

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 13 Issue 6 • Nov-Dec 2012



Renovations!

See page 7 for more.

Standing Room Only at Annual Meeting

By Pat Sugrue

Congratulate yourselves, Cameron Station neighbors. You showed your support for our community with the large number of proxies management received (246) and the packed house of attendees (131) at the meeting itself. This led to a smooth 2012 Annual Meeting and a successful Board of Directors election.

Police Report

The meeting began with a police report from Blaine Corle, Deputy Assistant Chief of the Alexandria Police Department. He was once again able to report a very low crime rate in Cameron Station. While actual numbers are up due to infractions such as computer fraud and DWI, "real" crime is half of what it was last year. Common complaints his department receives from residents are speeding on Cameron Station Boulevard, pedestrian safety around Tucker Elementary School, and the running of stop signs.

He did report on three recent sexual assaults in the surrounding areas: two near the library and one on Van Dorn Street north of the Metro station. They seem to be isolated incidents, and the police have three strong suspects, but he noted that all of them were crimes of opportunity committed against women walking alone in the dark. Additional task forces, both visible and covert, have been patrolling the areas.

Management and Committee Updates

Four of the five board candidates were present at the meeting and addressed the crowd. Nick Giannotti, current board president, praised residents who had volunteered to serve on the board and committees and encouraged others to get involved. Committee chairs and/or board liaisons updated

residents on a variety of issues: a new shuttle company has been hired; casino night had to be cancelled this year due to club renovations, but new events next year will include a Cameron Club grand opening party and adult happy hours; seven landscaping companies are being reviewed as the Lancaster contract has ended; when the fitness center

(Continued on page 3)

CS Residents Help Sandy Survivors

Cameron Station residents showed their support for victims of Hurricane Sandy last month.

Resident Kathleen Ryan announced to the regular Martini Monday group that she had a friend driving up to New Jersey who could take donations. They responded in force. The car was promptly stuffed to the roof with helpful supplies and food. Her friend had to make two rounds of pick-ups just to make sure she had everything.

"It's amazing how folks can gather together and help those in need," Ryan said.



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 the last week of January to first week of February.

Article Submissions:

Any submissions for publication must include writer's name, address, and phone number and must be received **by the 30th of the month preceding issue date** (*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 Deadline

December 30 for January/February

Article Submission Deadline

December 30 for January/February

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.

A Note from the Editor: Compass Articles to be Available Online

By Judy Coleman

Full issues of *The Compass* have been available online in PDF for several years now. Soon some of the articles from *The Compass* will be posted on the Cameron Station website, www.cameronstation.org. The Communications Committee will select the articles and anticipates posting one per week.

About . . .

The Compass is the newsletter for the Cameron Station Community Association and is run entirely by volunteers. *The Compass* welcomes your article and photo submissions, as well as your suggestions for future issues. Please send us an email at TheCompass@cameronstation.org.

Back issues of *The Compass* are available online at www.cameronstation.org. Roll over the "Community" button at the top and go to "Newsletters."

Editor-in-Chief: Judy Coleman

Editorial Staff: Carla Besosa, Eliza Dolin, Elizabeth Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Shandra Kotzun, Cynthia Longo, Barbara Martinez, Deirdre Scott, Pat Sugrue

Annual Meeting *(Continued from page 1)*

renovations are complete, the center will have several new machines and flat screen TVs; the weekday opening time will be 4:45am.

Tom McClimon, board liaison to the Architectural Review Committee (ARC), reminded everyone that the ARC is not here to stop things but rather to help residents work within the constraints of the covenants. Communications Committee Chair Donna Gathers urged residents to sign up for email blasts and the new emergency texting system and asked for more committee volunteers, particularly those with technical expertise.

Mark Pillow Community Spirit Award

After management and committee reports, the Mark Pillow Award was presented to three deserving residents: Rebecca and John Johnson and Robert Burns. *(See article page 4.)*

Cameron Club Renovation

Board Member Alvin Boone, who is leading the Cameron Club renovation project, gave a presentation on the renovations. He reported that the project is nearing completion, and current expenditures are \$63,000 below budget. The renovated club will provide 26% more space in the fitness center; a third meeting room will be added to the existing Henderson Room and Victoria Hebert Great Room; the great room space will increase 16%, and the kitchen will double in size; and a maintenance workshop will be created, as will another office for management. Questions from the audience included noise issues in the great room, which Alvin expects to be mitigated, and a new floor covering for the gym to protect it during events.

Resident Forum

During the Resident Forum, a resident questioned the proposed walkway between Cameron Station and the bowling alley development. Nick explained that while a location was chosen by the board based on input from the Cameron Station ad hoc committee formed to look into this project, the decision to build it or not does not have to be made for two years. The resident expressed concern that there was no input from the community regarding this issue but was told that community meetings had been held and hundreds of emails were received from residents. More input is welcome through attendance at board meetings or via emails to the board.

Adopt-a-Family

Board Member Mindy Lyle, who has coordinated the annual Adopt-a-Family holiday gift program for needy Tucker Elementary families for many years, reminded everyone that it would be starting again soon and asked for the community's continued generosity.

