

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 13 Issue 1 • Jan/Feb 2012

Annual Meeting: Cameron Club Renovations and Pickett Development Unveiled

By Barbara Martinez

Cameron Station residents packed the Tucker Elementary School cafeteria November 7, ensuring that the annual meeting easily reached quorum, unlike in past years. Throughout the evening's presentation, outgoing Board President Mindy Lyle drew door prize winners from the 185 residences in attendance. Prizes included gift cards to retailers in and around Cameron Station, such as Shooter McGee's and the Cameron Café, as well as a grand prize of one quarter's HOA dues.

There were other reasons it paid to show up:

Cameron Club Renovations

The presentation on the club renovations generated the most audience questions of the night. The renovations will
(Continued on page 6)

Merry Mingling



Cameron Station residents celebrate the season at the annual Holiday Party on December 18. Photo by Sally McConnell. See page 7 for more photos from the party.

Benvenuto! to

By Carla Besosa

Happy faces and large portions have been spotted at the corner of Somerville Street and Brenman Park Drive this past month.

Larry and Christine Ponzi welcome you to Café Pizzaiolo-Cameron. The newest addition to our Main Street retail strip, Pizzaiolo promises to be a neighborhood restaurant and bar that patrons feel comfortable frequenting.

The Pizzaiolo Café Group includes a deli in Del Ray and restaurants in Crystal City, Fairlington, Cameron Station and Shirlington (summer 2012). This track record in just five short years! When I commented on

(Continued on page 13)

**CAFÉ
PIZZAIOLO**



Photo by Sally McConnell



CAMERON STATION COMMUNITY ASSOCIATION, INC. (CSCA)

BOARD OF DIRECTORS

(boardofdirectors@cameronstation.org)

Nick Giannotti, President

Mindy Lyle, Vice-President

Tom McClimon, Secretary

Robert Duncan, Treasurer

Alvin Boone, Director

Michael Johnson, Director

Phil Ludvigson, Director

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

COMMUNITY MANAGEMENT

Airielle Hansford, Community Manager

communitymanager@cameronstation.org

Mary Meghan Flynn, Asst. Community Manager

assistantmanager@cameronstation.org

Shirley Petrovic, Covenants Administrator

covenants@cameronstation.org

Bethany Lammers, Administrative Assistant

admin@cameronstation.org

703-567-4881

703-567-4883 (fax)

CAMERON CLUB FITNESS CENTER

Kevin Horner, Director

fitness@cameronstation.org

703-567-8555

CSCA COMMITTEES

ACTIVITIES & EVENTS COMMITTEE

events@cameronstation.org

Stephenie Zvonkovich – Chairperson

ARCHITECTURAL REVIEW COMMITTEE

arc@cameronstation.org

Craig Wiesen – Chairperson

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

Denna Barlish, Manager on site at Cameron Club:

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

dbarlish@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, November 29

By Pat Sugrue

The November meeting was the first meeting of the newly elected Board of Directors. Two of the members put forth their names to be president, so election was done by secret ballot. Nick Giannotti is the new president; other appointments are as follows: Mindy Lyle, Vice-president; Tom McClimon, Secretary; Robert Duncan, Treasurer.

Police Report

Deputy Chief Blaine Corle of the City of Alexandria Police Department reported on the latest crime reports in the West End, which included a cell phone robbery and storage shed break-ins. He also discussed the large number of trick or treaters in Cameron Station on Halloween night and said that although the streets were crowded, there was a police presence, and no problems were reported. He urged neighborhood vigilance during the holidays to prevent package thefts, which are crimes of opportunity.

Residents' Open Forum

A resident had concerns about the wording of the snow removal policy.

Financial Report

On October 31, the Cameron Station Community Association had operating and investment funds totaling \$2,461,468.45. The Accounts Receivable Residential Assessments account was \$41,331.06. This reflects a delinquency rate of approximately 1.98%, which is below the industry standard of 5%. Accrued Reserves total \$1,556,935.65 and are fully supported by cash and investments. Owner's Equity, which has a balance of \$414,979.97, is also supported by cash. These figures signify that the Association is in a healthy financial position. The Capital Reserves account totals \$53,121.10. There is \$27,709.78 in approved capital improvements to be funded from this account. (Additional financial information may be found in the minutes of the November 29 meeting, posted on www.cameronstation.org.)

Fitness Center Report

WTS Fitness Director Kevin Horner reported that two new yoga classes are being offered and that a new instructor has been hired for children's fitness classes scheduled to begin in January. He also advised that WTS will provide design services at no charge to arrange the fitness equipment after the Cameron Club renovation. Residents are reminded that they are permitted to bring guests to the fitness center, but guests may not use the facility unless accompanied by a resident.

Committee Reports

Common Area Committee: Chairperson Robert Burns updated the board on the volunteer gardener program. He also reported that each member of the committee has been assigned a pocket park to monitor throughout the year.

Communications Committee: The committee is working with the website administrator to add more user-friendly and interactive options to the website. The committee is also reviewing the vendor list and the possibility of adding vendor discounts for residents to the website.

Activities & Events Committee: Extending the hours of the December 18 Holiday Party was discussed.

Architectural Review Committee: The committee expects to elect a chairperson at the next meeting.

Cameron Club Facilities Committee: Emergency procedures for security and access to the club during power outages was discussed. The board tasked the committee to develop a long-term security plan for the club.

Community Manager Update

Community Manager Airielle Hansford advised of holiday schedules for the management office. She also reported that a Cameron Club Renovation page has been added to the community website.

