

The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 14 Issue 4 • Sept/Oct 2013

Clubhouse Renovations Update and FAQ

By Judy Coleman

The renovations of the Cameron Club are now complete, and as of press time were expected to be fully “closed out” after a final walk-through on September 24, according to Alvin Boone, who oversaw the project on behalf of the Board of Directors of the Cameron Station Community Association. *The Compass* asked Alvin to respond to a few frequently asked questions about the renovations.

C: The renovations were originally scheduled to be completed last year. Why did it take the renovations so long to be completed?

AB: The Board of Directors set the project priorities to be budget, performance, and then schedule. Keeping the project on or under budget was the primary objective and schedule was the least important objective. With that said, there were delays in the design when the

(Continued on page 7)

Pool Party Brightens Cloudy August Day



Over 700 residents turned out to enjoy family activities and tasty barbecue at the Annual Pool Party on August 10.

Photos by Stephanie Zvonkovich and Judy Coleman

2013 Pride of Ownership Winners Announced

By Suzanne Vigil

Chair of the Common Area Committee

The Common Area Committee's Pride of Ownership awards recognize the outstanding contribution of homeowners to the overall appearance of the community.

Each of this year's winning homeowners received generous gift cards from local businesses, and recognition from our community and our committee for their outstanding efforts and hard work. It's never too early to start planning for

next year, and the CAC urges all homeowners to examine and improve your personal landscaping space (particularly the areas in public view) to enhance Cameron Station's overall curb appeal, help elevate home values, and ensure compliance with all design and landscaping rules.

Congratulations to all of our winners!



5001 Barbour Drive
Thomas & Carol Kuimjian
(end-unit townhome)



5087 Donovan Drive
Cynthia Lathrop
(condominium)



5265 Pocosin Lane
Ellsworth & Laverne Mayfield
(townhome)



4913 John Ticer Drive
Michael & Mary Harris
(single family home)

Photos by Judy Coleman and Rupert Munro

ANNUAL MEETING * Monday, Nov. 4, 7:30pm * Samuel Tucker Elementary

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 for the next issue is the last week of November to first week of December.

Article Submissions:

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

October 31 for November/December

We welcome your ideas and photos, too!

Advertising Rates:

Display Ads (*Camera-ready*)

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 *The Compass*, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to admin@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.

Photo by Nicole Gauvin



About . . . The compass

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, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Catherine Huddleston, Shandra Kotzun, Barbara Martinez, Deirdre Scott, Pat Sugrue

New Advertising Policy for The Compass

By Judy Coleman
Editor of The Compass



The Compass now has a maximum advertisement size of one-quarter page. We instituted this policy because the number of half-page advertisements we had been receiving each issue made it difficult to design the newsletter. As a volunteer publication, *The Compass* cannot easily add pages to accommodate advertisements. We are constrained to publish in four-page multiples (16, 20, 24 pages, and so on), and frequently we have been in the position of having to add large amounts of content, at substantial costs of volunteer time and resources to keep pace with our advertisements.

The Compass is thrilled that the local business community wants to reach Cameron Station residents through our publication, and their advertisements provide helpful information to our readers. We believe quarter-page ads will accomplish the same objectives as half-page ads while keeping the process smooth for our volunteer contributors.

We will also be increasing the cost of advertising in *The Compass* to keep pace with costs. *The Compass* advertising rates were last updated several years ago. We will announce the new advertising rates in our next issue, and they will be effective starting with our January/February 2014 issue.



Distribution of New Community IDs Not Yet Complete

CMC has been distributing new community identification cards to Cameron Station residents on a rolling basis since the summer. The new cards are necessary because the security system in the clubhouse is being replaced after a hard-drive crash last spring. The cards are being processed by street, in alphabetical order. Residents will receive a letter in the mail notifying them that their new cards are ready for pick-up. CMC appreciates residents' patience as they wait for their new cards.

Meet Community Manager Colleen Hairston



CMC Corporation has appointed Colleen Hairston the new community manager for Cameron Station. Long-serving manager Airielle Hansford was promoted over the summer to be the community manager for a high-rise co-op building in Washington, D.C.

Colleen was previously the Deputy General Manager for the Watergate at Landmark, a nearby high-rise condominium. Colleen is a member of the Community Association Institute and has earned her CMCA (Certified Manager of Community Associations) and her AMS (Association Management Specialist). She can be reached at communitymanager@cameronstation.org. Welcome!