Election Results

The results of the election were then announced: Jon Dellaria, Alvin Boone, and Nick Giannotti were elected to the board.

The meeting adjourned with Nick reminding everyone of the need for civil discourse in our community *(see article on page 9)* and encouraging residents to attend monthly board meetings and to become more involved.

Thanks to our Cameron Station retailers, Café Pizzaiolo, Cameron Café, and Main Street Market, who generously provided gift certificates to be handed out as door prizes, and thanks to everyone who participated in the 2012 Annual Meeting.

Modest Increase in HOA Assessments for FY13

Townhouses/Single Family Homes

The quarterly assessment fee will increase 1.14%, from \$303.72 per quarter to \$307.20. The Transportation Management Plan (TMP) fee, which is set and imposed by the City of Alexandria, increased 2.8% from \$19.02 per quarter to \$19.56. The total assessment, including TMP, will be \$326.76 per quarter.

Condominiums

The quarterly general assessment paid by all condo owners will increase 1.14% from \$242.98 to \$245.76. The TMP fee increased 2.8% from \$19.02 to \$19.56 per quarter. The total assessment will be \$265.32 per quarter. (This figure does not include fees imposed by the individual condo associations.)

Complete information on the Cameron Station FY2013 operating budget was mailed to homeowners in October. If you did not receive the mailing, please contact the management office at 703-567-4881.

Upcoming Board and Committee Meetings

All meetings start at 7pm unless otherwise indicated.

Please check www.cameronstation.org to confirm the time and location for each event.

Mon., Dec. 3: Activities & Events Committee

Weds., Dec. 12 at 7pm: Architectural Review Committee

Weds., Dec. 5: Common Area Committee

Tues., Dec. 11: Board of Directors

Thurs., Dec. 13: Cameron Club Facilities Committee

Mon., Dec. 17: Communications Committee

2012 Mark Pillow Community Spirit Award Recipients

By Pat Sugrue

For those of you who did not know Mark, one of the nominators captured him beautifully when she wrote: "Mark embodied community spirit and was always the first to offer a helping hand He volunteered throughout Cameron Station in so many ways and had one of the biggest hearts I have ever known."

This year's award recipients have captured Mark's generous spirit and love of community:

Rebecca and John Johnson exemplify what it means to be good neighbors. One person who nominated them told of their taking care of a family with serious health issues who have no family here. John organizes volunteers from his community to help the family, while Rebecca drives the young mother to doctor appointments and offers continuing support. Rebecca and John are also the driving force behind the Cameron Station Chanukah Celebration, unfortunately

cancelled this year due to Cameron Club renovations. And it is thanks to them that we have a lighted menorah in front of the Cameron Club each Chanukah season.

Robert Burns has given his all to our community, practically since the day he moved here, first as a member of the Common Area Committee (CAC) and for the past seven years as its chairperson. He is tireless in his efforts, and it is his leadership that helped Cameron Station win the Beautification Award from the City of Alexandria this year. One of the committee members who nominated him explained that he guides with a "firm but sensitive hand." We can thank Rob and the CAC for the beautiful appearance of our community, surely a factor "in our ever-rising property values."

Congratulations Rebecca, John, and Rob, and thank you for all that you do.

News from the Clubhouse

By Airielle Hansford

New Covenants Administrator

The Cameron Station management staff is excited to announce that Bethany Lammers, former administrative assistant for Cameron Station, has been promoted to covenants administrator.

Bethany began her career with Community Management Corporation (CMC) in 2003 as a bookkeeper before joining the Cameron Station management team in 2011. You may contact Bethany regarding any covenants or architectural related questions and information at 703-567-4881 or covenants@cameronstation.org. We look forward to working with Bethany in her new position.

New Administrative Assistant

Welcome to Candace Lewis, the new administrative assistant for the Cameron Station Community Association. Candace has over 15 years of experience providing customer service

support in the real estate industry. She is also a homeowner and has experienced the benefits of having a homeowner's association. As the new administrative assistant, Candace has an energetic personality and "can-do" attitude that will be beneficial to Cameron Station residents. Candace can be reached at 703-567-4881 or via email at admin@cameronstation.org. We are delighted to have Candace on board.

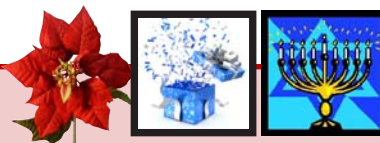


Candace Lewis

Airielle Hansford on Leave of Absence

Please be aware that Community Manager Airielle Hansford will be on maternity leave beginning around November 9, returning in 12 weeks. Assistant Manager Mary Meghan Flynn will be serving as acting manager while Airielle is out. Meghan can be reached at assistantmanager@cameronstation.org or 703-567-4881.

