted at 571-278-7095 or sabirchler@gmail.com.



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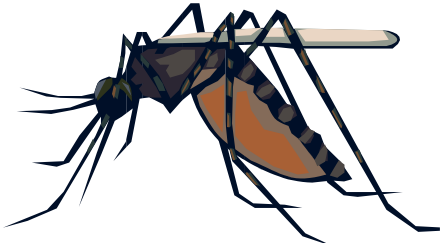
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Help Control Mosquitoes

The most effective way to control mosquitoes is to eliminate or treat the standing water where mosquitoes lay their eggs and their larvae live and grow. Mosquitoes need only a few tablespoons of water to breed. If you have a birdbath, please be sure to change the water or flush it out using a garden hose at least once a week. Don't let water accumulate in dishes underneath flower pots or in any other containers in your yard or around your home. Keep gutters free of leaves and debris so water flows freely and does not accumulate. Be sure corrugated downspouts are angled correctly so they don't collect water in their grooves.



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From Tiller to Table, Food Matters Supports Sustainable Agriculture

By Jane McDonald

Every April, Earth Day rolls around, and we are reminded that the earth depends on us to be good stewards of its resources. Then the day passes, and many of us forget. But at Cameron Station's Food Matters restaurant, *every* day is Earth Day.



Chef Tom

Food Matters Chef Tom Przystawik remembers fondly the family excursions of his youth in Florida. His German parents packed lightly: salt and pepper shakers would do. They couldn't wait to head out to whichever local "pick-your-own" farm had the most flavorful ripe produce at that moment. The entire family would pick plump, fresh tomatoes off the vine,

sprinkle them with salt and pepper and savor them right then and there. When everyone had finished eating, they would toss the stems to the ground.

That simple act may seem trivial, but it's actually quite powerful: returning organic material to the soil is a key step in the natural agricultural cycle. The cycle begins with and depends on nutrient-rich soil for planting, then arcs through seasonal growth, fruition and harvest, and finally ends with composting the remaining organic scraps – which, in turn, will enrich the soil for the next season's plantings. It's natural, simple and efficient.

Composting is only one step toward ecologically efficient agriculture. The "sustainable agriculture" movement promotes environmentally friendly practices throughout the entire food production process, from tiller to table, and encourages small, realistic steps we can all take for long-term nutritional and environmental health.

The award-winning food writer, journalist and professor, Michael Pollan, is one of the most outspoken advocates of sustainable agriculture in the United States. In books such as *Food Rules* and *The Omnivore's Dilemma: A Natural History of Four Meals*, Pollan's keen eye explores the many facets of our relationship to food: how we eat, what we eat, where our food comes from, how it is grown and how it affects our local eco-system and community. As consumers, taking part in sustainable agriculture is easy: simply choose to eat seasonal, local, organic products...and recycle.

Pollan is one of Chef Tom's favorite authors, and he has taken this philosophy to heart at Food Matters. The centerpiece of the restaurant's many laudable environmental efforts is its Community Supported Agriculture program. For a reasonable fee, Food Matters distributes to CSA members (every week, 38 weeks a year) seasonal organic produce, herbs, flowers and eggs procured from local producers. It is one of the most comprehensive, longest-running and most affordable CSA programs in the area.

An avid recycler as well, Chef Tom saves all of Food Matters' raw fruit and vegetable scraps for his friend Mike. Usually there are enough scraps each week to fill a 55-gallon container – about the same size as a typical Cameron Station curbside trash can.

Mike pulls up to the restaurant in his blue pick-up truck once a week and happily carts off all of Food Matters' kitchen scraps to compost for his own personal garden. Occasionally, Mike shares some of this rich compost with Chef Tom for his and wife Christy's herb and vegetable garden on Capitol Hill. The next time you dine at Food Matters, notice the fresh, flavorful herbs garnishing your plate – they may have sprouted in compost generated from the scraps of a vegetable medley you savored at the restaurant last year.