How to Register for Cameron Station Web Site and Text Service



By Donna Gathers
Chair of the Communications Committee

Registration on the Cameron Station web site, www.cameronstation.org, ensures that management has your most current contact information and can provide you with weekly community news and important resident information. The web site now allows you to register for an emergency text-message service so that you can get late-breaking news about things like shuttle service interruptions and weather emergencies.

To register, visit www.cameronstation.org and follow the instructions to register. If you have already registered, log in and click on "View/Edit Your Profile."

To receive emergency text messages, fill out the field "Cell phone number" and select "Yes" after "Receive text messages."

Under no circumstances will your contact information be used for anything other than community communications – it will not be sold or shared. Text messages will be sent only in emergencies or situations involving urgent, time-sensitive information. To give you an idea of how many to expect, during the three years Cameron Station used the text-mail alert system, only eight emergency texts were made.

Thank you for helping keep our community connected.



Book Clubs

Each issue *The Compass* lists the books that our resident book clubs are reading in the upcoming months. The clubs have openings as noted below. If you have a club and would like to provide reading recommendations to your fellow residents, please drop us a line at thecompass@cameronstation.org.

Monday Night Book Ball

Oct.: *Flight Behavior* by Barbara Kingsolver

Nov.: *Sandcastle Girls* by Chris Bohjalian

Dec.: *Prague Winter* by Madeline Albright

Monday Night Bookball has limited openings available. Contact P.J. at psottile@steptoe.com for more information.

Reading Between the Wines

Oct.: *State of Wonder* by Ann Patchett

Nov.: *Toujours Provence* by Peter Mayle

Dec.: *Dinner at the Homesick Restaurant* by Anne Tyler

Meeting Calendar

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

Oct. 1:	Architectural Review Committee
Oct. 7:	Activities and Events Committee
Oct. 8:	Common Area Committee
Oct. 9:	FAC
Oct. 10:	Cameron Club Facilities Committee
Oct. 17:	Financial Advisory Committee
Oct. 21:	Communications Committee
Oct. 22:	Board of Directors
Nov. 4:	Activities and Events Committee
Nov. 5:	Architectural Review Committee
Nov. 12:	Common Area Committee
Nov. 14:	Cameron Club Facilities Committee
Nov. 18:	Communications Committee
Nov. 26:	Board of Directors

Alexandria Breast Cancer Walk on Oct. 26



By Pat Sugrue

Most of us know someone who has, or has had, breast cancer. Fortunately, five-year survival rates have been climbing – from 72% in the 1940s to 97% today. This is due in part to early detection and the ability to treat cancers when they are smaller and at less advanced stages.

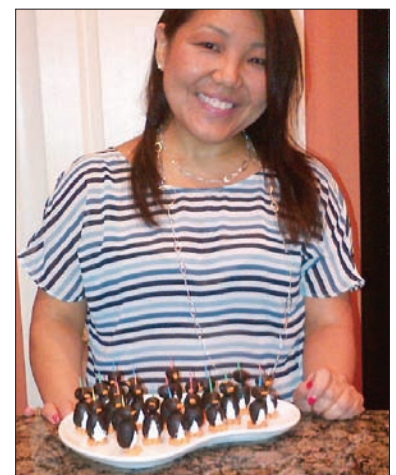
Each year, hundreds of Alexandrians, many breast cancer survivors themselves, honor their friends and families who battle this disease by joining a local walk to fight breast cancer.

The Walk to Fight Breast Cancer is a 1.5K/3.5K/5K walk/run that was initiated in 1994 by then-City Manager Vola Lawson's Committee on Breast Cancer Awareness. Proceeds from the Walk support free mammography and other diagnostic screenings for Alexandria women who are not adequately insured and could not otherwise obtain this necessary medical care. Over 8,000 women have been helped to date.

This year participants will gather at the Patent and Trademark Office, 600 Delany Street (off Eisenhower Avenue), just a few minutes from Cameron Station. The route is wheelchair and stroller accessible and is fun for the entire family. (Dogs on leashes are welcome too.) Music and coffee help you warm up, and refreshments, a goody bag, and more music await you at the end.