Cameron Station Holiday Happy Hour



Annual Cameron Station Holiday Party & Chanukah Party will both be cancelled this year due to the Cameron Club renovation. The Activities & Events Planning Committee is currently organizing plans for a special Holiday Happy Hour at Café Pizzaiolo **Thursday, December 6, from 5:30-7:30pm**. Once details are finalized, management will send out information via email blast and on the website at www.cameronstation.org. For Chanukah, the menorah will still be out in front for everyone to enjoy, and John and Rebecca Johnson will light it on the appropriate nights.

Cameron Station Street Name History: New Finds

By Judy Coleman

New online archives are shedding some light on the historical mysteries behind some Cameron Station street names. (*The Compass* last reported on the origins of street names in the March/April issue of 2010, and is keeping track of all the information so far.)

We've made a number of new discoveries. This week, we begin with

California Lane

The area around Cameron Station was used for a Union Army camp during the Civil War. It was called "Camp California," in honor of division commander (later General) Edwin Sumner, who had previously commanded the Department of the Pacific. About 10,000 soldiers called the camp home from 1861 to 1862. Many were from New York.

It is not certain that Camp California was the inspiration for California Lane, but it seems to be a likely explanation.

Suffice it to say, Camp California was not exactly Beautification Award-winning material. At the time, the area around current Ben Brenman Park was most likely a swamp, 10 feet or more below its current grade and subject to regular flooding from Holmes Run and Backlick Run. To make matters worse, the Union soldiers cut down most of the trees in the area for firewood. Without the trees, the area became a mud pit whenever it rained.

By 1862, soldiers were calling their home "Camp Stump." Or even "Camp Misery." In fact, the place probably had very



A drawing taken from a photograph of the 57th New York Regiment training at Camp California. Republished from *The Story of a Regiment* (1895). Available online at http://openlibrary.org/books/OL6917339M/The_story_of_a_regiment.

little resemblance to the State of California, except for the presence of so many New York expatriates.

It was not until the 1940s that the Army graded the land, created a lake, and even changed the course of Holmes Run and Backlick Run to make the area usable — and a much more comfortable place to live. The only reminder of Camp California days may, oddly enough, be in the trees. As *The Compass* previously reported, a number of the older swamp oaks in the area date to around the time of the Civil War. Perhaps they were among the few trees the soldiers spared.

Judy Coleman is the editor of The Compass. Though she's not sure whether she'll publish her research, all rights reserved anyway!

Mum's the Word!

By Suzanne Vigil

Chrysanthemums are one of the most spectacular fall plants for your garden and pots, and if cared for properly, they can provide you with several years of beauty. Many folks wonder, however, why the second year's appearance is not as spectacular as the first year's.

If your mums are tall and "leggy" with not as many blooms, there is an easy fix.

1. This first step is very important: When your mums have finished blooming in late November, cut the dead and dying stems about an inch above the soil. It will take just five minutes, and the return will surprise you come next fall. Just don't leave the dead stalks. They are unsightly and make your garden looked uncared-for.

2. When spring rolls around, as the mums begin to sprout, allow them grow about three inches tall and begin pinching back each stem so the plants stay that height. "Pinching"



Mums Gone Wild!



means cutting the top of the new growth in order to encourage the roots to get stronger. More roots, more flowers.

3. As the summer progresses, keep snipping the mums back so they remain about three inches tall. If you don't pinch back your mums, they will bloom only sparsely in the summer and be very tired by fall.

4. When summer comes to a close (September), begin letting the plant grow and do its thing. Voila! You'll have a nice plant, dense and full of blooms.

Photo courtesy of Susan Birchler



Halloween at Cameron Station



Photos by Megan Brock



At left: Neighbors from Lannon Court, Knapp Place, and Grimm Drive hosted a Halloween fright-fest in the Knapp Place Pocket Park. This is the fourth year of the party, which includes a potluck and zombie cemetery.

At right and above: The annual Cameron Station Halloween Party was held October 27 at Samuel W. Tucker Elementary School.

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Renovations: A Work in Progress



Photos by Nicole Gauvin

A Thank You

By Ray Celeste

Chair of the Cameron Club Facilities Committee

I want to take this opportunity to thank the entire CMC leadership team, Airielle Hansford and Meghan Flynn, for their support in our clubhouse renovation project. They have remained flexible and worked tirelessly to support the renovation project.

I also want to thank Kevin Horner of WTS, our fitness center management company, who has worked diligently to get our fitness center up and running again despite renovation

challenges. Renovation projects of this nature always present challenges and require cool heads to work through them.

Lastly, I am very appreciative, as well, of Alvin Boone and Marty Menez, our renovation project manager and deputy, respectively (both Cameron Station residents), who have spent countless hours of their time volunteering to bring this project to a successful conclusion. We are blessed to have such dedicated residents, who strive to make our lives here at Cameron Station more enjoyable.

In Memoriam: Casmira (Cassy) T. Zak

By Marilyn Zak

Mrs. Zak, age 100, died peacefully on July 8 at her home on Bessley Place, where she lived with her daughter, Marilyn (Mimi). She had been a resident of Cameron Station since 2002. Cassy was the widow of Robert A. Zak who died in 1988. She was born on April 20, 1912, in Chicago, Illinois.