Committee Liaisons

Liaisons were appointed to board committees:

Michael Johnson – Activities & Events
Tom McClimon – Architectural Review
Mindy Lyle – Common Area
Alvin Boone – Cameron Club Facilities
Phil Ludvigson – Communications
Robert Duncan – Financial Advisory

Action Items

- Purchase of a projector for Cameron Club not to exceed \$500 – Approved
- Set aside \$2,500 from 2011 Operating Budget for purchase of rugs with Cameron Club logo after completion of club renovation – Approved
- Appointment of new members to Financial Advisory, Activities & Events and Architectural Review committees – Approved
- Use of Cameron Club by Office of Voter Registration and Elections for March 6, 2012 Presidential Primary Election and November 6, 2012 Presidential Election – Approved
- Free ¼ page ads in *The Compass* for 2012 for Main Street Retailers – Approved
- Ener-G Wellness proposal totaling \$16,850 for replacing fitness equipment – Approved
- Rust/Orling proposal totaling \$57,500 plus reimbursement costs for complete architectural and engineering services for renovation and expansion of Cameron Club – Approved

Farmers Market Manager Wins Pillow Award

By Pat Sugrue

The Mark Pillow Community Spirit Award was presented to Susan Birchler of the West End Farmers Market at the annual meeting on November 7.

The Pillow Award was established in 2006 in memory of neighbor Mark Pillow, who died suddenly in 2005. Mark embodied the spirit of Cameron Station and through his generosity and community participation made Cameron Station a better and brighter place to live.

The annual Pillow Award honors a resident who exemplifies Mark's special volunteerism — someone who has made a lasting impact on the welfare and spirit of our community.

Birchler runs the West End Farmers Market, which is held on Sundays, May through November, in Ben Brenman Park. As one of the residents who nominated her explained, Susan has "done more than most to create a sense of community among Cameron Station residents and also to make Cameron Station a valuable part of the West End."

Birchler works tirelessly year-round to ensure the market's success. She transitioned the market from being a City of Alexandria entity to a non-profit and found the help needed to keep it going. Birchler is involved in all aspects of the market's operation, including dealing with finances,



Photo by Sally McConnell

Susan Birchler (left) receives the Mark Pillow Award for her work with the West End Farmers Market.

communicating with vendors and bringing in new ones, arranging product demonstrations and working on advertising and publicity. Yet she still makes time every Sunday to warmly greet the market's visitors.

Birchler also makes sure that leftovers from the market are donated to Bread for the City, a non-profit agency in D.C. that provides food for the homeless. In recognition of her work, Bread for the City honored the West End Farmers Market with a best partner award.

Congratulations, Susan! We thank you for all you do and look forward to the upcoming season of the West End Farmers Market. (The opening date of the 2012 West End Farmers Market and details on the vendors will be published in the March/April issue of *The Compass*.)

New Face at CSCA

By Mary Flynn

A big welcome to Bethany Lammers, who joined the Cameron Station management team in August 2011 as the administrative assistant.



Photo courtesy of CSCA

Lammers has worked as a bookkeeper for the association's management company, Community Management Corporation, since April of 2003. She is a long-time resident of Northern Virginia, and in her free time enjoys scrapbooking, sun tanning and watching football. Go Redskins!

Lammers works at the front desk outside the Victoria Hebert Great Room and will be responsible for registering new residents of Cameron Station as well as assigning annual guest and visitor parking passes. Please stop by or call the management office at (703) 567-4881 with any questions or concerns you may have. Lammers can also be reached at blammers@cmc-management.com or admin@cameronstation.org.

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Cameron Station Residents**

By Nick Giannotti

My wife Meghan and I have lived in Cameron Station for more than five years and have truly grown to love our jewel of a community. We chose Cameron Station because it offered us everything that we were looking for in a neighborhood – the park, the retailers and the amenities, all within close proximity to D.C. and Old Town.

Shortly after moving here, I became involved as a director for our condo association and then joined the CSCA board last year. I decided to become an active participant in our community's management because I want Cameron Station to be the best it can be, and I recognize that volunteers are critical to achieving that goal.

Our volunteers and management staff have done a terrific job of maintaining our community and continuing the vision that was set forth more than 10 years ago. Cameron Station is now fully developed with more than 1,700 households and 5,000 residents. The upcoming year is shaping up to be an active one: We have a clubhouse renovation, new developments on the periphery of Cameron Station, and the conclusion of City of Alexandria bonding, to name just a few. *(See Annual Meeting, page 1.)*

With that in mind, I would like to set a theme for the year of “Building Value.” Our board and committees are working hard to manage our finances in order to strengthen our financial value, and I encourage all members of our community, both owners and renters, to get involved in building value in other ways:

- I ask that residents consider joining the CSCA's committees; there are several openings and at times we are thin on volunteers.
- I ask that residents provide more feedback (in a constructive manner) about what they want out of the community.
- I ask that we all continue to maintain our homes and help to maintain the public areas that we are very lucky to have.
- I ask that we support our neighbors, including the retailers inside and outside the community. This can be as easy as helping neighbors shovel their sidewalks or going to grab a pizza from our new restaurant, Café Pizzaiolo.

All of these actions can help build value in the community and will be discussed in future editions of *The Compass* and at board meetings. We can all do our part and every little bit counts. I can promise that the board will do everything to build value in Cameron Station and I hope that we can count on you to contribute as well.

A photograph of a Christmas tree decorated with blue lights and red ornaments, standing inside a circular gazebo with white columns at night. The tree is topped with a red star. The gazebo has several white columns and a curved roof. The background is dark, suggesting it is nighttime.

Photo by Sally McConnell

Annual Meeting *(Continued from page 1)*

transform the offices and meeting rooms but will result in relatively slight expansion and reconfiguration of the fitness center.

The board has been planning the renovation project for five years. It conducted a community survey and held a town meeting on the renovations in 2009. The approved plan tackles goals identified through that process and takes care of needed maintenance that was deferred during the planning process.

