

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 12 Issue 5 • Nov/Dec 2011

Cameron Club Becomes a Popular 'Haunt'



The Activities and Events Planning Committee threw a kids' Halloween Party and an adults-only Casino Night on October 28. (See article and photos, page 5.)



Photo by Sally McConnell

Assessments Increasing Modestly for FY2012

By Pat Sugrue

There was no increase in assessments from FY2010 to FY2011. In 2012, however, the quarterly assessment fee for townhouses and single-family homes will increase 1.62%, making the total assessment \$322.74 per quarter. This includes \$303.72 for the Cameron Station Community Association assessment and \$19.02 for the Transportation Management Plan (TMP) assessment.*

(Continued on page 4)

Adopt a Tucker Family for the Holidays

By Mindy Lyle

Each year the Cameron Station community helps those less fortunate have a Merry Christmas. Over the past 11 years, Cameron Station residents have adopted families from Tucker School who without our help might not have had any Christmas celebration.

We are asking the community to participate in this program. Family needs are screened by the social worker and principal at Tucker School. Lists of needs, some as basic as dishes, are compiled by the school along with clothing sizes, shoe sizes, and so on. We will then have families that can be "adopted" by Cameron Station. In previous years, streets banded together, families adopted another family and one condo community adopted four families. Many of the area businesses, including Virginia Paving, adopted families as well.

This year, if you would like to participate but do not wish to shop for a family, we welcome gift cards, cash or checks, and elves will shop to make Christmas special for these children. If you are interested in helping to continue this Christmas tradition, please email adopttuckerfamily@comcast.net.

Mindy Lyle is a member of the Board of Directors of the Cameron Station Community Association.

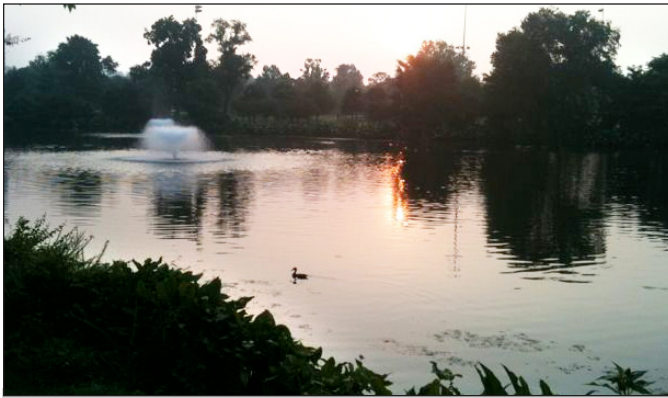
5 Ways to Help Out This Holiday Season



- 1♥ Adopt a Tucker family, see above.
- 2♥ Donate to Toys for Tots, see page 17.
- 3♥ Support Wounded Warriors at Bethesda Naval Hospital, see page 13.
- 4♥ Bring canned food to the Annual Holiday Party, see page 9.
- 5♥ Sign up to help with snow removal, see page 15.

Donate food and warm clothes to ALIVE!





CAMERON STATION COMMUNITY ASSOCIATION, INC. (CSCA)

BOARD OF DIRECTORS (boardofdirectors@cameronstation.org)

Mindy Lyle

Tom McClimon

Alvin Boone

Nick Giannotti

Philip Ludvigson

Robert Duncan (*new member*)

Michael Johnson (*new member*)

Meetings are the fourth Tuesday of every month,
unless otherwise indicated.

COMMUNITY MANAGEMENT

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communitymanager@cameronstation.org

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CAMERON CLUB FITNESS CENTER

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fitness@cameronstation.org
703-567-8555

CSCA COMMITTEES

ACTIVITIES & EVENTS PLANNING COMMITTEE

events@cameronstation.org

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

CAMERON CLUB FACILITIES COMMITTEE

facilities@cameronstation.org
Ray Celeste – Chairperson

COMMON AREA COMMITTEE

commonarea@cameronstation.org
Robert Burns – Chairperson

COMMUNICATIONS COMMITTEE

communications@cameronstation.org
Jamie Test – Chairperson

FINANCIAL ADVISORY COMMITTEE

fac@cameronstation.org
Andrew McDonald – Chairperson

CONDOMINIUM/MANAGEMENT COMPANIES

Carlton Place Condominium

Oakland Hall at

Cameron Station Condominium

Woodland Hall at

Cameron Station Condominium

Management Company:

Community Management Corporation

Matthew Foust, Manager on site at Cameron Club:

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

mfoust@cmc-management.com

Main Street Condominium

Management Company:

GHA Community Management, 703-752-8300

After-Hours Emergencies, 888-660-7132

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

Board of Directors Meeting, October 25

By Pat Sugrue

Police Report

Deputy Chief Blaine Corle of the City of Alexandria Police Department reported on the latest crime report, including the overnight burglary on Gardner Drive. The home entry took place in the early morning hours of Friday, October 7. The Police Department is investigating this matter.

(Residents are encouraged to keep an eye out for suspicious activity and ensure that garages, doors and windows are secure. Should you have any information on this matter, or if you notice any suspicious activity, please contact the City of Alexandria Police Department at 703-838-4444.)

The deputy chief advised that an extra officer would patrol the community on Halloween night. He also assured the board that he would address the issue of having school crossing guards park their vehicles in parking spaces while on duty and not in the travel lanes of Cameron Station Boulevard.

Commander Mondré Kornegay of the City of Alexandria Sheriff's Office supplied child identification kits for residents to pick up. She also advised that there would be extra officers patrolling on Halloween night.

Residents' Open Forum

Members of the Carlton Place Condominium Association expressed concerns about the proposed Cameron Club renovation project, as well as prior discussions among board members regarding a proposed rental fee for the sub-association management office at the Cameron Club. The president of the Woodland Hall Condominium Association also expressed concern about possible rental fees.

A member of the budget committee for Main Street Condominium discussed tree issues in front of the 4950 building.