Mrs. Zak began her career as a registered nurse at Cook County Hospital in Chicago. In 1937 she married Robert Zak and had two children, her son Bob and her daughter Mimi. Mrs. Zak and her family moved to Everett, Washington, in 1947. There, she worked for Providence Hospital for more than 30 years, where she established the Providence Hospital Nursing Association. She later lived in the Dominican Republic and Nicaragua with her daughter, who worked for USAID.

Committee Thanks Lancaster Landscapes

By Meghan Flynn

The Common Area Committee treated the staff of Lancaster Landscapes, the association's landscaping contractor, to lunch at the Cameron Circle gazebo. This was in appreciation for all their hard work in helping Cameron Station achieve the Beautification Award. The CAC purchased bag lunches from Main Street Market, and Suzanne Vigil, CAC Vice Chair, made a basket of delicious cookies for everyone to share. The landscapers were very appreciative!



Photo by Bethany Lammers

Farmers Market Wraps Up Banner Year

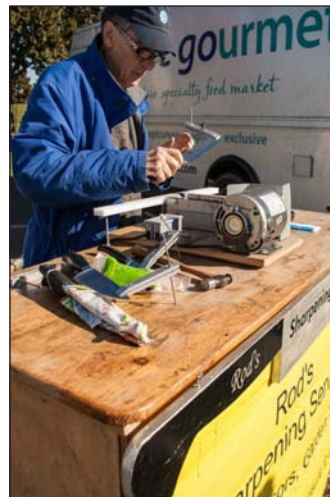
By Susan Birchler

This year was our fifth running the West End Farmers Market, and it has been a great one. Over 1,100 eager customers turned out on the gorgeous first day, May 6, lining up to see their favorite vendors and buy just-picked, seasonal, local produce from the many farms that sell here.

Despite the intense heat, power outages, strong wind, and sideways rain that occasionally occurred in the 2012 season, as well as when the weather was terrific, our vendors and loyal patrons attended the market every Sunday. For that, we would like to thank everyone who has worked for and benefitted from the presence of the West End Farmers Market. Our goal has been to provide a pleasant community gathering place where people can make new friends, as well as buy fresh local food, and it is an absolute joy to know that our customers experience it that way as well.

Of course, our market has more than farmers; our small but always growing family is also made up of bakers, chefs, artisans, and artists who display their wares at our market every Sunday morning. This season, we have been thrilled to welcome potters, jewelry vendors, a Korean pickle maker, a blender of specialty teas, and a local nonprofit, the Friends of the Beatley Central Library. These new vendors join our longtime friends whom we have come to know over the past several years for their fresh-squeezed juices, cave-aged cheeses, fresh and gluten-free breads, scrumptious homemade pastries, free-range dairy and meats, fair trade coffees and fashion accessories, local wildflowers, and handcrafted gifts, all of which have brought great pleasure to our customers.

For those of you who are cooking fools, please go to the recipe page at our website and contribute one of your favorite recipes using fresh, local produce, fruits, meats, or cheeses. We will post the recipes on our website, on Facebook and maybe, if we get enough recipes by springtime, we can create a West End Farmers Market Customers' Favorites Cookbook for our 2013 opening day!



Rod sharpens knives for customers every week.



Karla Medina and her family have been selling produce at the market for five years.

Fred and Millie talk to customers at their booth for The Dressed Up Nut.



We are also immensely excited to announce a new partnership with the Beatley Central Library. Keep an eye out for more events put on by the market at the library throughout the winter and into our 2013 season.

If you have been with us for years, we thank you again for your patronage; if you have only heard of us, we invite you to visit. The market occurs weekly in the South Parking Lot of Ben Brenman Park from 8:30am to 1pm on Sundays, starting in May and ending the last weekend before Thanksgiving every year. For more information, please visit us online at www.westendfarmersmarket.org/, as well as on Facebook and Twitter.

Civic Association to Meet December 6

The next meeting of the Cameron Station Civic Association will take place Thursday, December 6, at 7pm at Samuel Tucker Elementary. Please plan to attend! New officers will be elected. If

you're interested in serving as an officer or on the Civic Association Board of Directors, please email Civic Association President Dak Hardwick at dakhardwick@gmail.com.

RESULTS MATTER



Aaron Podolsky

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Cameron Station Blvd - Garden Model - **RENTED** \$2,200

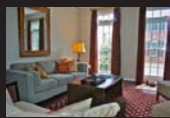
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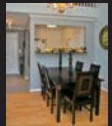
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This Is Not Who We Are

By Pat Sugrue

October was a tough month for Cameron Station residents, with the temporary closing of the fitness center during Cameron Club renovations and the heavy rain and high winds of Hurricane Sandy.

We were prepared for the fury of Hurricane Sandy. We were not prepared for the fury of some Cameron Station residents regarding the fitness situation.