In addition to new carpets, lighting and paint, residents will see the atrium in the main entrance disappear, with that space walled in to create additional office space and a second meeting room on the second floor. The kitchen adjoining the Great Room will be enlarged, as will the Victoria Hebert Great Room itself, to accommodate catered events. The board emphasized that while the current renovations do not include some of the more ambitious possibilities — such as changing the footprint of the building or adding an additional story — it does not preclude them should the community decide to go that direction in the future.

“We’re launching” the project, Lyle explained. “It’s just at the margins that we can make adjustments.”

In general, attendees expressed disappointment that the plans did not include an overhaul of the fitness center. The board emphasized, however, that it had chosen to be conservative in plans to renovate the Cameron Club, so they could be covered out of the community reserves rather than requiring a special assessment.

Residents will be able to follow the progress of the club renovations on the Cameron Station website. They are scheduled for completion by early summer.

Development at S. Pickett and S. Van Dorn Streets

Homeowners in attendance heard presentations from developers of the bowling alley property on S. Pickett Street and the warehouses at the intersection of S. Pickett and S. Van Dorn Streets. These two developments, mixing residential and commercial, could have significant impact on Cameron Station’s immediate surroundings. The complex planned for the bowling alley site includes 180 residential units, while the complex on S. Van Dorn includes 485 units. Residents questioned the developers about the effect of their developments on traffic in the area.

Renovations to Playground at Boothe Park

Judy Lo from the City of Alexandria Parks and Recreation Department gave a presentation on the overhaul planned for the playground at Armistead Boothe Park this coming summer. The existing playground structures will be removed, and two new structures will be added — one for school-age children and one for children ages 2-12.

The improvements will also include continuous pathways between the parking lot and park facilities. The renovated park will comply with the Americans With Disabilities Act. Lo assured homeowners that the work would be completed during Tucker’s short summer break.

A proffer from Restaurant Depot offered in exchange for approval of its new building on Eisenhower Avenue will partially fund the Boothe Park improvements.

Board Business

After Community Manager Airielle Hansford announced that the meeting had reached quorum, Lyle announced the winner of the Pillow Award, Susan Birchler. Then, the slate of board candidates was approved by acclamation.

Outgoing Treasurer Don Buch reported on the community’s finances. With a delinquency rate on dues payments of about 1 percent (versus an industry norm of 5 percent) and about \$2 million in the bank, Cameron Station is in excellent financial health, he said. Why? The “tremendous” management company and “all of us.”

Expenses will rise in the 2012 operating budget. Increasing costs include water, staff for the fitness center front desk, snow removal and the management contract. Consequently, there will be a slight rise in HOA dues for 2012.

Residents’ Open Forum

The meeting moved on to the Residents’ Open Forum, which included several complaints about unruly groups on Halloween. Some residents said their doorbells rang late into the night, and they found debris such as broken bottles the next day.

Other questions addressed the shuttle drop-off location at the Metro and the difficult sight lines onto Cameron Station Boulevard when turning from a side street.

The meeting adjourned with a plea for residents to stay involved the community.

For more on the
Cameron Club Renovations

go to
www.cameronstation.org

Click the link under
Community Services on the left

Holiday Spirit Makes Party Merry and Bright



The annual holiday party held December 18 brought residents of all ages together in the Cameron Club. The event was organized by the Activities and Events Committee (pictured above) and featured a visit from Santa.

Photos by Sally McConnell

Volunteers Visit Naval Hospital's Wounded Warriors

By Helen "Dubey" Liffmann

On Thursday, December 8, Cameron Station volunteers visited the Bethesda Naval Hospital with our donations, which were well received by the Wounded Warriors. We were cleaned out in the space of two hours.



The hospital had a very festive feeling because many family members were there to visit their loved ones. We had flannel shirts, Redskins T-shirts, gloves, baseball caps, wool hats and sunglasses.

Warriors who could not go Christmas shopping took some of the donations to give as Christmas gifts for their family members.



Photo courtesy of Dubey Liffman

If you have some new clothes or items you cannot use, please donate them to this cause. Donations are always appreciated.

Dubey Liffman is a resident of Cameron Station and coordinates our community's donations to Wounded Warriors. For information on how to donate, please email thecompass@cameronstation.org and we will forward you along to Dubey.

Committee Updates

Gardeners and Green Thumbs

By Anne O'Connor, Common Area Committee

Have you met someone who, when you mentioned where you live, responded, "Wow! Cameron Station!"? Many of us have had that experience. People recognize Cameron Station as the nicest community in this area and beyond.

There are many reasons for that perception, but two of the most important are the beauty of our neighborhood and the neighbors who live here. Cameron Station is filled with beautiful townhomes, condominiums and single-family homes. We have tree-lined streets, manicured lawns, beautiful beds of flowers, lovely, well maintained parks and much more. And all of this located near major highways, with easy access to Washington D.C.

In addition, the residents of our neighborhood are some of the nicest people you will meet. They are friendly, thoughtful and willing to help, and they take pride in their homes and their neighborhood.

The Common Area Committee is initiating a program that will unite these two most important features of our community. The program is called The Volunteer Gardener Program, or Green Thumbs. The committee is hoping neighbors who love to garden and want to help other neighbors, join this effort.

These gardeners will help those in our community who, for one reason or another, cannot take care of the landscaping surrounding their property. There are many reasons why someone might need help, and all reasons are valid. In helping these neighbors, the gardeners will do a good deed and help keep our neighborhood beautiful, maintaining Cameron Station's reputation as a great place to live.

If you are interested in joining this effort, please email gardeners@cameronstation.org. The CAC looks forward to hearing from you.



Communications Committee Keeps It Spicy

In keeping with their core belief that communication is best accomplished with food and drink, the Communications Committee and Newsletter Subcommittee members scheduled holiday dinners for December and January so that everyone could attend. Part 1 (top photo) was at Dunya Restaurant in Alexandria (a veritable feast!); Part 2 (bottom photo) was held at IndAroma in Annandale (See review in The Compass Sept.-Oct. 2011 issue).