The entrance fee is \$30 per adult (\$40 after October 22), \$15 children 2-12, and includes a t-shirt to commemorate the event. More information can be found at www.alexscancerwalk.com or by calling 703-746-3123.

Singles Club Has Social Summer



Courtesy of Tracey Ray

The Cameron Station Singles Club has had a busy summer, including a barbecue, happy hours (see photo of appetizers above), pot lucks and tennis nights. The club is now has more than 40 members, according to founder Tracey Ray. Upcoming activities are on the club's page at www.meetup.org/.

CAC Focuses on Pocket Park Improvements

By Barbara Martinez

Walking around Cameron Station during this beautiful summer, you might have noticed that some pocket parks have gotten a facelift. As part of its plan to revitalize all of the pocket parks, the Common Area Committee (CAC) already has made significant improvements to the pocket parks on John Ticer Drive, Bessley Place, Tancreti Lane, and Donovan Drive.

"Over the years, with substandard care, they all became overgrown with things well-meaning residents planted, dead bushes—inappropriate, builders'-grade bushes—poorly pruned trees, and no irrigation," said Suzanne Vigil, vice chair of the CAC, in an e-mail.

First, the CAC brought irrigation to those parks that had none. Then they used the park on John Ticer Drive, the oldest in the community, as a trial for the planned approach to reinvigorating all the parks. The first step was to remove dead and overgrown shrubbery, opening up the vistas across the park. "With the dense housing, it was the original intent of the landscape designer to provide an open space as relief to all the brick. We are [now] adding back some new plantings and/or trees," Vigil explained.



Photo by Pat Sugrue

The Army Corps removes the water-testing system from Cameron Circle in July.



Photo by Judy Coleman

John Ticer Pocket Park

The Donovan Drive pocket park is an example of a park that is in the middle of this process. The committee removed nearly all the vegetation and will add appropriate plantings back in as funds allow. For the first time, the fountain is clearly visible as the centerpiece of the park. Vigil said she worked with the landscaping company to repair the fountain, which operated on and off during the summer. They will now inspect it on a weekly basis.

The CAC is also exploring options for landscaping the portion of the Cameron Station Boulevard traffic circle where the water testing facility used to stand. The Army Corps of Engineers removed the facility in July.

Many residents have also inquired about the health of the community's sycamore trees, whose leaves turn brown and fall during the summer. While the CAC does not have a solution for the sycamores located on common areas or city property, Vigil said pruning every few years would mitigate the shedding, and suggested residents with sycamore trees on their property get together to contract with a tree company to do this for a negotiated rate. Their other option is to replace the sycamore trees with a different approved variety, at their own expense.

Members of the CAC continuously walk the community looking for common areas that need attention. They welcome residents' help in this effort and invite them to contact the committee at commonarea@cameronstation.org.

Board Negotiates Gazebo Management Rights with City

By Barbara Martinez

Over the summer, the Common Area Committee became aware that although the Cameron Station Community Association (CSCA) pays for maintenance of the gazebo and the park that surrounds it—the visual centerpiece of the Cameron Station community—the City of Alexandria controls its use following the same guidelines as for any other city park. Until recently, Cameron Station management had been accepting reservations and deposits for use of the gazebo in error. Now, the CSCA Board of Directors is in discussions with the city to establish some control over use of the gazebo and park, since residents' HOA dues cover any damage or improvements.



Photo by Judy Coleman

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Clubhouse Renovations Update and FAQ *(Continued from page 1)*

original project architect took another job, and then there were various delays in construction.

The construction delays can be grouped into two types: (1) those forced on the project (for instance code-inspection items) and (2) those that came about because this was a renovation. The major structural steel beam in the expanded Victoria Hebert Great Room could not be fully measured until other parts were put into place, and then the wait for that beam was longer than scheduled. In addition, we added some work items to be done that needed time for the delivery of materials. So, all told, there were a lot reasons, each contributing days here and there that added up.

C: Did the renovations go over the budget? If so, why?

AB: No; we finished slightly under budget. The board imposed a budget cap of \$900,000, and the final costs will be about \$890,000. Remaining under budget took a lot of effort from the project team. There were many issues that were addressed in an effort to cut costs. Near the end of the project, the project team worked with the architect and general contractor and negotiated a series of change orders that reduced their cost by over \$100,000 and brought the project in under budget.