Financial Report

On September 30, the Cameron Station Community Association had operating and investment funds totaling \$2,209,042.40. The Accounts Receivable Residential Assessments account was \$30,450.34. This reflects a delinquency rate of approximately 1.459%, which is below the industry standard of 5%. Accrued Reserves total \$1,546,801.44 and are fully supported by cash and investments. Owner's Equity, which has a balance of \$414,979.97, is also supported by cash. This signifies that the Association is in a healthy financial position. *(Additional financial information may be found in the minutes of the October 25 meeting, posted on www.cameronstation.org.)*

Fitness Center Report

Fitness Director Kevin Horner reported that the fitness center is coming up on a record year in regard to utilization of the

facilities. He also advised that two new pieces of equipment were repaired and that the Health Fair on October 22 was a success.

Committee Reports

Activities & Events Planning Committee: Chairperson Michael Johnson updated the board on the upcoming Halloween Party and Casino Night.

Architectural Review Committee: Tom McClimon, Vice President and ARC Liaison, reported that the ARC recommended approving two new members and that they are still looking for a chairperson.

Common Area Committee: Community Manager Arielle Hansford updated the board on management's meetings with contractors in regard to future asphalt repairs.

Communications Committee: Committee Chair Jamie Test advised that the committee is researching possible improvements on various features of the website. He discussed the possibility of phasing out the printed version of the bimonthly community flyer next year. There was also discussion regarding distribution of the Cameron Station newsletter, *The Compass*, to owners and renters.

Cameron Club Facilities Committee: Committee Vice Chair Martin Menez reported on committee discussions regarding the benefits of coordinating fitness center news on the Association's social networking sites. He also advised that CCFC members had discussed how to present the Cameron Club renovation project to the community should the board approve it.

Retailer Update

Café Pizzaiolo is tentatively scheduled to open in the former Food Matters space on December 1, 2011.

Bond-Out Update

Sewers in Phase III will be going on maintenance bond next week. Currently, the community has three phases off bond, two phases on maintenance bond and two on performance bond.

Action Items

- R.E. Lee Electric Co., Inc. contract to provide snow removal services for the 2011-2012 winter season on the private streets and walkways within the community - Approved
- Lancaster Landscapes proposal for sod and turf restoration totaling \$3,029.50 - Approved
- Lancaster Landscapes proposal totaling \$1,695 for the creation of a swale along the sidewalk at the Martin Lane pocket park - Approved

(Continued on page 4)

Board of Directors Meeting *(Continued from page 3)*

- Pitney Bowes contract renewal for the rental of the postage meter totaling \$66 per month for 51 months beginning February 2, 2012 – Approved
- Framing of the West End Art and Wine Festival Poster at a cost not to exceed \$200 for display in the Cameron Club – Approved
- Waiver of fees by the three condo sub-associations for use of their site manager's office space in the Cameron Club for 2012 – Approved
- Shenandoah Landscape Services proposal totaling \$14,129 for drainage repairs in three common areas contingent upon the contractor's providing a one-year warranty on all parts, labor and repairs – Approved
- WTS International contract for fitness center management totaling \$143,868 for one year – Approved
- WTS International three-year proposal for fitness center management totaling \$143,868 for 2012, 2013 and 2014 – Approved
- Renovation of the Cameron Club not to exceed the cost of \$900,000 as submitted by Rust/Orling to be funded through the Repair and Replacement Reserves – Approved
- NV Roofing proposal totaling \$4,950 for repair of the Cameron Club's flat roof membrane to be completed in accordance with the Cameron Club Renovation project -- Approved

Community Manager's Report

Annual Meeting Information: The Meet the Candidates mailing, which included candidate bios, proxies with instruction and meeting agenda, was mailed October 7. Management was working to solicit gift certificate donations for raffle prizes at the November 7 Annual Meeting. The board agreed to provide one month's quarterly dues as the Grand Prize for the meeting.

Pool Management Contracts: Community Pool Services' pool management contract will be up at the end of this year. In 2010, the Board of Directors approved a Contract Procurement Policy, which requires the Association to go out to bid for any contract with an annual cost of \$50,000 or more. Proposals have been solicited from five contractors, who will meet with the Cameron Club Facilities Committee at its November meeting.

2011 Holiday Schedule: *(See box on page 15 for December/January schedule.)* Community Management Corporation and the on-site management office are closed on Thanksgiving Day, Thursday, November 24, and on Friday, November 25. The fitness center closes at 6pm on Thanksgiving Eve, November 23, and is closed on Thursday, November 24.

**Coverage of the Annual Meeting Will Appear
in the January-February Compass.**

Committee Updates

Activities and Events Planning Committee –

see Halloween Party, page 5.



Communications Committee – The committee encourages all residents to sign up for the Cameron Station web site, www.cameronstation.org. Registration is simple and will give you access to community forums, board minutes and the residents' directory.

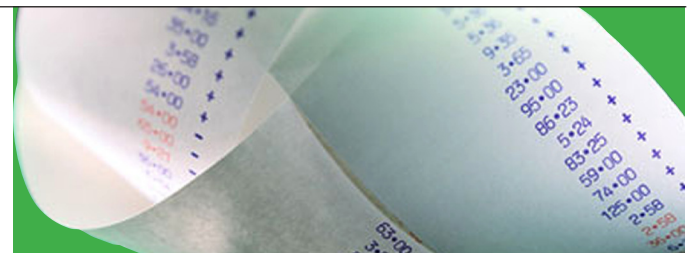
Facilities Committee – The fitness center is in the process of re-padding all the Cybex machines and benches that require new ones. Additionally, bids are being accepted to replace some of the elliptical machines.

We thank residents for their input, and we carefully consider each and every comment and request. Our fitness center is one to admire because of those comments and requests by residents and their guests. We expect our clubhouse to have its most usage ever this year, with residents projected to have made over 70,000 visits by year's end.

Common Area Committee – See "Green Thumbs," page 13.

Financial Advisory Committee – See Board of Directors Meeting, page 3.

Architectural Review Committee – No update received.



Assessments Increasing - FY2012

(Continued from page 1)

For condominiums, the quarterly general assessment will also increase 1.62%, making the total \$262 per quarter, which includes the TMP assessment of \$19.02. Please note that these fees do not include additional fees that may be assessed by the condo associations.

Detailed information about the 2012 budget was mailed to residents, and a summary was presented at the Annual Meeting. If you have any specific questions, please contact Community Manager Airielle Hansford at 703-567-4881 or email communitymanager@cameronstation.org.