Photo courtesy of Barbara Martinez



Photo courtesy of Pat Sugrue

Cameron Club Facilities Committee Starts Kids Fitness Classes

The Facilities Committee is once again attempting to plan kids' fitness classes through our Fitness Center management company. These classes have been requested in the past by residents and we continue to attempt to provide them. In the past, we have had to cancel kids' classes due to a lack of participants. Please let Kevin Horner know if you are interested and/or you have questions at fitness@cameronstation.org.

**All Residents
Must Obtain
2012 Decals
by May 1st per
CSCA Policy.**

TOKA Stylist is One of the Best in the U.S., Says *Vogue*

The fashion magazine *Vogue* selected Nuri Yurt of TOKA as one of the top six stylists in the United States in its Special Edition Guide to Ultimate Style. The issue is on stands through February 2012. Nuri splits his time between Toka in Georgetown and Madison Avenue, New York on a weekly basis. He is in Cameron Station every third Wednesday. His next visits here are February 15 and March 7.



Cameron Station 101, or Who Do I Call?

By Eliza Dolin

Unlike a suburban tract-home neighborhood, Cameron Station is a multi-dimensional community — not only culturally, but physically. With fee simple homes, various types of townhomes, six residential condominium properties, component commercial condominiums, in-home businesses, a number of common facilities, several types of parking and lots of open space, the community is almost like a small city. And that means getting things done around here can be confusing even for long-time residents.

Here's a bird's eye view of how our community is organized that can help you understand who to contact when you have a question or concern.

Cameron Station Community Association

All Cameron Station home and condo owners are members of CSCA and are covered by its policies. CSCA governs all properties that are not condominiums, administering its responsibilities through its Board of Directors and Community Management Corporation, a professional community management enterprise.

CSCA is responsible for managing the streets, public sidewalks, common areas such as the Cameron Club, and public landscaped areas (landscaping, irrigation, snow removal, management of the 2,000 trees owned by CSCA (of 6,000 total), with a few exceptions. (The City of Alexandria is responsible for maintaining four of our streets; mailboxes are owned and maintained by the U.S. Postal Service.)

CSCA manages parking on non-public streets; CSCA requires residents to register their vehicles with CSCA, apply decals to their cars, and comply with parking regulations. An off-duty City of Alexandria Police Department officer serves as a parking enforcement officer — and occasionally stops a crime in progress, such as when a man attempted to kidnap the Adirondack chairs in Knapp Park!

Under CSCA's regulations, property owners are responsible for maintaining their own lots, including tree replacement

and mowing in fenced areas. Fee simple, townhome, and condo owners with driveways and walkways are responsible for snow removal, — including on sidewalks fronting and bordering their home (within 24 hours of the storm's cessation). Property owners are also responsible for obtaining insurance on their homes and personal property.

CSCA oversees the shuttle bus service (through a vendor). An interesting fact: shuttle bus privileges are available not only to residents and their guests, but also to those who work in residents' homes or the commercial condominiums.

Residential Condominium Associations

Like CSCA, each of the six condominium communities in Cameron Station has its own board of directors and employs a professional management association. (See page 2 for list.)

Each of the six has jurisdiction over its parking garage and is responsible for the maintenance of its buildings, including snow removal when that is not otherwise the responsibility of the condominium owner. (See above.) While the associations maintain insurance covering certain potential liabilities, individual condominium residents are urged to consult with their management companies and their insurance companies annually to ensure that all parties understand what is insured by whom and for how much. The condominium associations issue and administer rules applicable to condominium residents.

Commercial Condominium Management

The commercial condominiums, occupied by our neighborhood businesses, are part of Main Street Condominium and are owned by Greenvest, LLC, a subsidiary of Cameron Station's master developer. The adjacent sidewalks are owned in part by the city, in part by CSCA, and in part by Main Street. (While there is an explanation for which entity owns what and why, it's a strange one.) For efficiency's sake, CSCA maintains all of those sidewalks. CSCA also manages the landscaping

(Continued on page 11)

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Cameron Station 101

(Continued from page 9)

of Linear Park, even though that too is owned by the city, because keeping it well-maintained is essential to retaining the ambiance and property values of Cameron Station.

A Note on Fees

Residential condominium owners pay 80% of the CSCA fees assessed on other owners, while commercial condominium owners pay 80% minus trash fees, which are handled by Main Street, plus individually negotiated trash and recycling removal fees. The master developer of Cameron Station established these arrangements by using a formula for allocating relative benefits and costs of services enjoyed by the different categories of owners.

Winter Reminder 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.



Photo courtesy of Lou Ann McFadden

Going to the "Dogges"

By Judy Coleman

A group of Cameron Station "regulars" at the Ben Brenman Park dog park participated in the Olde Towne Dogge Walk last fall, an annual event benefitting the Animal Welfare League of Alexandria. The Walk raised over \$37,000 for the shelter.

Dog-walkers and park lovers have no doubt come across members of the team, who walked the 1.5-mile course under the banner of the "Kameron Krewe." The Krewe included Cameron Station residents Bob, Annette, and Sophie Duncan; Joyce and Blackie Douglas; Lou Ann and Dude McFadden; and Debbie and Bru Scott. Nearby residents Judy, Joe, Milo and Beast Nadeau joined in as well.

The group is a fixture of the dog park on weekend mornings between 7 and 8am (when the Cameron Café opens for business, of course). In appreciation of these frequent visitors, the manager of Ben Brenman Park has displayed the photograph shown here on a kiosk near the picnic area.