C: What issues still remain to be addressed?

AB: After the final walk-through on September 24, there will be no outstanding issues. The general contractor will still need to honor his warranty on the work for one year.

C: What lessons has the board learned from this experience? What would be done differently next time?

AB: There are two main lessons that should be learned from this. The first is to set up a project team just as was done on this project. The project team charter and the specific authorities addressed in that have to be considered a success. When in the future other large capital improvement projects are undertaken, the sitting board would be wise to revisit how this project was planned and organized.

The second main lesson would be to manage the expectations of the community so that residents are able to understand any delays and issues that come with a large construction project. The Cameron Station management office is not staffed, trained, or equipped to manage a project like this one, and we would not expect them to do so. The community was able to use its own members on a purely volunteer basis to oversee the design, specify and order the furniture and interior finishes, and manage the construction effort. If the community had chosen to pay for these services, that bill alone would have approached \$100,000.



Photo by Judy Coleman

Local News Bites

Compiled and written by Judy Coleman

Six-Alarm Fire Blazes at Pickett Street Warehouse

A warehouse near the corner of South Pickett Street and Van Dorn Street exploded into flames on Monday, September 2. *Compass* staffer Lily Engle was walking in the area and saw what appeared to be the first explosion, throwing flames and smoke 60-70 feet in the area. Firefighters from Alexandria and surrounding counties tackled the blaze all afternoon and finally had it under control around 4pm. The cause of the fire is undetermined. The warehouse was reportedly filled to the brim with carpet and carpet pads.

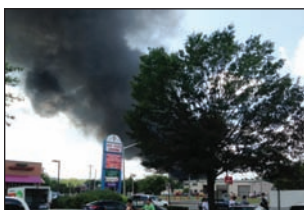


Photo by Lily Engle



Photo by Judy Coleman

Hearing to Be Held on Norfolk-Southern, Date TBD

The Virginia Department of Environmental Quality announced that there will be a hearing on Norfolk-Southern's request for a permit to bring more cars through its transloading facility behind Armistead L. Boothe Park. As of press time, no date for the hearing had been announced.

Landmark Gateway Taking Shape

Construction has been moving ahead on the new mixed residential-retail development at the corner of South Pickett Street and Van Dorn Street. The development, called Landmark Gateway, is slated for completion in the summer of 2015, according to Don Buch, the President of the Cameron Station Civic Association. In connection with the development, a new right-turn-only lane will be added on northbound Van Dorn Street.

Cameron Club Fitness Center Hours

Monday-Friday
4:45am-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



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Your Dues: Where Does All the Money Go?

By Jeff Gathers

Chair of the Financial Advisory Committee

You may or may not be aware that Cameron Station's annual operating budget is more than \$2 million. That is a lot of your money. The responsibility for making sure this money is being well and carefully spent lies with your elected Board of Directors for the Cameron Station Community Association.

You may also know that from the very earliest days of Cameron Station the Board acknowledged that they often needed some help in guiding the association's financial operations. Accordingly they commissioned the **Financial Advisory Committee**. The FAC, much like the other standing committees at Cameron Station, includes seven owners who have volunteered to serve and are appointed by the board. The committee generally meets once a month in the evening but also has several special meetings with the board during the August-September "budget season," that is, when all anticipated expenditures for the coming year are planned and the necessary quarterly assessment rates established.

At press time, the FAC has an opening for one new member. There are no specific professional qualifications for membership, only interest in the issues and a lack of intimidation by numerical and financial data. In addition to the satisfaction of helping the board and management team "do the right things" with your money, FAC members get a unique opportunity to see and understand how an enterprise

as big as Cameron Station actually operates. (Instructions for applying appear below.)

In addition to the FAC, the board relies heavily on the community management and administrative resources of Community Manager Colleen Hairston and her on-site CMC staff to write the necessary checks. Independent professionals are also retained for services like investment management and auditing of the company's books. To ensure that funds are available to maintain the community's "like-new" appearance and physical integrity, a professional engineer is engaged periodically to prepare estimates of the future replacement needs (-- timing and cost --) for each element of Cameron Station's common areas and community buildings.