**The TMP assessment is a mandatory special tax imposed by the City of Alexandria to promote public transportation, carpooling and other activities approved by the Office of Transportation Services; it is used exclusively for shuttle bus operations, marketing and promotion materials to promote public transportation or any other TMP activity approved by the Transportation Director.*

Halloween Party and Casino Night: A Treat for All Involved

By Michele Sundin, Activities and Events Planning Committee

The annual Kids' Halloween Party was a huge success. It was held on October 28 from 5-7pm in the gym. Over 350 children and parents attended this year! Thanks to committee members Mike Johnson and Yong Kim, who worked hard covering the basketball court floor so that the kids had lots of room to play games, do crafts and visit the yummy cupcake table. Many thanks to all the ladies who donated cupcakes: Jill Applebaum, Colleen Leyrer, Jessica Lowrance, Mindy Lyle, Kristen Rachinsky and Stephenie Zvonkovich (committee member and shopper extraordinaire!) A very special thanks goes to our younger volunteers Gabriel Macias and Jake, Anthony, Michael, Hannah Polosky for running the Pumpkin Seed Toss and the Ball Toss for Treats stations.

We also had our first Casino Night at the Adult Halloween Party after the kids left with their treats. Residents were dressed for a fun evening – some dressed to the nines in glitter and tuxedos, and others as Cleopatra, Sir Lancelot, Top Chef and flappers.

The night featured professionally run blackjack, poker, roulette and craps tables. But it didn't end there ... thanks to committee member Jessica Lowrance, guests were blown away with scrumptious foods catered by St. Germain.

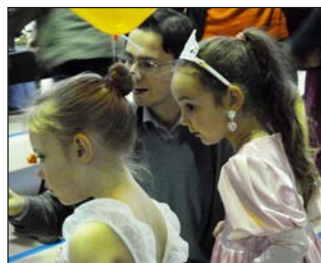
Special thanks continue to our awesome helpers, who donated over 100 hours to make over 200 pumpkin cutouts,

shop for candy/prizes/food/beverages/ice/decorations, blow up over 250 balloons, help greet/check IDs, make name tags, help serve beverages, set up and clean up, design flyers and signs and lots of other behind the scene prep.

We couldn't have done it without: Ron Loveng, Joani Myers, Sandra Troutman, Meghan Britt, Nick Giannotti (committee advisor), Jerry Graves, Jean Borgella, Meghan Brock, Lori Macias, Chris/Kevin Polosky, Sally McConnell, Pat Sugrue, Sonia Agosto, Lauri Dubia, Suzanne McNicholas, Brian Sundin, Jay Abbott, Paul/Kerry Tumelty, Airielle Hansford, Mary Meghan Flynn/Bethany Lammers (our great staff at Cameron Station Community Association), Fitness Director Kevin Horner, our community businesses and anyone I might have left out ... Thank You!



Join us to celebrate the season with Santa and Mrs. Claus at the Annual Holiday Party at the Cameron Club on Sunday, December 18 (5:00-7:00pm). This is another event that's annually planned for residents. This year we're hoping to bring back some oldies (like the "Passing Note" singers and Bo and Becky "Claus") and make new memories. Want to help plan for 2012, decorate, prepare menus or activities, get the word out and invite new residents? Email eventsrsvp@cameronstation.org.



Photos by Sally McConnell



Photo courtesy of A&E Committee



Goings-On in the West End

By Don Buch

BRAC: The new “BRAC Building” at Mark Center is expected to house roughly 4,800 personnel by year’s end with the remaining 1,600 arriving over the first nine months of 2012. It appears that efforts to delay occupancy any longer and/or to limit the number of parking spaces that can be used (of the 3,747 total available) have essentially been abandoned. The focus is now on traffic mitigation throughout the area.

Safety: Some community members had expressed concern about expectations of them in response to a threat or incident at BRAC. The City of Alexandria subsequently organized a safety forum at Hammond School on October 20. While we clearly have a well-trained and dedicated fire, EMS and police force, my continuing concern is about our preparedness, how messages get communicated to us and what our specific responses are expected to be. The discussion continues.

Road Improvements: VDOT continues to move forward with its plans to build a new northbound off-ramp from the HOV lanes of I-395 to “T” into Seminary Road. The draft Environmental Assessment (EA) should be available on or about December 15. A public hearing on the EA is tentatively scheduled for December 15, to be held at a to-be-determined location in the West End.

VDOT has also held public hearings on the I-95/I-395 HOT lanes now planned to terminate (northbound) just south of the Duke Street exit from I-395. Many questions have been posed, and VDOT is to respond in due course.

The City Council has approved the proposed “Corridor C” high capacity rapid transit mode (“bus rapid transit” in dedicated lanes wherever possible) and route (Beauregard-Sanger-Van Dorn, with north-end connections to NOVA and the Pentagon, and the south end terminating at the Van Dorn Metro station). The specific route is now being studied and refined.

Beauregard Small Area Plan: In mid-October the Beauregard Corridor Stakeholders’ Group (BCSG) delivered its recommendations (70+ pages, including all comments and suggestions received from community members) to the city’s Planning and Zoning Department (P&Z). P&Z will draft the formal plan and return it to BCSG for final comment before it is presented to the Planning Commission and then to the City Council.

As noted previously, there are six major developers that want to move forward with new development and redevelopment. In broad terms, they collectively currently own six million square feet of “buildings,” have existing rights to develop another four million and would actually like to develop an additional 2.4 million beyond that. On November 21 the city will host a meeting at John Adams Middle School to discuss the status of the plan, traffic mitigation measures and financing.

The Future: Many people were caught by surprise when the Department of Defense announced its selection of the Mark Center as the location for BRAC-133. Determined to minimize future surprises, a variety of residents took issue with the then-evolving process to update the West Alexandria (Beauregard Corridor) Small Area Plan. Hoping to ensure that it not be done at City Hall with minimal community involvement, those residents created BCSG. That specific challenge has now pretty much run its course. (See above.) The work of the Mayor’s BRAC Advisory Group is also pretty much done; however, we, as the West End community, need to stay involved in all that is happening around us.