Fruit and vegetable scraps aren't the only culinary leftovers that Food Matters recycles. Mike also picks up the restaurant's used cooking oil – about 10 gallons weekly – and recycles it into bio-diesel fuel for tractors and cars. Surprisingly, one of the largest recyclers of used cooking oil is the cosmetics industry. How delightfully ironic that such a humble ingredient is used in expensive high-end creams!

We should all be inspired by Food Matters' support of sustainable agriculture, and be grateful that the restaurant extends its stewardship philosophy to encourage good neighbors locally to be good citizens globally.



A happy recycler at Earth Day celebration in Brenman Park, April 24.



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

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Carla's Picks

By Carla Besosa

Wolf Trap

July 28

Bachman & Turner

They've reunited to tour and are "Takin' Care of Business."

Birchmere

July 6

Boz Scaggs

From "Silk Degrees" in the late '70s to his more recent divergence toward blues, nobody does it like Boz.

National Harbor

June 12-13

Food & Wine Festival

August 21

Crab & Beer Festival

September 2-6

Abbey Road on the River

The world's largest Beatles-inspired music festival comes to the nation's capital. Five days of peace, love and rock & roll!

Strathmore

June 3-4

Manhattan Transfer

The superb four-part a cappella harmony lives on.

Little Theater of Alexandria

June 5-26

Play It Again, Sam

July 25-August 15

Gypsy

Two classics come to Alexandria's community theater.

Kennedy Center

July 1-August 22

Mary Poppins

Relive the charm of this magical tale.

June 1-20

Thurgood

Starring Laurence Fishburne.

And Another Thing...

Did you know that Virginia now has 155 wineries, and 56 of those are in the Northern Virginia Region? What are you waiting for?

Blues Alley

June 25-27

Walter Beasley

Check out this talented, handsome and endearing jazz sax player.

Old Town/Market Square

June 5-6

Old Town Arts & Crafts Festival

Del Ray Artisans Gallery

Art Show - Opening Receptions

June 4

Undecided - A Dialogue

July 2

Global Rhythm

August 5

Gathering of the Legends

Peruse the art while enjoying refreshments in this wonderful neighborhood art gallery

15th Annual Western Maryland Blues Fest

June 3-6

In Hagerstown, Maryland. See www.blues-fest.org.

Bull Run Regional Park

June 5

Vintage Virginia Wine Festival

Indigo Landing

Every Sunday

Angie Miller

Come hear this talented singer/songwriter every Sunday from 11am to 2pm while enjoying the spectacular view overlooking the Potomac.

Cameron Station

June 19

Festival in the Park

Check out the wonderful variety of artists and their artwork from 9am to 4pm on the median strip at Brenman Park Drive. (See front page.)

Summer Concerts in Brenman Park Amphitheater 7-8pm

Wednesday, July 7:

"Hey Norton" (soul, R&B, swing)

Wednesday, July 21:

"Folk By Association" (eclectic acoustic)

Note: There will be no movies in Brenman Park this summer because the park will be under renovation as the artificial turf soccer field is being installed.

"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.

Burger Delite

By Eliza Dolin

You've driven past it at least a hundred times, there on the corner of Edsall Road and South Pickett Street ... that unassuming little diner-like place with the red, black and yellow sign in the parking lot for North Carolina BBQ. Given that it doesn't advertise and is surrounded by car dealerships, a storage depot and a small row of specialty stores, who would think to just drop in and check out *Burger Delite*?

Well, you should – especially if you're a fan of simple but tasty home-style food cooked up by friendly folks who have been serving our neighborhood for decades.

Burger Delite's motto is "good food, done right, since 1962." That's well before Cameron Station was even an apple in a master developer's eye. A lot has changed in the last 48 years – the U.S. Army base is gone, for one thing – but Edith, who's been at the register for almost 25 years, says the menu has stayed pretty much the same.

The most popular items are the *Philly steak & cheese sub*, the *hot dog and the hamburger* (including the "Cheeseburger Royale") ... and, of course, that North Carolina BBQ. It's available in your choice of pork or beef, served in sizes ranging from regular to jumbo to sub to platter (by the pound or the slab as well), and is delivered directly to Burger Delite by a supplier in its namesake state. Based on the pork platter that I sampled, the meat (chopped and pre-mixed with the sauce) was very tasty; the French fries, wedge-cut and crispy, were irresistible; the coleslaw was classic; and the hamburger buns were exactly what you'd expect.