If you are interested in learning more about the budget process for our community, visit the FAC's page on www.cameronstation.org (click on "Boards/Committees" on the home page). If you are interested in joining the committee, contact Colleen Hairston at communitymanager@cameronstation.org or 703-567-4881. She will ask you to fill out a brief application form (also available under Community/ Documents on the website).



Nominate Good Neighbors for Pillow Award

By Pat Sugrue

Mark Pillow, who died suddenly in December 2005, was a wonderful friend and neighbor and a generous community volunteer, someone who embodied the spirit of Cameron Station and made it a better, brighter place to live.

In 2006, in memory of Mark and to honor those neighbors who have followed in his footsteps, the Common Area Committee established "The Mark Pillow Community Spirit Award." The Cameron Station Board of Directors now manages the award and is asking for nominations. The award will be presented at the Annual Meeting on Monday, November 4.

Send nominations with a brief narrative to boardofdirectors@cameronstation.org. Then please come to the Annual Meeting at Samuel Tucker Elementary, at 7:30pm on November 4, where the winner(s) will be announced.



Project Help Needed for Clubhouse

The Cameron Club Facilities Committee is looking a resident (or residents) who would be willing to help decorate our clubhouse with photos taken of events held on our community grounds or in Ben Brenman Park. The intent of this project is to help develop a sense of community within Cameron Station by displaying meaningful photos. Photos will be provided. If you are interested, please call Ray Celeste Jr., Chair of the Facilities Committee at 703-819-5203. Thank you for your consideration.



Photo by Judy Coleman

Civic Association Welcomes City Manager, Talks Local News

By Pat Sugrue

Alexandria City Manager Rashad Young, who is also a Cameron Station resident, was the guest speaker at the June 6 Cameron Station Civic Association meeting. About 30 residents turned out to hear him address a number of community and city issues and take questions from the audience.

One of the most important issues facing our neighborhood is **Norfolk Southern's** plan to expand their ethanol offloading facility, which is located on the other side of Backlick Run, directly across from Cameron Station and Tucker Elementary School. Unfortunately, as we discovered when the facility was built five years ago, the city has no authority over how the railroad operates. And according to Manager Young, permit requests such as this one have always been granted. The most the city can do is request an informational meeting and a public hearing, preferably with enough time between the two so that the public can react to the information they receive. As of press time, the date for a hearing had not been set.

Residents expressed concern about the noise coming from the rail car movements in the middle of the night, but Young explained that Norfolk Southern is limited by the daytime train schedules. As to whether the Eisenhower West Plan, to which the City of Alexandria Council has recently given the go-ahead, will have any impact on Norfolk-Southern, Young replied, "only if their land increases in value and they want to use it in some other way." The city gets no benefit from the facility; rather it costs the city money for HazMat equipment and response capabilities.

One of the greatest concerns from residents is an ethanol spill, and the fact that if the facility does expand, "the event could be twice the size." According to Young, the railroad and the city both have "robust safety procedures," and to date the issue has not been safety but timely communication.

Questions were raised about **the city budget for 2014**, which is \$624.8 million. The real estate tax rate has been increased by 4% to help cover operating costs, schools, and capital projects, but there will remain significant unmet needs, particularly in the areas of school facilities and maintenance; storm water and sewer management; and the city's portion of the cost of cleaning up Chesapeake Bay.

Young explained that significant conversations are underway on how to finance and fund the city's needs. There will have to be tradeoffs, and these are likely to occur in such areas as school facilities, green space, aquatics, buses, and fire equipment. The city can't raise taxes every year, he said; it must prioritize and reduce costs. The Alexandria City Public Schools (ACPS) will be receiving \$70-\$100 million less than the Superintendent had requested over the next 10 years. One of the problems is that commercial development is flat in Alexandria, which means revenue growth in the related taxes is slow.

Commercial development is crucial to the financial health of the city, Young explained in answer to a question about the **Potomac Yards Metro Station** and why we should be spending all that money. If transportation is done correctly, it will attract commercial development, which is less a burden on city services than residential development. The Institute for Defense Analysis (IDA) was going to move from Alexandria but has decided to remain and move to Potomac Yards because of the promised Metro station (IDA is the top employer in Alexandria). Young assured the audience, however, that he will not recommend borrowing \$250 million for the station until he first understands what investment the developers will be making.