New developments are planned for South Pickett Street. Eisenhower West is the next Small Area Plan to be updated. Millions of square feet of new development are planned for Van Dorn Street. One of these days the redevelopment of Landmark Mall will begin. Transit Corridor C will get built. And major developments in Fairfax County, immediately adjacent to us, are planned. We need to be active participants in shaping our future — or it will shape us.

We have a phenomenal amount of talent, experience and community concern in Cameron Station; hopefully more people will find time to get involved in the continuing evolution of the West End.

Don Buch is a resident of Cameron Station, a member of the Mayor’s BRAC Advisory Group, and Vice Chair of the Beauregard Corridor Stakeholders’ Group. Extensive related information can be found on the BCSG’s website at <https://sites.google.com/site/bcsgalex/> and at the city’s website, www.alexandriava.gov.

Alexandria Planning Calendar

November 21 – Beauregard Small Area Plan
(at John Adams Middle School)

November 30 – Waterfront Plan Work Group
(at City Hall) (*see article, page 7*)

December 15 – Estimated delivery of BRAC
Environmental Assessment

Mid-January – Public Hearing on the BRAC
Environmental Assessment (at West End, TBD)

Letter from the President of the Board

By Mindy Lyle

Twelve years ago, as Cameron Station took its first steps toward becoming a community, discussion about the future redevelopment of Alexandria's West End began to escalate. Today, that redevelopment is slowly becoming a reality.

Van Dorn Plaza (the Safeway shopping center) is being renovated, plans are going through the approval process for Landmark Gateway with demolition of the current warehouses projected for early 2012, and concept plans have been submitted for the redevelopment of the bowling alley site on South Pickett Street, adjoining Cameron Station.

With the Beauregard Small Area Plan currently being updated, the West Eisenhower Small Area Plan to be updated in 2012, and the Landmark Mall redevelopment plan underway, the West End could begin to take on a new look and feel in the foreseeable future.

However, we, as a major West End community central to many of these changes, need to stay involved in all that is happening all around us. Changes to a city or community



do not happen in a vacuum. They happen with the work and involvement of many people.

Whether you become involved through a community committee or through a city committee, with Tucker School or with a political party, get involved in your community.

Thanks to all of you who have volunteered countless hours over the last year. Changes cannot happen without you.

Waterfront Work Group Meets in Cameron Station

By Sharon McLoone, Old Town Alexandria Patch

The Waterfront Work Group, the panel tasked by the City Council with making recommendations on the future of Old Town Alexandria's waterfront, made a rare visit to Cameron Station on October 12 for its weekly meeting. The proceedings, at times contentious, got off to a rocky start when it took half an hour just to approve the minutes from the prior week.

City Councilman Paul Smedberg, who generally oversees the work group as a non-voting member, was unable to attend as he was stuck on a plane in Chicago. Professional moderator Sherry Schiller was also absent, leaving city Planning & Zoning Director Faroll Hamer to lead the group. Eventually the panel got into the nitty-gritty of boats, history and the arts.

Areas of Agreement

The group agreed that a Waterfront Plan should include options for docking locations for commercial boats and ships of character like the Godspeed, although Bert Ely said he had grave concerns that the "devil is in the details," and at some point the group would have to go beyond the general.

The group also reached consensus that pleasure and commercial boat activities should be physically separated, but said their group's members should not specify where on the waterfront that should occur.

Members also were able to adopt some vision statements and briefing papers by saying that "in principle" they agreed with their intent, if not with each line. They also made headway by agreeing that environmental issues should be addressed in the design and engineering of shoreline improvements.

All members agreed that public art should be a distinguishing feature of the waterfront's public realm and that artists and historians should be included in the design and implementation processes of public spaces.

Open Questions

There also was much banter about whether the city should offer a public boat ramp for non-motorized vessels. Ely pointed out that a trailer likely would be needed to tow a 50-foot sailboat "which is incompatible with the center of Old Town."

(Continued on page 8)

Waterfront Work Group *(Continued from page 7)*

One of the 800-pound gorillas in the waterfront debate briefly lumbered into the room when Bob Wood suggested adding new language to the draft plan: "New public piers should not impinge on existing private piers."

That prompted input from the City Attorney's Office, noting the legal issues surrounding that language in light of the city's riparian rights. Most of the group members felt that they didn't know enough about the legal issues on the point to feel comfortable adding it to their document. Wood and Ely favored the language.

The group then moved on to history and art, agreeing that its plan should include the History Plan recommendations in principle, and that history should be considered in the design process in both public and private spaces.

The group was somewhat stymied by language that said historic buildings should have "active uses on the ground floor that are welcoming to the public."

Hamer explained that city staff believed that many historic buildings should be accessible so that the public could view

their compelling interiors. Group members agreed but sought clearer language.

Wood suggested that there be flexible space for citizen events in addition to the performing arts. He also said the plan should address commitment to several streams of funding for art and history.

That prompted some dissension among members who felt that the language should be included in the funding portion of the plan.

"This was raised repeatedly by public input that says you have to show something more concrete," Wood said, adding that a plan should address the commitment for a "range of sources."

This article was adapted with permission from Old Town Alexandria Patch, a local news website: <http://oldtownalexandria.patch.com>. More information is online at <http://alexandriava.gov/WaterfrontWorkGroup>.