Photos by Richard Griffin

Neighbor in the News:

Artist Suzanne Vigil Featured in Torpedo Factory Exhibit

By Maya M. Noronha

If beauty is in the eye of the beholder, Cameron Station resident Suzanne Vigil's peepers have a telescoping lens. This artist literally gets up close to the objects of her work, and for some, that's way too personal.

One of her pieces currently on display at the Torpedo Factory in Old Town is entitled "Ick," an appropriate moniker for a blown-up colored pencil drawing of a cockroach.

The exhibition is called "Fear and Phobias" but Vigil advises that there is nothing to be afraid of. Vigil explains that the artist's eye perceives "geometric shapes, colors, as well as light and dark, and loses track of the total image." She says that even the items thrown into a trash bag can be a treasure trove if you see them in a certain way.

This humble artist describes herself as "good at detailed work," but a magnified perspective is just one part of this work's appeal. The achievement of Vigil's art is its unexpected nature: rich full colors from an unlikely medium, beauty in the ugly, and how a closer look can reveal something far different from what one expects.

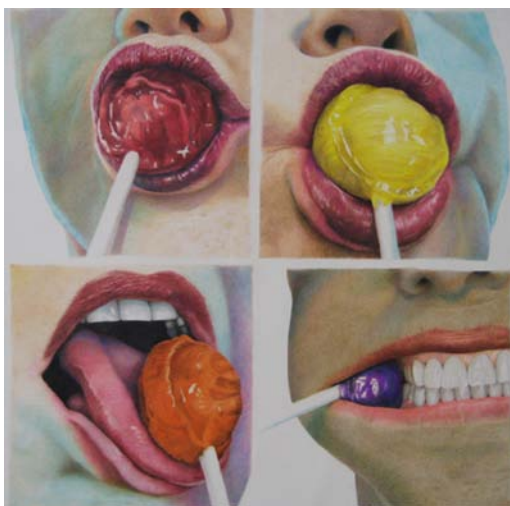
To some, cockroaches are just unclean pests no matter what anyone says. But even those doubters should give the rest of Vigil's work a closer look. (Her web site is www.suzannevigil.com.)

She has four other works of art currently in preview at the Torpedo Factory, but their subject matter, by contrast, may better suit the skeptic's taste. "Lollypalooza," for example, features the artist's mouth zoomed in as she licks different colored lollipops. These four pieces are selections from a full show called "Up Close and Too Personal," on the theme of "exploring personal space" that will be on full display this December.

Vigil grew up in southeast D.C., was encouraged by a high school teacher to pursue art as a career and went on to obtain a Bachelor of Fine Arts from the University of Kentucky and study at the Corcoran School of Art. Then the life of this artist took a unique direction: Vigil worked for 37 years for the Drug Enforcement Agency.



Above: Ick. Below: Lollypalooza. Pictures courtesy of Suzanne Vigil.



As Director of Art, Vigil designed the seal of the DEA, designed artwork for the agency's educational publications and developed one of the most famous slogans.

Vigil listened to tapes of Nancy Reagan for inspiration for the administration's anti-drug campaign. There was audio of a young schoolgirl in Oakland asking, "What do you do if someone offers you drugs?" The First Lady's response — Just Say No — caught Vigil's attention. The rest is history. Launched as the drug campaign slogan in 1982, by 1988 "Just Say No" was the name used by more than 12,000 clubs in the United States and across the world.

As a DEA employee Vigil has lived abroad but since 2001, her home has clearly been Cameron Station. She says, "My husband and I have lived all around the world, and both of us agree that we have never seen a neighborhood that is as friendly as this one."

Inspired by the strong sense of community in this area, Vigil decided to be more closely involved with the homeowners' association. Vigil is a Common Area Committee member and now holds an appreciation for the fine art... of landscaping.

"Fears and Phobias" Exhibition (featuring "Ick")

January 12 - February 19

**Target Gallery
Torpedo Factory**

105 North Union Street in Old Town

Benvenuto! to Café Pizzaiolo

(Continued from page 1)

the impressiveness of their apparent success, Larry humbly replied, "I really haven't slowed down enough to think about that."

With family roots reaching back to the Abruzzo region of Italy, the Ponzis offer a wide variety of Italian dishes sure to please a full spectrum of palates. Choose from the many appetizers, salads, sides, grilled panini, pizza, calzones, subs, sandwiches, sweets and a kids' menu. Larry says his personal favorite is the Baked Penne. In addition to the regular menu, Pizzaiolo will be serving a homemade pasta of the day.

Daily Happy Hour is 4-7pm, during which house wines and two draught beers are discounted. They have an impressive nine beers on tap and a non-alcoholic beer (Beck's) is also offered.

Saturday and Sunday a brunch menu will soon be available and will feature their popular frittatas.

A few additions to the space include some high tables and a second TV in the bar area and a gelato counter featuring locally made authentic gelato. The private dining room can be reserved for large parties.

Pizzaiolo will also be sponsoring special events such as Italian Wine Tastings during which the winemaker may Skype-in directly from Italy. Live music may also be on the agenda.



Photo by Sally McConnell

Hours of Operation:

Monday: Closed

Tuesday – Thursday: 4-10pm

Friday: 4-11pm

Saturday: 11am-11pm

Sunday 11am-9pm

*For employment opportunities, email
cafe pizzaiolo02@gmail.com.

Hardwick Elected Chair of Alexandria Democrats

By Judy Coleman



The Alexandria Democratic Committee elected Dak Hardwick to be its chairperson at the committee's annual meeting on January 9.

Hardwick, a resident of Cameron Station, has been active in community governance. He has previously served on the Cameron Station Community Association Board of Directors and as the chairperson of the association's Architectural Review Committee.

Currently, Hardwick is serving a second term as the President of the Cameron Station Civic Association and is a member of the City of Alexandria's Budget and Fiscal Affairs Advisory Committee. He also serves on the Board of Directors at New Hope Housing and is a proud minority owner of the Green Bay Packers, notwithstanding their loss in the playoffs.