To minimize the impact of the fitness center's temporary closing, WTS (which manages the center) and the Cameron Club Facilities Committee made arrangements with Fitness First in the Van Dorn shopping center to allow Cameron Station residents to use that facility at a discounted rate for the two weeks our fitness center would be closed. The agreement was for a two-week pass for only \$20 and/or a free one-day pass to be used during those two weeks. There was no cost to our association for this discount; Fitness First did it as a goodwill gesture – to be a good neighbor to the Cameron Station community.

An email went out to residents with the details of the arrangement, but unfortunately it contained an error – it stated that the number of free passes was six per resident. A correction email went out that same day, as soon as the error was realized, stating that it was one free pass per resident for the two-week duration, not six. This correction was also noted a few days later in an email blast from the management office.

It is understandable, and regrettable, that some confusion and inconvenience resulted. But it is not understandable that some residents were so enraged that they subjected the Fitness First staff to verbal abuse and mistreatment, including reducing one of the staff to tears.

The result of their behavior was not only the mistreatment of the Fitness First staff, but also the cancellation of the arrangement with Cameron Station. While passes already purchased were honored, no further passes were offered. And when the re-opening date of the Cameron Club fitness center had to be pushed back another week, Fitness First management declined to make the offer again. The bad behavior of a few resulted in the loss of privileges for all.

This is not the first time we have heard about a lack of civil discourse in our community. Our managers, board members, and committee members are too often subjected to rude treatment from residents; over the years we've received numerous requests from management and the board asking us please to communicate with each other in a respectful way.

The Cameron Club renovation is almost done. The fitness center is open. Fitness First continues to operate successfully as it has for many years. We've cleaned up the community after the storm. Let's clean up our act, too.

Cameron Station Volunteers Visit Bethesda Naval Hospital

By Dubey Liffman

In September, a team of Cameron Station volunteers visited the Bethesda Naval Hospital as part of the Wounded Warriors program. We will be going again in December and welcome your donations.

Our program is growing. We had three donation tables at the hospital on our September visit. This was the most donations we have ever had. It really turned out to be very lucky, too, because six wounded NATO soldiers had just arrived without any of their personal belongings. We were able to supply the soldiers with shirts, hats, sunglasses, and personal items.

It is always heartwarming to go to the hospital. During the last few visits, we have been seeing a young wounded soldier without legs getting around in a wheelchair. This

past visit in September, we saw him running through the lobby with his new prosthetic legs!

For our next visit in December, we need assistance with NEW warm outside clothing, such as hats, scarves, and gloves. They can be delivered to my home at:

135 Somerville Street
703-370-6362

We really appreciate your donations. They make a difference. May you and your family have a safe and blessed Christmas.

Dubey Liffman is a resident of Cameron Station and organizes the Wounded Warrior donation program here.



Two Other Ways to Support Returning Soldiers

By Leslie Johnston

As residents of Cameron Station, we have had the pleasure of living among America's military heroes and heroines assigned to various posts in the Washington, D.C. area. I have seen first-hand the struggle many experience after returning from combat, while working through Post Traumatic Stress Disorder (PTSD), depression, and other effects from the realities of war.

Since it can take months for our military to access a mental-health specialist, I wanted to make our community aware of a special non-profit, Not Alone, which provides programs, resources, and services to warriors and families affected by combat stress and PTSD

through a confidential and anonymous community. The website can be found at www.notalone.org.

Another site, www.pawsforpurplehearts, is a program connecting pets with individuals facing PTSD. The program teaches those with PTSD to train service dogs for comrades with physical disabilities.

Our family is proud of our military and their exceptional service to our country. We are grateful to be able call so many service men and women "Neighbor."

Leslie Johnston is a resident of Cameron Station.

Book Clubs



Monday Night Bookball

Dec.: *The Toss of a Lemon* by Padma Viswanathan

Jan.: *Caleb's Crossing* by Geraldine Brooks

Reading Between the Wines

Dec.: *The Gift of the Magi* by O. Henry

Jan.: *The Widow Clicquot* by Tilar J. Mazzeo

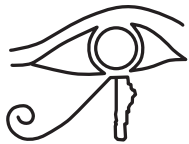
Cameron Station Resident Shows Portraits at Torpedo Factory



Courtesy of Suzanne Vigil

Suzanne Vigil, vice-chair of the Common Area Committee and longtime artist, will have a show at the Torpedo Factory this December. The show opens December 1 and will run for a month in the main gallery.

The title of the show is "Up Close and Too Personal." It features a series of portraits of people who have been caught in an unexpected moment. "I want to explore situations as if I were sitting just a little too close for comfort. I want to invade someone's, or 'some thing's' personal space. I want to see imperfections," Vigil said in her proposal.



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Fitness Center News

By Kevin Horner

Fitness Center Information

The Fitness Center re-opened on November 7, after being closed for improvements. We encourage everyone to stop in and see the changes that were made. We gained about 650 square feet of space, and we have new rubber flooring in the cardio area, two new interactive spinning bikes, new kettle bells, an adjustable plyo box, new foam rollers, a new paint job and, most importantly, seven new flat-screen televisions!