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CAMERON STATION MARKET UPDATE

Courtesy of the Pair, Parker & Stockton Team

Status	Address	List Price	Close Price	Close Date	Model/Bldr Name	BRs	Baths Full	Baths Half	Lvls	Fpls	Gar	DOMP
CNTG/NO KO	442 Ferdinand Day Dr	\$639,000			NVR	3	3	1	4	1	2	38
CNTG/NO KO	138 Cameron Station Blvd	\$579,500			DREES	3	2	1	4	1	1	39
CNTG/NO KO	216 Medlock Ln	\$565,000			FRANKLIN	3	2	1	3	1	1	37
SOLD	5051 Kilburn St	\$550,000	\$495,000	1/4/2011	JACKSON	3	2	1	4	2	1	16
SOLD	233 Somerville St	\$715,000	\$687,500	2/1/2011	RANDOLPH	4	3	1	4	1	2	39
SOLD	5142 Brawner Pl	\$695,000	\$632,500	1/5/2011	CARLYLE	4	4	1	4	1	2	90
SOLD	430 Ferdinand Day Dr	\$695,000	\$650,000	3/2/2011	NVR	4	3	1	3	1	2	1
SOLD	5173 Brawner Pl	\$759,000	\$745,000	3/31/2011	STONEHURST	4	3	1	3	2	2	46
SOLD	163 Somerville St	\$599,999	\$585,000	2/14/2011	BRADLEY	3	2	1	3	1	2	39
SOLD	5099 Waple Ln	\$599,000	\$599,000	3/11/2011	FRANKLIN	3	2	1	3	1	1	109
SOLD	5010 Grimm Dr	\$625,000	\$600,000	3/1/2011	FRANKLIN	3	2	1	3	0	1	16
SOLD	233 Medlock Ln	\$619,000	\$615,000	2/25/2011	BRADLEY	3	3	1	4	1	2	9
SOLD	5111 Gardner Dr	\$609,000	\$598,000	3/14/2011	ALEXANDER	4	3	1	4	1	2	14
SOLD	5131 Gardner Dr	\$517,000	\$511,000	3/29/2011	JACKSON	3	2	1	4	1	1	47
SOLD	246 Medlock Ln	\$719,900	\$708,000	3/28/2011	RANDOLPH	4	4	1	4	1	2	10
SOLD	5112 Knapp Pl	\$524,900	\$500,000	3/8/2011	GEORGETOWN	3	2	1	3	0	2	31
SOLD	5013 John Ticer Dr	\$935,000	\$935,000	3/29/2011	CROMWELL	3	2	0	3	1	2	0

Hello neighbors, here is an update of what our homes in Cameron Station have been selling for (1-1-2011 - 4/15/2011). Please give me a call if I can be of assistance to you....

Gil Stockton

703-969-5089 (cell)

202-333-6100 (ofc)
5270 Pocosin Lane

www.gilstockton@comcast.net



Betty
Gil
Willie



Annual Holiday Party



WHAT:

Celebrate with food, beverages and great company!

TIME: 5-7pm

DATE: Sunday, December 18

WHERE: Cameron Club

- * Please bring canned or boxed food items for ALIVE donation.
- * Parents, Santa will be upstairs in the Henderson Room to greet kids...and perhaps get their wish lists.

T O K A

salon and day spa



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4907 Brenman Park Dr.
Alexandria, VA 22304

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CAMERONSTATION.COM

SEARCH FOR WHAT IS FOR SALE AND SOLD – IN CAMERON STATION AND BEYOND!

234 Cameron Station Blvd



- 2 Bedrooms / 2.5 Baths
- Garage Townhouse
- 2 Master Bedroom Suites
- Blonde Hardwood Floors
- Crown Molding
- Neutral Paint
- 42" Cabinets in Kitchen
- Loft Family Room
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Prevent Holiday Weight Gain Before the Holidays Begin: A few Tips

By Paula Jarvis

What is it about the holiday season that signals weight gain to so many people? First there's the food of the season. It begins with the candy of Halloween, followed by the Thanksgiving feast. In early December, the Christmas baking frenzy begins and cookies, cakes and pies start showing up at the workplace. There are holiday parties to attend, Christmas dinner, and in between there are football games with all the snacks and drinks.

While high-calorie, rich foods will certainly contribute to weight gain, there's another component to consider, and that's your activity level. The days are shorter, so we stay in more in the evening, watching TV and movies. The weather becomes cooler and damp, and we just feel like having a cozy evening on the couch.

Surely there's a lot to look forward to during the holidays, with high spirits, comfort food and gatherings of friends and family, but it's often followed by the season of regrets. January 1 marks the traditional turning point, when we resolve to exercise more and lose weight.

Wouldn't it be easier to break the cycle before it starts this year? We have an old tape playing in our heads that tells us we're going to be surrounded by rich, decadent foods that we are going to indulge in with abandon. Why? It's traditional, we don't want to be antisocial, we look forward to this time, we can't help it, we deserve it! And why are we sitting inside? It's cold outside, it's dark, it's raining, and we're cozy here on the couch!

Let's try a different approach. Take some time now to make a list of actions you can take during the next few months to prevent weight gain. Here are some suggestions

- ❖ Eat regular meals and snacks throughout the day. Starving yourself in preparation for an indulgent meal just sets you up for overeating. Arrive at the table hungry but not famished.
- ❖ If you really enjoy a food, go ahead and enjoy it – slowly. We really do eat less when we eat slowly, savoring the flavor and texture of each mouthful. Have conversation at the table to slow yourself down.
- ❖ Eat small portions of your favorite foods and don't have any seconds. Enjoy everything, but don't stuff yourself.
- ❖ Make a healthy contribution to a holiday meal. Everyone will appreciate having a big salad or a bowl of fresh vegetables. Fresh fruit is a great alternative dessert.
- ❖ Nibbling at the table or in the kitchen during cleanup can add hundreds of calories to your meal. As soon as you have eaten your meal, brush your teeth or chew a piece of gum.

- ❖ If you're at a buffet party, go through the line just once. Choose three or four foods to try, skip those that don't look that good and keep your portions small. If appetizers are circulating, keep track of how many you have and stick to a limit. Carry a glass of sparkling water to sip rather than a high-calorie drink and focus on enjoying the conversation.
- ❖ Bring healthy snacks to work so you will have a good alternative to the high calorie treats lurking in the break room. Eat small snacks every few hours to keep your blood sugar up and you'll be less tempted to stray from healthy choices.
- ❖ Put on a jacket and a hat and go for a walk. Increasing your activity by a half-hour brisk walk every day will go a long way toward offsetting extra calories you may be eating.

Most importantly, start this holiday season with a different attitude. Rather than expecting a season of low activity and overeating with the consequent weight gain, decide today on a fresh approach. Make healthy food choices, practice moderation and get outside to enjoy the cooler temperatures.

Paula Jarvis is a personal trainer and wellness coach living in Cameron Station.