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Goings-On in the West End

By Don Buch

New Defense Bill Limits Parking at Mark Center

The “BRAC Building” at Mark Center currently houses 5,000 personnel with the remaining 1,400 due by September. Under the recently passed Ike Skelton National Defense Authorization Act, the U.S. Army must cap the number of parking spaces it uses at 2,000 (out of the 3,747 available) until the “level of service” — *i.e.*, congestion — has improved at certain local intersections. Because there is no reasonable expectation that traffic will improve anytime soon, the intended users of the “lost” spaces will presumably now use public transit or carpool, or perhaps telework more often.

Draft EA for HOV Ramp at Seminary Road Raises Questions

The Virginia Department of Transportation (VDOT) continues to move forward with its plans to build a new north-bound off-ramp from the HOV lanes of I-395 to “T” into Seminary Road. It would reverse to a south-bound on-ramp in the afternoon. A draft of the Environmental Assessment (“EA”) is available on the City of Alexandria’s website, and a public hearing was scheduled for January 25. The EA leaves many questions unanswered, and if you have an interest in area congestion I encourage you to read the EA and to voice your concerns. Comments can be submitted to VDOT for 30 days following the January 25 meeting.

New I-95 HOT Lanes Will Increase Traffic on Area Streets

The new HOT lanes on I-95/395 will dump 46 miles’ worth

of HOT traffic into the I-395 general purpose lanes just south of Duke Street, following which many drivers will divert to local streets to avoid the ever more congested highway. It is understandable, then, that the EA for the project concludes that “the level of service” — again, this means congestion — “will deteriorate to ‘F’ throughout most of the corridor.”

Routing Rapid Transit on Van Dorn: A Work in Progress

The city and its consultants continue to refine the route for “Transit Corridor C” — future lanes for bus rapid transit along Beauregard, Sanger, and Van Dorn streets. Please check the city’s website for information on the next meeting of the High Capacity Transit Corridor Work Group.

Draft Alexandria West Area Plan To Be Unveiled

The Alexandria Planning and Zoning Department is completing the initial draft of an updated Alexandria West (“Beauregard”) Small Area Plan. The department was expected to present the plan to the community on January 17 and to post it on the website shortly thereafter. Extensive related information can be found on the Beauregard Corridor Stakeholders’ Group website at <https://sites.google.com/site/bcsgalex/>.

Don Buch is a resident of Cameron Station, a member of the Mayor’s BRAC Advisory Group, Vice Chair of the Beauregard Corridor Stakeholders’ Group and immediate past Treasurer of the Cameron Station Community Association.

Birds ... Not Quite of a Feather

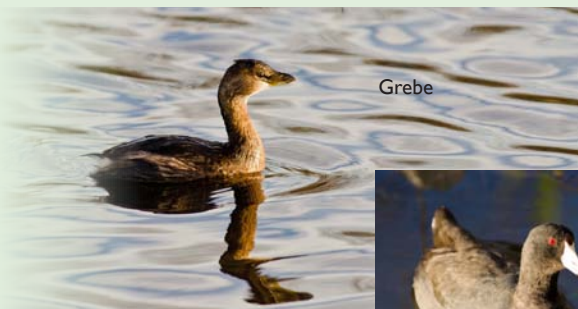
By Judy Coleman and Photos By Walter Barrows

Dog and stroller walkers may have noticed a few new birds in the pond — and not just the growing flock of Canada geese. In fact, each of these new birds seems to be the only one of its species braving the winter at Ben Brenman Park.

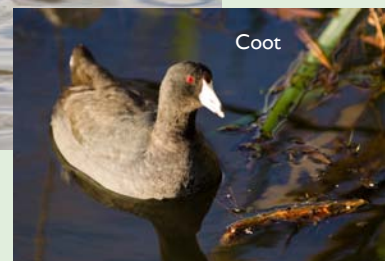
A Pied-Billed Grebe and an American Coot have taken up residence in the pond and can often be seen from the bridge. The pond also received a visit from a juvenile Black-Crowned Night Heron.

Like their Green and Great Blue cousins, night herons wade along the shore plucking out fish or small frogs. The adults have white bodies and black-capped heads, and they tend to visit the pond in the summer. This juvenile, which is brown and white, blended in easily with the brush around the pond.

How to tell a grebe or a coot from a duck? Grebes and coots dive for their food — grebes eat small aquatic animals while



Grebe



Coot

coots eat plants. Both species have lobed toes instead of webbed feet.

The Compass welcomes your wildlife photos, whether taken from the park or the patio or somewhere in between. Cameron Station resident Walter Barrows kindly provided the photographs here. (You can find his pictures of Ben Brenman Park at <http://wl3.smugmug.com/Virginia-Parks/>.)



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Fitness Corner

By Kevin Horner

Group Exercise Classes: Our first group exercise session of 2012 began the week of January 15. Residents who did not register for the session can always drop in on a class for a \$10 drop-in fee. These classes are great for everyone who has resolved to be healthy and fit in 2012!

Fitness Center Reminders: It is that time of year again. 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. Once you do wipe the equipment off make sure you follow up with a dry towel to dry everything off!

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.

Maintenance Issues: With the weather change and the inclement weather that will follow, please remember to wipe your shoes off or bring a spare pair of shoes to change into before entering the fitness center. Salt and sand are bad for the equipment —especially the treadmills!

Toys for Tots: Once again residents of Cameron Station stepped up and were very generous in the giving of toys for the Marine Reserve's Toys for Tots program. Thanks to all those who donated: We filled three boxes this year!

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



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

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

WINTER 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	
6:45PM/ 7:30PM		6:45-7:45PM Cardio Boot Camp (Sarah)	7:30-8:30PM Pilates (Denise)		7:30-8:30PM Yoga (Sarabeth)		
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.