We are also going to be installing a new functional training system that will have all kinds of accessories included. We are waiting on our music system to be re-installed and hope that it will be done soon. The changes and the new equipment have been very well received by everyone.

Reminders

Remember, the best way to keep from getting sick this winter is to wash your hands often and to use the hand sanitizer we provide in the center. Also, please remember to wipe down the cardio machines and the area around the machines. The germs and bacteria sweat carries could cause a cold, stomach illness, or staph infection. We provide sanitizing wipes and

anti-bacterial spray to make wiping down the machines easy.

Group Exercise Classes

Our final group exercise session of 2012 had to be extended due to the fitness center's being closed. As it stands now our next session will begin the week of January 13, 2013.

Facebook

We are on Facebook! If you belong to Facebook, search for "Cameron Station Fitness Center." We provide information on classes and other pertinent information, as well as some fitness tips and suggestions.

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

For information on any of the programs or to get on our e-mailing list, please contact the Fitness Center at 703-567-8555 or fitness@cameronstation.org.



A note from the Cameron Club Facilities Committee: If you disagree with a policy of the Cameron Club, do not ask the employee who is hired by the community to ignore the policy and make an exception for you. This could cause the employee to be relieved of his or her duty. Instead, please identify how you would improve that policy and bring it to the Board of Directors or the Cameron Club Facilities Committee.

FALL ACTIVITIES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30/7:00AM		6:30-7:30AM *Tone 2 Tighten (Kara)		6:30-7:30AM *Tone 2 Tighten (Kara)		
8:30/9:00AM	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 (Denise)		9:00-10:00AM Yoga/Sculpt (Denise)		9:00-10:00AM Fitness Fusion (Denise)
10:00AM						10:00AM-12 NOON Pick-up Basketball
3:30PM	3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents	
6:45PM	6:45-7:45PM Cardio Boot Camp (Sarah)					
7:30PM		7:30-8:30PM Pilates (Denise)	7:30-8:30PM Beginners Yoga (Kittie)	7:30-8:30PM Yoga (Kittie)		
8:30PM		8:30-10:00PM 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.

Restaurant Review: Café Caturra

By Carla Besosa

Hey, neighbors! Don't let the Arlington address deter you. Café Caturra is merely a 10-minute drive from Cameron Station, less than five miles. This new addition to the local restaurant menagerie is worth your patronage, as this *shabby chic* bistro offers an eclectic variety of dishes sure to tantalize any palate.

Lunch and dinner menus are similar, though not identical. The restaurant provides counter service by day and table service by night. I have visited Café Caturra eight times with various combinations of 10 different neighbors, and I am pleased to report that each and every one was thrilled!

The structure is oddly situated in the middle of the parking lot of the Shirley Park Shopping Center. But the patio, light wood, big windows, funky décor, and original artwork all create an inviting atmosphere.

For starters you may opt for the *Breads & Spreads* (with hummus, white cheddar pimento, and tuna/white beans), *Caprese Crostini* (with roasted tomato, fresh mozzarella, basil, and balsamic drizzle), *Deviled Eggs* (with smoked paprika, crispy Serrano, and parsley), or the *Warm Olives* (with bay leaf and lemon juice).

The homemade soups vary with the season, but the *Roasted Tomato/Basil* is my favorite—a thick consistency and quite flavorful. My salad of choice is the *Raspberry Walnut* (romaine, toasted walnuts, dried cranberries, blue cheese, and raspberry vinaigrette)—a tasty harmony of flavors.

When selecting your main dish, you can veer off in a number of directions. Head toward the land of sandwiches, pizzas, or small plates. The small plates are basically entrees without accompanying additions on your plate that you didn't order and often don't want. This enables you to enjoy, for example, expertly prepared *Crab Cakes*, *Jerk Shrimp Tacos*, *Flank Steak Satay*, or *Griddled Garlic Shrimp* for merely \$8.50-\$9.50. The price is amazing, but so is the taste!

The desserts they offer are impressive as well. (This, coming from a non-dessert person!) Whether or not you feel you've had sufficient nourishment, you can certainly justify a sweet sampling that's barely bigger than a golf ball. The dessert menu is very conducive to sharing bites. Dive into the mini *Key Lime Pie*, *Chocolate Torte*, *Crème Brûlée*, or whatever the chef has concocted. Good stuff!

The wine list at Café Caturra runs the gamut. Wines are grouped by description such as crisp, rich/multi-layered, robust, etc. Select a 3-oz, 6-oz, or 9-oz pour. Flights of wine are available also. I lean toward the Torrontés (Santa Julia), Verdejo (Paso a Paso), and Albariño (Adegas Gran Vinum). Other beverage choices include beer, coffee drinks, sodas, and the beloved Izze sparkling juices.



Photo by Rupert Munro

The staff at Café Caturra is friendly, knowledgeable, and helpful. They definitely complete the package for an already impressive spot. Add Café Caturra to your list of destinations. It's convenient, it's affordable, it's fun, and the cuisine is delicious!