Most other lunchtime offerings also come à la carte, by the platter or combo-style. There are at least a dozen subs and sandwiches; sides include *French fries*, *onion rings*, *North Carolina hush puppies*, *grits*, *cole slaw*, *macaroni salad* and *potato salad*. The hand-lettered signs tacked on most available surfaces advertise other variations on Burger Delite's "good food, done right" theme, including *chicken wings*, *fried chicken breast patty on a toasted roll*, *chicken fajitas*, *liverwurst*, *kielbasa* and *fried fish subs*, among others.

For something a bit lighter, I can vouch for the *bean soup*; there's also a *vegetable soup* and *chile con carn* [sic].

Dessert offerings include *homemade cobbler in peach* or *apple*, as well as a small variety of pies and cakes. I was

determined to try the delicious *carrot cake* a second time to see if it was as good as I remembered, but it was gone by mid-afternoon.

Breakfast platters also are quite popular, Edith reports: two fried eggs, hash browns, toast, grits and a choice of sausage, ham, bacon, bologna, half smoke or scrapple. *Egg-and-meat plates* and *breakfast sandwiches* are available as well, along with *Belgian waffles* and *French toast*. And *grits*, of course. All of the foregoing are served with "buttery margarine."

Orders are taken and claimed at the register. There are a dozen sun-drenched and spotlessly clean tables (four-tops and a few two-tops) inside and two picnic tables outside. Service is efficient but friendly, especially if you're a regular, which Edith reports 90% of her customers are. Busiest times are 8-10am and 11am-2pm weekdays, although things can get pretty hectic after Redskins and Cowboys games too.

(Thanks to *Compass* staff member Eliza Dolin for filling in for regular restaurant reviewer Carla Besosa, who is on the road to recovery from her hip replacement.)



5650 Edsall Road
Alexandria, VA 22304
703-751-9692

Hours of Operation

Monday-Friday, 5am-5pm
Saturday, 6am-3:30pm
Sunday, Closed

Price Range

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529.KIDS.CONSIGN - Save on your children's clothing and accessories now, and be able to contribute to their future later! Megan Podolsky and Pouneh Barnes, two Cameron Station residents, have recently launched an online children's consignment business. Please visit their website: www.529kidsconsign.com. For more information, contact them at Megan@529kidsconsign.com; pouneh@529kidsconsign.com.

Pool Party and Spring Festival in the Park

Saturday, June 19
See front page article for details.

Alexandria Railroad Bridge Replacement

By Steve J. Mason, Sr.

The Virginia Department of Rail and Public Transportation and CSX Transportation, partnering with Virginia Railway Express (VRE) and Amtrak, are working to improve VRE and Amtrak service by constructing an additional railroad track. Please pardon the minor disturbance as work continues to reduce congestion and make passenger rail service more reliable in Virginia.

NOTICE: Due to the construction of a new rail line and track maintenance between Fredericksburg and Washington, the Alexandria community may continue to hear trains blowing their horns this spring. Federal law requires trains to blow their horns for the safety of workers and passengers whenever trains enter a track construction zone.

Steven J. Mason, Sr. is Acting Assistant Director, Employment/Employee Relations & Development, Human Resources Department, City of Alexandria

Timely and Important Community Information

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.

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Cameron Station Valet
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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

PLEASE NOTE: THERE WILL BE NO JULY/AUGUST 2010 ISSUE.

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., August 15-30 for September/October; October 15-30 for November/December). 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 September/first week of October for September/October; last week of November/first week of December for November/December).

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., August 30 for September/October; October 30 for November/December). 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 to *The Compass* the "best of the best" photos they take around Cameron Station or at community events. 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:

Susan Birchler
Brett Freireich
Lauri Dubia
Paula Lauria
Jocelyn Katsock
Jan Murray
Ingrid Sanden



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,
Patricia Sugrue

Photographer: Pinky Fitzgerald

Contributing Photographers:
Sonia Agosto, Cynthia Longo,

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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