The 15-Minute Commitment

By Paula Jarvis

The holidays have just passed — two months of shopping, entertaining, family visits and special meals. With those extra activities added to our customary family and work responsibilities, no wonder many of us enter the new year worn out. Then what do we do? We promise ourselves to exercise more!

It's admittedly a worthy goal to set. The last months of the year are often so busy we get off our usual exercise schedule (if we had one). We have been tempted by holiday meals and treats, and we might have gained a pound or two. January is a great time to establish a positive attitude and start the year off right. But how can we dredge up the energy and enthusiasm to exercise more when we're worn out?

Make it simple and set yourself up for success. Start the year with a daily walk and a strengthening and toning exercise program. Plan to do a few basic exercises twice a week. The following routine will exercise your major muscle groups and it can be done with no equipment in less than 15 minutes. Here's how to make it happen.

Evaluate your day in terms of available time and your energy level. It's best to exercise when you feel more energetic because you are less likely to talk yourself out of it. Once you decide when you will exercise, write it down on your calendar. Set aside your exercise clothes—something loose and comfortable. Make sure you have any necessary equipment. This is a commitment you plan to honor, so take it seriously. It's as important as any other appointment, and the sooner you begin treating it as such, the sooner it will begin to feel like a routine part of your week.

With all exercises, proper form is important, so you might consider a personal trainer for guidance. As always, if you haven't exercised recently, start with just one set of 10-12 repetitions of each exercise, and consult your doctor if you have any joint pain.

Legs: Stand with your back against a wall and move your feet away from the wall as you slide your back down, until your legs are at a 45 degree angle. Bending your knees, slide your hips down, approaching a sitting position and stopping when your thighs are parallel to the floor, knees over ankles. Hold this as long as you can. Straighten your legs to slide back up.

Buttocks: Lie on your back, knees bent and feet apart and flat on the floor. Being careful not to arch your back, lift your pelvis up toward the ceiling as high as you can, squeezing your buttocks, then lower back down.

Abdominals: Do a "plank": Lie on your stomach, forearms bent in front of you supporting your upper body with elbows under your shoulders. Turn your toes under, tighten your abdominals and lift your body off the mat so you are supported on elbows and toes. Keep your head in neutral alignment, and your hips low, in line with your

shoulders and heels. If you can't lift from your toes, keep your knees on the mat and perform a partial plank. Don't hold your breath! Count the length of time you are able to hold the position, and work to increase it. Perform just one.

Chest: Push-ups are a good chest and upper arm exercise. You may perform either a traditional pushup with legs straight, a modified push up with knees on the floor or a wall push up. Whichever type you do, make sure your shoulders, hips and knees are in a straight line.

Back: Do a "bird dog": Kneel on all fours, knees shoulder distance apart, head in line with spine, hands under shoulders. Maintaining a neutral spine with tight abdominals, lift left leg and right arm out straight, in line with spine. Hold a few seconds, then lower and switch.

With just these few exercises, you have worked the major muscles in your body. Now take advantage of the crisp cool weather and go for a walk every day. Whether you are greeting the morning with the songbirds, enjoying the midday sun or reveling in the quiet of the evening, a quick walk is both energizing and calming. I wish you a happy and healthy new year!

Paula Jarvis is a Personal Trainer, certified by the American Council on Exercise and a Wellness Coach certified by Wellcoaches. She lives in Cameron Station.

Oven-Roasted Vegetables

Preheat oven to 400. Lightly oil a baking sheet or cover with parchment or silpat.

Cut an assortment of vegetables into bite size pieces (flowerets for broccoli and cauliflower). For carrots, potatoes, sweet potatoes and any other dense vegetable, cut into ½ inch dice or strips. Brussels sprouts – peel off just the outer yellow leaves, cut off stem, slice in half if large.

Place all the veggies in a large bowl or a plastic bag and toss with enough olive oil to barely coat. Or you can spread the veggies on the baking sheet and spray with olive oil.

Sprinkle with sea salt or any herb seasoning mixture you like — diced garlic, thyme, rosemary, paprika, curry. Experiment!

Bake for 20 to 30 minutes, turning and checking frequently so they don't burn.

Carla's Picks

By Carla Besosa



Atlas Theater (DC)

Thru Feb. 19 Rorschach Theater: The Gallerist
Mar. 1 Source Festival: Best of the 10-Min. Fest - 4 popular 10-min plays

Barns at Wolf Trap (Vienna)

Mar. 10 Paula Cole - "Where Have all the Cowboys Gone?"

Birchmere (Del Ray)

Feb. 11 The Association - Remember "Windy", "Along Comes Mary", "Cherish", "Never My Love"
Feb. 25 Harmony Sweepstakes - A cappella competition

Blues Alley (D.C.)

Feb. 9 Walter Beasley - jazz/sax
Mar. 8-11 Earl Klugh - jazz/guitar

Del Ray Artisans (Del Ray)

Feb. 3 "Love, Politics & Scrabble": The Games People Play (opening reception)
Mar. 2 DRA Anniversary Celebration (opening reception)

Dulles Expo Center (Chantilly)

Feb. 12-20 International Gem & Jewelry Show
Mar. 5-6 DC Big Flea Market

Durant Art Center (Old Town)

Every Tues.: Alexandria Harmonizers

Fireflies (Del Ray)

Every Sun.: Bluegrass Brunch

Indigo Landing (Alexandria/on the Potomac)

Every Sun.: Angie Miller - guitar/vocals

Kennedy Center (D.C.)

Feb. 7-12 Alvin Ailey American Dance Theater - Robert Battle, Artistic Director

Feb. 9-11 NSO with Nadja Salerno-Sonnenberg (violin) - Shostakovich's Violin Concerto No. 1

La Tasca (Old Town)

Every Fri. Flamenco Dancing 8 & 9pm, Flamenco Guitar 10pm

Lisner Auditorium (GWU)

Feb. 3 David Garrett - Wild violin!