Café Caturra

2931 So. Glebe Rd
Arlington, VA 22206
703.535.5480
www.cafecaturra.com

Hours of Operation

Mon.-Thurs.: 11am-10pm
Fri.-Sat.: 11am-11pm
Sun. 11am-9pm

Price Range

Appetizers: \$3.50-\$8
Soups & Salads: \$3.50-\$10
Panini: \$8.50-\$9.50
Pizzas: \$9.50-\$11
Sandwiches: \$8.50-\$9.50
Small Plates: \$4.50-\$12
From the Grill: \$12-\$15

Smoking

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Bar

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Reservations

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Carla's Picks

By Carla Besosa

Alexandria Holiday Boat Parade of Lights

Dec. 11 Decorated boats show off on the Potomac (Old Town)

Birchmere

Dec. 2 Blood Sweat & Tears

Jan. 26 The Association

Jan. 28 Jesse Cook

Creative Cauldron

Dec. 7-23 Christmas Cabin of Carmaween (a poignant Irish folktale)

Del Ray Artisans Gallery

Dec. Holiday Market (12/1, 7, 8, 14, 15)

Jan. 4 Opening of "Shades of White" Exhibit

GMU Center for the Arts

Nov. 30-Dec. 2 Virginia Opera performs Strauss's "Die Fledermaus"

Jan. 20 Savion Glover (celebrated choreographer and tap dancer)

GMU Vision Series (Lecture)

Dec. 3 "American's Favorite Vegetable and How Iceberg Lettuce Helped Transform the American Diet" (This is the first event I have ever seen that is dedicated to iceberg lettuce! Maybe iceberg lettuce has gotten a bad rap all these years. Intriguing.)

Grounded Coffee (Telegraph Rd.)

Dec. 6 Janna Audey performs, 11am-1pm

H Street Theater

Through Dec. 30 Wonderful Life (You've seen it before but not as a one-man show, with a new script.)

Hub Theater

Dec. 7-30 How I Paid for College (World Premiere)



Morrison House 1st Tuesday Lecture Series

Dec. 4 Researching George Washington's Religious Convictions

National Museum of Women in the Arts

Now-Jan. 6 Women Who Played a Central Role in the Development of the Rock & Roll Genre (I've been hearing good things about this exhibit through the museum-going grapevine)

Warner Theater (Downtown DC)

Nov. 29-Dec. 23 The Nutcracker (Washington Ballet). This company includes Cameron Station's Luis Torres)

And Another Thing...

- * Newly released book: *Waiting in the Silence*, by Rosalyn Berne, PhD, a professor at University of Virginia recognized as an expert on the ethical, cultural, and societal implications of nanotechnology. In *Waiting in the Silence*, Berne's first work of fiction, her characters deal with ongoing conflicts between technology and individual choice.
- * You might be asking yourself: "Who's that girl singing in the Heineken ad?" It's **Claire Browne** singing "Love Letter." This commercial brought her to the forefront, and people sat up to take notice. You can find this notable Heineken ad on the Internet, and her album is *Baby Caught the Bus*.
- * Our closest winery, as of June 2012, is **The Winery at Bull Run** in Centreville, Virginia. Easy to find and just a 35-minute drive. It's pouring four reds, four whites, a rosé, and a port.
- * Cameron Station neighbor Art Hildebrand has a blues trio called **Back Alley Blues Boys**. Check out www.backalleybluesband.com.



Alexandria's Children Need Your Help!



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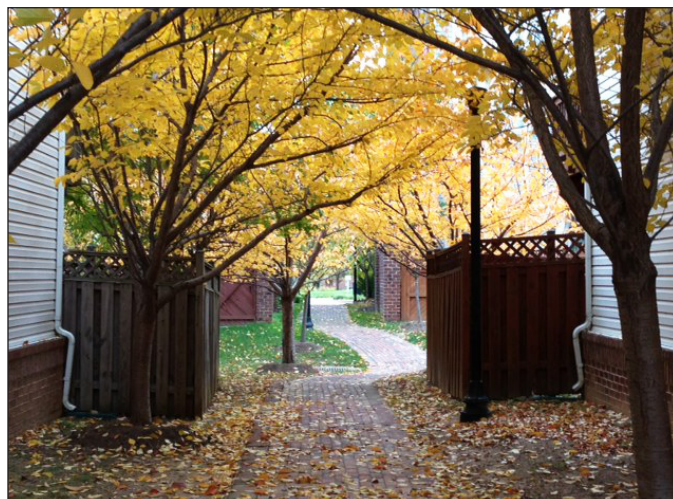