A Recipe From Paula:

Brussels Sprouts with Garlic, Shallot and Bacon

6 slices center-cut bacon, chopped
1/2 cup sliced shallot (about 1 large)
1 1/2 pounds Brussels sprouts, trimmed and halved
6 garlic cloves, thinly sliced
3/4 cup fat-free, lower-sodium chicken broth
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

1. Heat a large nonstick skillet over medium-high heat. Add bacon, and sauté for 5 minutes or until bacon begins to brown. Remove pan from heat. Remove the bacon from pan with a slotted spoon, reserving 1 tablespoon drippings in pan (discard the remaining drippings).
2. Return pan to medium-high heat, and stir in bacon, shallot, and Brussels sprouts; sauté 4 minutes. Add garlic, and sauté for 4 minutes or until garlic begins to brown, stirring frequently. Add the chicken broth, and bring to a boil. Cook for 2 minutes or until the broth mostly evaporates and the sprouts are crisp-tender, stirring occasionally. Remove from heat; stir in salt and pepper.

Serves 6. 90 calories per serving.



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one week at a new price level in the
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that we were able to so quickly

start a new chapter of our lives in Raleigh, NC, near our
son's family and our grandchildren. In closing, we want to extend our sincere
gratitude for your outstanding service!"

- Tom Achterberg

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Calling All Green Thumbs

By Anne O'Connor, Common Area Committee

The Common Area Committee (CAC) is currently working on forming a Volunteer Gardeners Program. With this program in place, hopefully by next spring, we will be able to assist those residents of our community who have difficulty designing or planting the gardens around their homes.

All residents will be eligible to receive help. If you have an illness, a deployment, a new baby, a handicap situation, or you don't know anything about gardening or would like to learn about it, this program will benefit you.

The first step is to identify those gardeners in our community who would be willing to help out a neighbor. If you are an experienced gardener or just garden for fun, and would like to be part of this effort, please contact the CAC by emailing gardeners@cameronstation.org.

In doing so, you will not only help a neighbor but also help our community continue to be a beautiful place to live.

Pocket Park Upgrades: The CAC has found several of our pocket parks in need of attention. A program to upgrade all of the pocket parks will be implemented, as funding becomes available. A visual tracking system is being put in place to enable the CAC to begin regular inspections of the parks. This system will provide a "real time" view as we move to upgrade and re-establish the original Cameron Station landscaping plans.

Giving Back to 'Wounded Warriors'

On October 6, Cameron Station shined at the opening of the Bethesda Naval Hospital for Wounded Warriors.

The new facilities are beautiful and a big improvement for the Wounded Warriors. All our new donations were well received.

Our next visit will be December 8. If you would like to send a contribution, please send it to:

Helen "Dubey" Lifmann
135 Somerville Street
Alexandria, VA 22304
703-370-6362

Make checks payable to:
Cameron Station / Wounded Warriors

If you wish to donate an article of clothing, it must be new.

Cameron Station Residents Win City Beautification Award

by Judy Coleman

The Alexandria Beautification Commission gave one of its annual awards to 5255 Pocosin Lane. At an awards ceremony October 13, the commission recognized 34 properties in residential, commercial and other categories.

A previous Pride of Ownership winner in 2010 (See *The Compass* March/April 2011), 5255 Pocosin is a welcome sight year-round for shuttle riders returning from a long day at work. Other photos of the winners and more information on the commission can be found at www.alexandriava.gov/beautification.

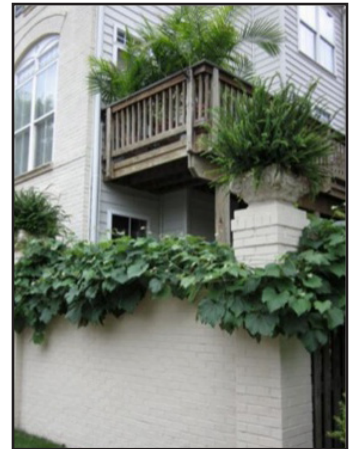


Photo courtesy of Alexandria Beautification Commission



Photo by Sally McConnell

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Winter Reminders for Cameron Station Residents

Shuttle Bus Service During Holidays and Inclement Weather

The shuttle does not operate on federal holidays. During inclement weather, if federal government employees have a work delay or are released early, the shuttle schedule will be adjusted to accommodate these situations. For example, if there is a two-hour delay in the morning, the shuttle will begin at its usual time but run an additional two hours. If government workers are being released before the end of the workday, whatever time the government offices close is the time the shuttle will begin its run (allowing time for the management office to notify the shuttle company); the shuttle will end at its usual time that evening.

Please remember that residents must show their Cameron Station identifications cards to the driver upon boarding. To receive a copy of the shuttle bus schedule, please visit www.cameronstation.org or pick up a copy at the management office.



Snow Removal Policy

Residents are responsible for removing snow and ice from the driveways serving their homes and from any sidewalks fronting or bordering their homes. Condominium associations are responsible for removing snow and ice from the sidewalks bordering their condo buildings and any condominium common areas.

Help Needed with Snow Removal for Older and Disabled Neighbors

If you need assistance, or if you are willing to provide assistance for Cameron Station neighbors who might need help with snow removal this winter, please contact Assistant Community Manager Mary Meghan Flynn at 703-567-4881 or assistantmanager@cameronstation.org.

Trash Collection in Inclement Weather

American Disposal Services will cancel collection in areas in which they deem that the roads are unsafe due to snow and/or ice. There will be no adjustments or make-up schedule for missed services due to inclement weather. Trash, recycling and yard-debris collections will resume on your next regularly scheduled service day. Please return your trash cans to your garage until your next pick-up.

Christmas Tree Removal

Christmas trees will be collected on the first two Wednesdays in January. All tinsel and decorations must be removed, and trees should not be placed in plastic bags.

Holiday Schedules

Fitness Center and Cameron Club

Saturday, December 24 – closed

Sunday, December 25 – closed

Saturday, December 31 – closing 6pm

Sunday, January 1 – closed

Monday, January 2 – closed

On-Site Management Office

Monday, December 26 – closed

Monday, January 2 – closed



Photo by Judy Coleman

A Fine Fall Weekend for the Art and Wine Festival

The Hadeed Carpet West End Art and Wine Festival brought food, beverage and entertainment to Cameron Station and Ben Brenman Park on October 8 and 9. Visitors enjoyed a Taste from the West End and a wine garden sponsored by DelFosse Winery. Booths featured artists working in different media and crafts for kids, adults and pets.