Little Theater of Alexandria (Old Town)

Feb. 25-Mar. 17 Heaven Can Wait - Comedy about love, destiny and freewill

Morrison House (Old Town)

Last Tues./mo Art & Hors d'oeuvres - Torpedo Factory artists exhibit their art

Port City Playhouse (Arlington)

Feb. 24-Mar. 10 Dixie Swim Club - Friendship: evolution over three decades

Potomac Point Winery (Stafford)

Mar. 9 Janna Audey - guitar/vocals

Signature Theater (Shirlington)

Jan. 31-Mar. 25 Really Really - Explores the harsh reality of today's youth

Strathmore (North Bethesda)

Feb. 26 Lily Tomlin - Evening of stand-up with the consummate comedienne

The State Theater (Falls Church)

Feb. 9 Karl Denson's Tiny Universe - Rolling Stones' album Sticky Fingers in its entirety

Washington Convention Center (D.C.)

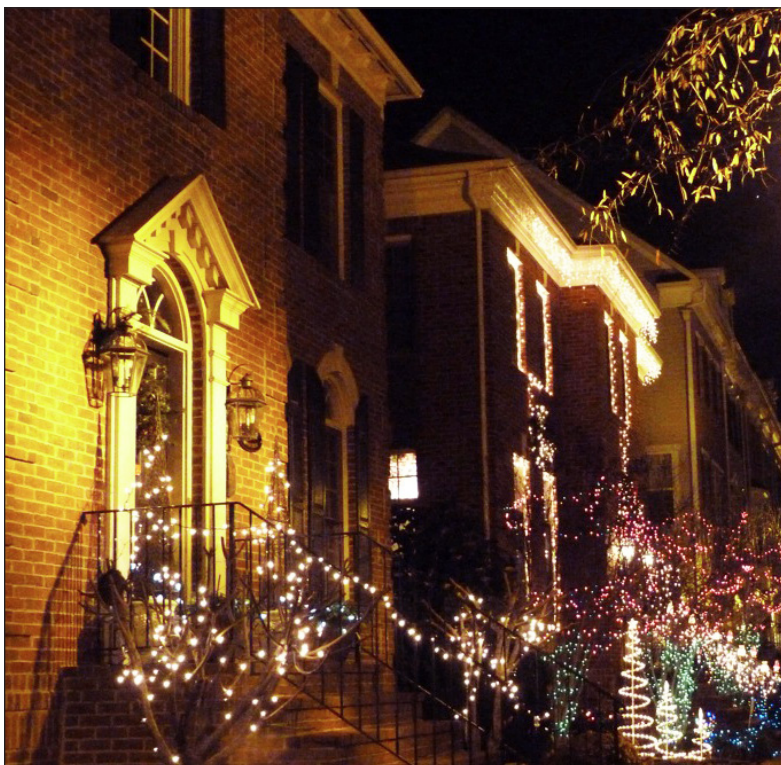
Feb. 18-29 Capitol Hill Classic Volleyball Tourney
Mar. 9-11 Washington Home & Garden Show

Workhouse (Lorton)

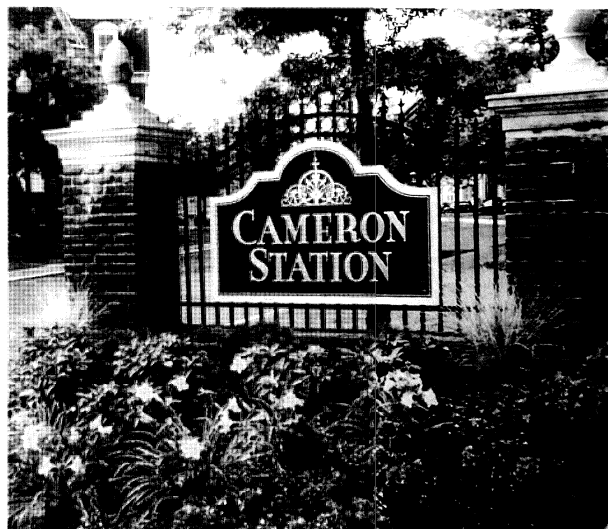
Mar. 3 Karen Reedy Dance

And Another Thing...

Did you know that Birchmere performances can be viewed on closed-circuit TV from the bar area (i.e., without a ticket)?



Photos by Sally McConnell



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The Friends of the Beatley Central Library will hold a book sale on February 25 in the main conference room from 10am to 4:30pm. The one-day sale is open to the public and will feature exclusively CDs and Cookbooks.

Prices:

Single CD - \$1;
CD Sets - \$5; Hardcover
Cookbooks - \$3; Paperback
Cookbooks - \$1.

Beatley Library is located at 5005 Duke Street. Call (703) 746-1702 for more information.

Cameron Station resident Mark Schwartz has left Beatley Central Library for a position at George Mason University. He encourages Cameron Station residents to give \$10 to become a Friend of Beatley Central Library. For more information, see www.alexandria.lib.va.us/main/library_friends.html.



Photo by Sally McConnell

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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

February 15-28 for March/April
April 15-30 for May/June

Article Submission Deadlines

February 28 for March/April
April 30 for May/June

We welcome your ideas and photos, too!

Advertising Rates:

Display Ads (*Camera-ready*)

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(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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Eliza Dolin, Lily Engle, Skooter Franklin,

Catherine Huddleston,

Barbara Martinez, Maya Noronha,

Patricia Sugrue

Photographer:

Sally McConnell

Contributing Photographer:

Cynthia Longo

Cameron Station Community Website Accepting Ads

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

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

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

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

For complete information,
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