In May, the City Council voted to move forward with the **Eisenhower West Small Area Plan**. The first phase is a transportation study, including a traffic analysis to be completed this fall. The planning process will begin in January 2014. Walkability from Cameron Station to the Van Dorn Metro station is under discussion, specifically in connection with an anticipated "multimodal" (bus, bicycle, and pedestrian) bridge over Backlick Run near Boothe Park, linking the planned Van Dorn Bus Rapid Transit corridor to the Metro station.

Young also mentioned that Alexandria was in the running for (and was later selected by) the National Science Foundation (NSF) to relocate here, to the new building constructed near the Hoffman Center on Eisenhower Avenue. When asked about the Victory Center on Eisenhower Avenue, which was renovated years ago and has sat empty since, he explained that its configuration all but dictates that it needs to be leased by a single entity; and unfortunately the low height of the ceilings makes it unusable by the federal government, a likely candidate otherwise.

Neighbors in the News

Cameron Station is filled with interesting people doing interesting things. If you would like to be recognized in a future issue of *The Compass*, or if you have a neighbor you think deserves recognition, please email information to thecompass@cameronstation.org.

Important Updates from Beatley Library Friends

By Judy Coleman

The Friends of Beatley Library has several big initiatives for the October 18-20 book sale that may be of interest to Cameron Station residents.

Parents: Those giant stuffed animals in the children's books section have been donated to the Beatley Friends for sale to benefit the library. They will be on sale at the October book sale.



Pet lovers: The Friends have arranged for a pet portrait artist to be on hand to meet with potential clients at the book sale October 19. The artist has agreed to donate a significant part of the commission from a number of portraits to benefit the library.



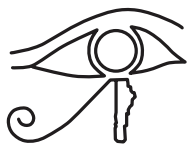
Gift-givers, Art supporters: Art and household items from a local artist will be on sale, and there will be a raffle for a specially designed stained-glass window.

Book lovers and/or hoarders: The Friends would love donations for its book sales. Pick-up is available for donations over a certain volume.



Resources at CameronStation.Org

Calendar of Events and Meetings
Fitness Center Information
Board Minutes and Agendas
CSCA Policies
Back Issues of *The Compass* and more...



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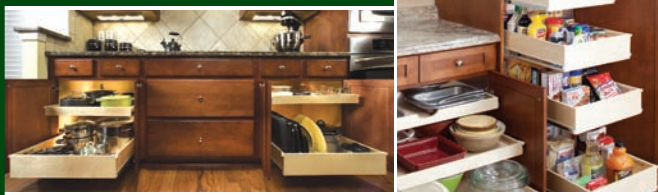
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CAMERON STATION SPECIALIST

Fitness Center News

By Kevin Horner

Group Exercise Classes:

2013 is flying by! Our final group exercise session of 2013 will begin with a \$5 week – the week of October 6, 2013. Our \$5 week is a great way to try out any of our classes for just \$5 each. Our final session of the year will begin the week of October 13, 2013.

These classes are a great way to stay in shape and a great way to meet some neighbors! See the fall activities schedule below for classes and times. If you do not receive emails from the fitness center and would like to, please email Kevin at fitness@cameronstation.org.

Workout Parents:

Are you an at-home mom or dad who would like a chance to work out during the day? Here's an opportunity to get some exercise and take a short break from the kids, all under one roof at the Cameron Club.

On Mondays, Wednesdays and Fridays, from 8:30 to 10am, you can bring your kids to the Great Room and alternate childcare duties with other participating parents. How often you watch your children and those of other residents



depends on how many moms and dads participate. This is not a babysitting or daycare service.

Fitness Center Reminders:

We would like to, once again, remind the fitness center users to wipe down the machines and the area around the machines, when they have completed their workout. This includes the mats that are under the machines. Puddles of sweat and sweat droplets should

be wiped up as well. No one likes using a machine that is covered with or surrounded by sweat.

The cold and flu season is right around the corner. 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.

Suggestions:

For information on any of the programs, or to make suggestions, please contact the Fitness Center: 703-567-8555 or fitness@cameronstation.org. 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!