Photo by Judy Coleman

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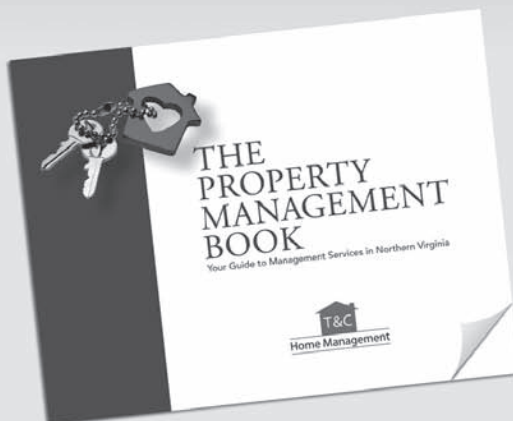
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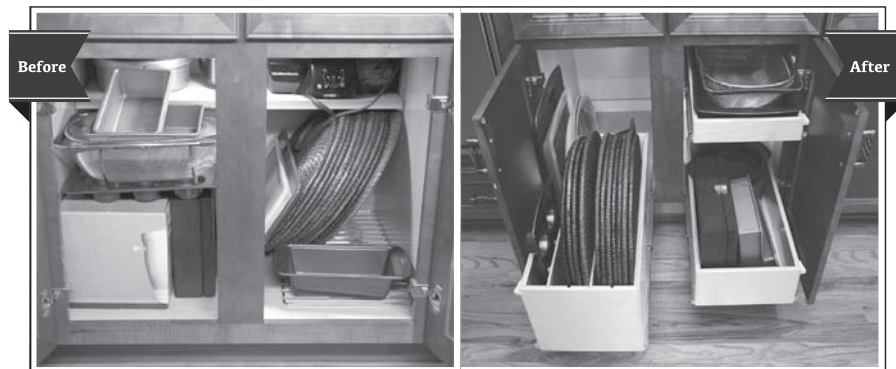


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Saturday-Sunday
 7am-8pm

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



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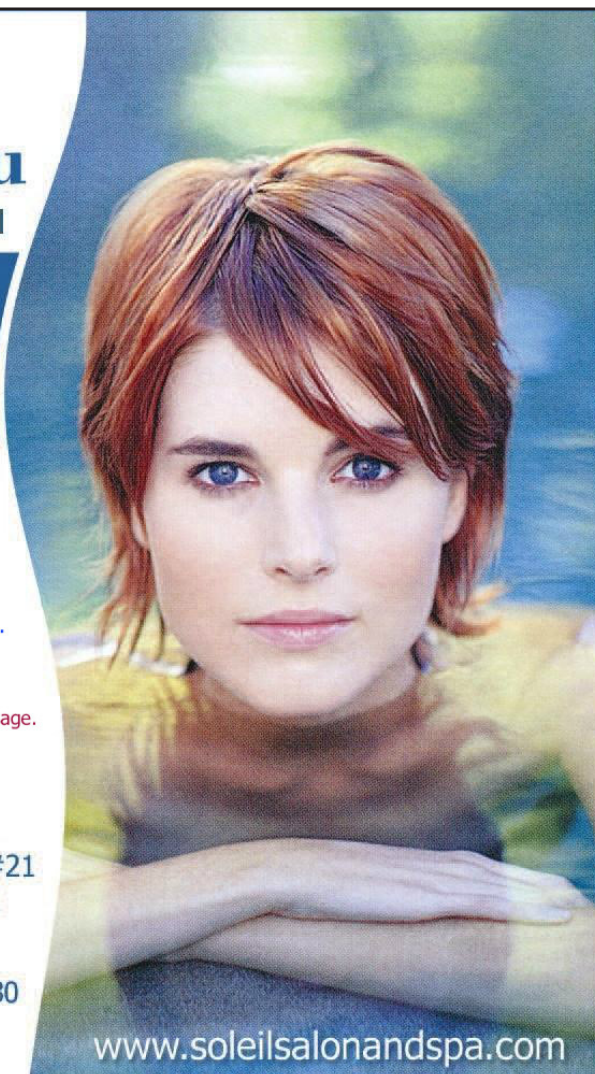
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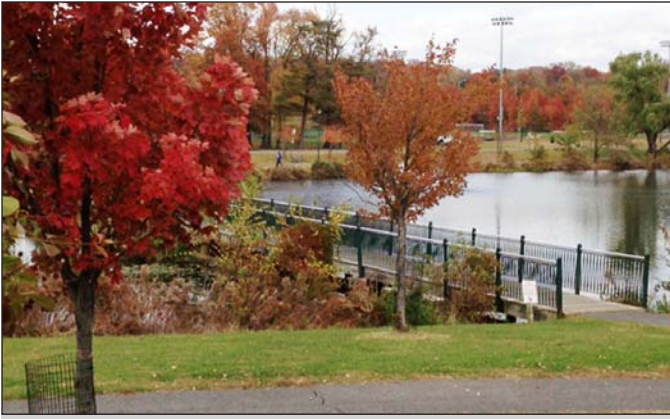
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Meetings are the fourth Tuesday of every month,
unless otherwise indicated.

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communitymanager@cameronstation.org

Mary Meghan Flynn, Asst. Community Manager
assistantmanager@cameronstation.org

Bethany Lammers, Covenants Administrator
covenants@cameronstation.org

Candace Lewis, Administrative Assistant
admin@cameronstation.org

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CAMERON CLUB FITNESS CENTER

Kevin Horner, Director
fitness@cameronstation.org
703-567-8555

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events@cameronstation.org

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dbaldino@cmc-management.com

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