Clockwise from top right: The DelFosse Wine Garden; midday dragon parade; vendors on Brenman Park Drive; dog collars from Persnickety Pup; Russian folk music group Samovar; crafter Michael Colella.

Photos by Sally McConnell

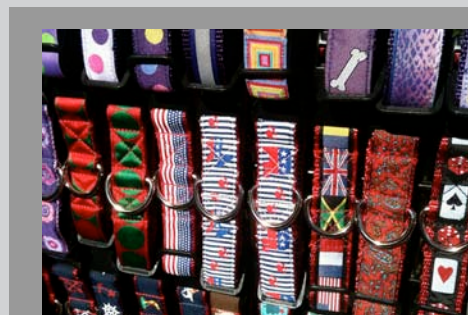


Photo by Judy Coleman

Fitness Center News

By Kevin Horner

Group Exercise Classes

The last group exercise session of 2011 is underway. Residents can always drop in on a class for a \$10 drop-in fee. As usual we have \$5 weeks in between sessions. We have added several \$5 weeks to the schedule as an incentive to get people to try our classes. Our \$5 weeks will be the weeks of 11/21 (no classes on 11/24 and 11/26), 11/28, 12/5 and 12/12.

We will have no classes the last two weeks of 2011 and will start 2012 with another \$5 week the week of 1/2. Our new session will begin the week of 1/9.

These classes are great for everyone who will be resolving to be healthy and fit in 2012! Please keep an eye out for our emails updating the schedule for 2012. If you do not receive our emails, please email Kevin at fitness@cameronstation.org.

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 and from 3:30 to 5pm, you can bring your kids to the Great Room and alternate childcare duties with other participating parents. How often you watch your children and those of other residents depends on how many moms and dads participate. This is not a babysitting or daycare service.

Fitness Center Reminders

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. Also, when you do wipe down a machine, please take an extra moment to dry off the pads as well. 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.



Toys for Tots

We will be collecting for the U.S. Marine Corps Reserve Toys for Tots Program again this year. Collection will begin the week of November 13 and will end on Thursday, December 15. The residents of Cameron Station have always been more than generous with their donations, and we thank you in advance.



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

FALL ACTIVITIES SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents		8:30-10:00AM Workout Parents	
9:00AM			9:00-10:00AM Yoga/Sculpt (Denise)		9:00-10:00AM Yoga (Denise)		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	
6:45/7:00PM		6:45-7:45PM Cardio Box (Sarah)		7:00-8:00PM Muscle Sculpt (Christine)			
7:30PM			7:30-8:30PM Pilates (Denise)				
8:00PM			8:00-10:00PM Pick-up Basketball				

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

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

Cameron Club Fitness Center Hours

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:

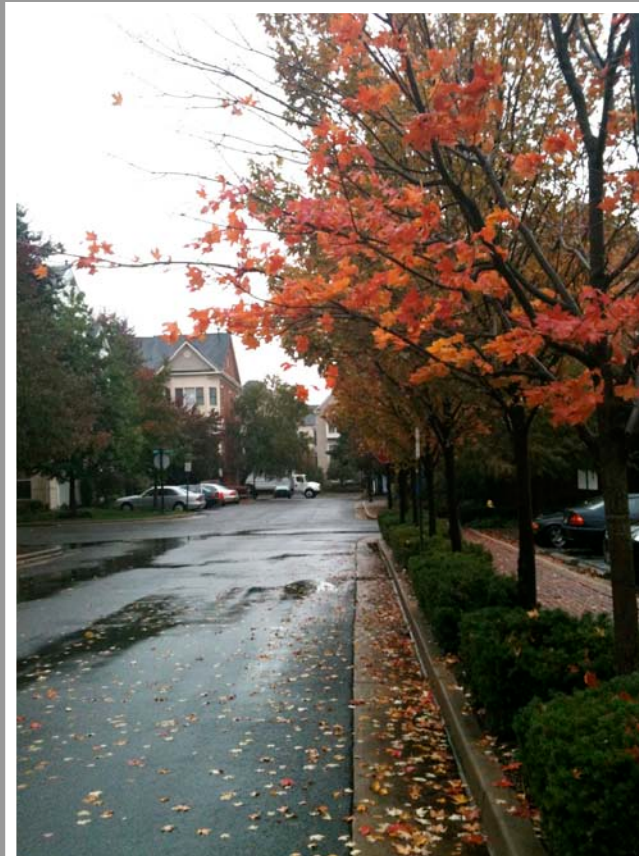
Thanksgiving Day, Christmas Eve, Christmas Day, New Year's Day

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



Photos by Judy Coleman



Fiorella Pizzeria E Caffè at National Harbor

By Carla Besosa

Photo by Sally McConnell

Fiorella is just what I have been in search of at National Harbor – a restaurant with high-quality food, prices that are not prohibitive, friendly wait staff, comfortable décor and a water view!

This new dining venue is impressively decorated with rustic charm, creating a comfortable yet upscale atmosphere. The open-style kitchen displaying large copper pots draws you into the cozy surroundings. The shelves stocked with ingredients line the walls in a decorative yet utilitarian fashion. And in pleasant weather, the patio affords prime harbor views.

Fiorella's pizza is the main feature. The kitchen has concocted close to 20 specialty pizzas, prepared on a very thin homemade crust, although one can always create a custom combination. Some of the more unusual toppings include fried zucchini, gorgonzola, soppressata, fried calamari and fried artichokes. I am putting in a plug for the *Prosciutto di Parma Balsamico* – house-made burrata cheese, arugula and shaved Parmigiano. The burrata in particular is quite a treat; it's a southern Italian delicacy made from fresh mozzarella filled with a mozzarella-cream mixture ... YUM!