FALL ACTIVITIES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		5:30-6:30AM Tone 2 Tighten (Kara)		5:30-6:30AM Tone 2 Tighten (Kara)		
8:30-10:00AM	8:30-10:00AM Workout Parents	9:00-10:00AM Yogalates (Barbara)	8:30-10:00AM Workout Parents	9:00-10:00AM Yoga/Sculpt (Barbara)	8:30-10:00AM Workout Parents	10AM-12NOON Pick-up Basketball
3:30PM	3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents		3:30-5:00PM Workout Parents	
6:00-7:30PM		6:15PM-7:15PM Core Concepts (Leslie)	7:30-8:30PM BeginnersYoga (Kittie)	7:30-8:30PM Yoga (Kittie)		
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.

Carla's Picks

By Carla Besosa



Alexandria

Nov. 12 Tree Lighting Ceremony - Market Square

Atlas Performing Arts Center (DC/ Atlas District)

Sept. 7-Oct. 11 Scena Theater presents: The Marriage of Maria Braun
Nov. 23-24 City Rhythm Festival

Arena Stage (DC)

Oct. 11-Nov. 17 Love in Afghanistan

The Barns at Wolf Trap (Vienna)

Oct. 18 Nadja Salerno-Sonnenberg (violin)
w/ Anne-Marie McDermott
Nov. 4 Michael Nesmith (of the Monkees)

Birchmere (Arlandria)

Oct. 8 Buddy Guy
Oct. 18 Herman's Hermits
Oct. 19 Keiko Matsui
Oct. 30 America

Black Rock Center for the Arts (Germantown)

Oct. 10 The Spooky Magic of Joe Romano (our neighbor!)

Blues Alley (D.C.)

Oct. 17-20 Stanley Clarke
Nov. 14-17 Jonathan Butler
Nov. 19-20 An Evening with Molly Ringwald
Nov. 29-Dec.1 Alex Bugnon

Café Pizzaiolo Cameron Station

Oct. 9 Steal the Pint Night, featuring Port City Brewing Co.

The Carlyle Club (Old Town)

Nov. 3 The Fabulous Hubcaps
Nov. 8 Come Fly with Me - A Tribute to Frank Sinatra

Creative Cauldron (Falls Church)

Oct. 4-27 Marry Me a Little (music of Stephen Sondheim)
Nov. 1-24 Tales from the Brothers Grimm

DAR Constitution Hall

Oct. 23 John Legend
Nov. 8 John Fogerty

Del Ray Artisans Gallery (Del Ray)

Nov. 1 Opening Reception: Del Ray Dozen Invitational Photography Show

Dog Fish Head Alehouse (7 Corners)

Nov. 2 ilyAIMY

Dulles Expo Center (Chantilly)

Oct. 18-20 Craftsmen's Classic Arts & Crafts Festival
Nov. 2-3 DC Big Flea Market
Nov. 8-10 20th Annual Northern Virginia Christmas Market

Evening Star Café/No. 9 Lounge (Del Ray)

Nov. 14 Kate Moran Band

Fairfax

Oct. 12 Fall Festival - Downtown Fairfax/ Outdoors
Nov. 16-17 Holiday Craft Show - Fairfax High School

Gadsby's Tavern Museum (Old Town)

Oct. 20 Presidential Salon with James Madison (Old Town)

Gala Theater (Adams Morgan)

Nov. 8-10 Fuego Flamenco IX - Aparicio Dance Co.
Nov. 14-17 Fuego Flamenco IX - Templanza

George Mason Univ. Center for the Arts (Fairfax)

Nov. 9 Parsons Dance
Nov. 30 A Chanticleer Christmas

George Mason Univ. Harris Theater (Fairfax)

Nov. 15-17 Mason Dance Co.

The Hub Theater (Fairfax)

Nov. 15-Dec. 8 Carried Away on the Crest of a Wave

Grounded Coffee (Telegraph Rd.)

Oct. 13 Janna Audey

The Hamilton (D.C.)

Oct. 10 Vienna Teng
Oct. 24 The Blind Boys of Alabama
Oct. 26 Janeane Garofalo

Carla's Picks (cont'd)

Oct. 31 Blue Oyster Cult
Nov. 1 Paula Cole
Nov. 10 Aaron Neville

Lisner Auditorium (D.C.)

Oct. 8 Orquestra Buena Vista Social Club
Oct. 19 2 Cellos
Nov. 22 Elvis Costello

Little Theater of Alexandria (Old Town)

Oct.13-Nov.1 The 39 Steps (Comedy adaptation of 1935 Hitchcock film)

Mount Vernon (Alexandria/Fairfax Co.)