In the appetizer realm, I would lobby for the *Warm Olives*, *Grana Padano Cheese* and *Spanish Marcona Almonds*. My preferred pasta is the *Baked Shrimp Alfredo* made with fettuccini, Parmigiano, lemon and cream. Other entrees incorporate chicken, shrimp and steak. Homemade fennel sausage makes frequent appearances, complementing several dishes.

The wine list is whimsically divided into "Sexy Wines" and "Sexier Wines." Have fun with that while choosing from among many international selections. Beer selection is more than respectable, with Peroni being my first choice.

I am not much of a dessert person, so when I rave about a dessert it is to be taken to heart. I'm telling you ... get the *Butterscotch Budino*! This is a delectable Italian-style pudding with salted caramel, candied walnuts and whipped cream. A harmonious medley of flavors!

The staff at Fiorella has been friendly and attentive, the place has a good vibe, and it's always a plus to dine on the water. Take a trip across the Potomac and pay them a visit!



Fiorella Pizzeria E Caffè

152 National Plaza

National Harbor, MD 20745

301-839-1811

www.fiorellaspizzeruacaffe.com

Hours of Operation

Monday-Thursday, 11:30am-10pm

Friday-Saturday, 11:30am-11pm

Sunday, 11:30am-10pm

Price Range

Appetizers: \$7-\$12

Entrees: \$14-\$22

Pizza: \$10-\$25

Desserts: \$7-\$10

Smoking – No

Bar – Full

Handicapped Accessible – Yes

Parking – Garages / Street

Reservations – Yes

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Carla's Picks

By Carla Besosa



Alexandria

Dec. 3 Holiday Boat Parade of Lights

Atlas Theater

Dec. 2 Gretchen Parlato & Gerald Clayton Trio
(2004 and 2006 winners of the Kennedy Center Thelonious Monk Competition)

Birchmere

Dec. 5-6 America with Jim Messina

Jan. 13-15 Eddie from Ohio
(recommend Jan 13 show with Dan Navarro)

Blues Alley

(Wow... December is packed full of good choices!)

Dec. 7 Spyro Gyra (jazz fusion)

Dec. 8-11 Marcus Johnson's Holiday Party (DC's own; keyboards and composer)

Dec. 13-14 David Benoit - A Charlie Brown Christmas (piano)

Dec. 16 Mary Ann Redmond (powerful vocals)

Dec. 20 Gregg Karukas (piano)

DAR Constitution Hall

Dec. 5 Tori Amos

Del Ray Artisans Gallery

Dec. 2-4 Holiday Market

Dec. 9 Opening Reception - Exhibit: "It's All About the Little Things"

Jan. 6 Opening Reception - Exhibit: "Artist Warriors: Post-Apocalyptic Adventure"

Dulles Expo Center

Dec. 9-11 Sugarloaf Craft Festival

Jan. 8-9 DC Big Flea Market

Jan. 28-30 Sugarloaf Craft Festival

Fireflies

Dec. 1 Janna Audey

Indigo Landing

Sundays, 11am-2pm
Angie Miller (Combine great music with a great view of the Potomac)

Kennedy Center

Dec. 1-3 National Symphony Orchestra featuring Midori

Dec. 4 34th Kennedy Center Honors

Dec. 13-Jan. 15 Billy Elliot the Musical

Jan. 17-Feb. 12 La Cage aux Folles

Mount Vernon

Nov. 25-Jan. 6 Christmas at Mount Vernon

National Harbor

Dec. 1-Jan. 8 ICE!

The State Theater

Dec. 9 Almost Queen (Queen tribute band)

Jan. 21 Bruce in the USA (Bruce Springsteen tribute band)

Strathmore

Jan. 7 National Philharmonic - Bach's Cello Suites

Jan. 14 Baltimore Symphony Orchestra featuring Itzhak Perlman

Verizon Center

Dec. 2 Andrea Bocelli

Washington Convention Center

Dec. 2-4 Washington Craft Show

And Another Thing...

Now that the temperatures are dropping, the Cameron Café will once again be offering their scrumptious soups. Very flavorful; you must check these out!

Alexandria Library Sponsors "Sisters in Crime"

Join Beatley Central Library for an evening with six local authors: Donna Andrews, Ellen Crosby, G.M. Malliet, Katherine Neville, Alan Orloff and Sandra Parshall on Tuesday, December 6, from 7:00- 8:30 pm, at the library, 5005 Duke Street. The event is free and open to the public. Light refreshments will be served. For more information, please call Mark Schwartz at 703-746-1770.



On December 15, the library's Great Books Discussion Group will take up "Bright and Morning Star," by Richard Wright, a short story from *Uncle Tom's Children*. On January 19, the group will be discussing "Human Personality," by Simon Weil, from *Selected Essays, 1934-1943*. Meetings take place 7-8:30pm in the Meeting Room of Beatley Central Library. All are welcome, however, only those who have read the selection should participate in the discussion. For more information, contact Bill Scouton at 703-931-3559.

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***Sat 8:00AM~8:30PM**

***Sun 9:00AM~8:00PM**

Cameron Station Book Clubs



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

Monday Night Bookball

November: *The Postmistress: a Novel* by Sarah Blake

December: *Two O'clock Eastern Wartime* by John Dunning

January: *The Forgotten Garden* by Kate Morton

Reading Between the Wines

November: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

December: *The Shadow of the Wind* by Carlos Ruiz Zafon

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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 (see box).** 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 (last week of January/first week of February for January/February; last week of March/first week of April for March/April).

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** (*see box*). The newsletter staff, Communications Committee or Board of Directors reserves the right to edit submissions for typos, length, tone and content. They will also determine the newsletter to be "full" at their discretion. Articles are to be factual and of public interest. Editorial content may be deemed inappropriate at the discretion of the newsletter staff, Communications Committee or Board of Directors. Photographs submitted will be returned to sender if accompanied by a self-addressed, stamped envelope.

Advertising Deadlines

December 15-30 for January/February
February 15-28 for March/April

Article Submission Deadlines

December 30 for January/February
February 28 for March/April

We welcome your ideas and photos, too!

Advertising Rates:

Display Ads (*Camera-ready*)

1/2 page. \$220
(horizontal: 7" x 4 1/2";
vertical: 3 1/2" x 9 1/4")
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.

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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
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