Oct. 26 Fall Harvest Family Days

National Harbor

Nov. 22-24 Gem & Jewelry Show
Nov. 29 Tree Lighting & Fireworks

9:30 Club (DC)

Nov. 5 Ani DiFranco w/ Melissa Ferrick & Buddy Wakefield

Patriot Center (Fairfax)

Oct. 23-27 Disney on Ice

Port City Playhouse

Nov. 8-23 Shiloh Rules

Schlesinger Concert Hall & Arts Center (NVCC/Alexandria)

Oct. 5 Alexandria Symphony Orchestra: "To Dream" w/ guest pianist Carlos Rodriguez (whom I've met...thought I'd throw that in!)

Signature Theater (Shirlington)

Oct. 15-Dec. 18 Pride in the Falls of Autrey Mill

Source Theater (DC)

Oct. 12-Nov.2 In the Forest, She Grew Fangs

St. Elmo's Coffee Pub

Last Weds./mo. Open Mic Night
Oct. 18 Back Alley Blues Boys
Nov. 16 Janna Audey

The Strathmore (Bethesda)

Oct. 18 Dianne Reeves
Nov. 14 Baltimore Symphony Orchestra w/ Chris Botti

Studio Theater (DC)

Oct. 23-Nov. 17 The Night Watcher
Nov. 13-Dec. 29 The Apple Family Plays

Sugarloaf Craft Show (Gaithersburg)

Oct. 11-13 Montgomery Co. Fairgrounds
Nov. 22-24 Montgomery Co. Fairgrounds

Synetic Theater (Crystal City)

Sept. 26-Nov. 3 The Picture of Dorian Gray

Theater J (DC)

Oct. 23-Nov. 24 The Argument

Verizon Center (DC)

Nov. 24 Pink

Warner Theater

Nov. 9 Margaret Cho
Nov. 13 Cyndi Lauper

Woolly Mammoth Theater (DC)

Nov. 4-Dec. 1 Appropriate

And Another (Few) Things

New books:

When the Horses Whisper, by Rosalyn Berne, PhD (UVA Professor & my college roommate!)

The Jefferson Hotel: The History of a Richmond Landmark and Fry: A Legacy of Dance in Richmond, by Paul Herbert (who previously did a Cameron Station book signing for his book *God Knows all Your Names*).

Other Food and Drink News

Aguariva closed (808 King St.). Flat iron Steak & Grill has opened at that location.

Nando's Reri-Peri has opened at 702 King Street (Portuguese flame-grilled chicken).

Port City Brewing Co. now has live music Fridays 7-9pm, Sundays 2-4pm.

Sushi Del Ray (2312 Mount Vernon Ave.) – Alexandria's only adults-only restaurant (no children under 18).

Catoctin Creek Distillery (Purcellville) now offers tours and tastings, some conducted by former Food Matters bartender, John Shope.

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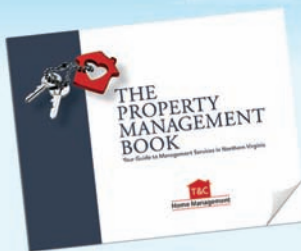
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Restaurant Review:

The Grilled Cheese Chronicles

By Carla Besosa

Ah, the beloved Grilled Cheese Sandwich!

The grilled cheese has maintained status through memories of Mom serving grilled cheese and tomato soup. A topic of substance, though *“the poets have been mysteriously silent on the subject of cheese.”* (Gilbert K. Chesterton)

If you are venturing out on a mission for grilled cheese, the local diners are usually a good bet if you prefer the traditional take on the classic. However, for you fearless *fromage* fans, I'll give you my top three picks in our area.

Walker's Grille has a masterfully created grilled cheese. They use a medley of three cheeses on generously sliced brioche. The brioche adds flavor and texture, not to mention it looks darn impressive. The three cheeses may vary with the artistic license of the chef. You can augment with any combination of smoked applewood bacon, tomato, or avocado. The result is scrumptious as well as colorful, and you've introduced a few additional food groups into the picture.

Cheesetique boasts an entire grilled cheese section of its menu. The eight variations they concoct involve ingredients such as as onion confit, Black Forest ham, sautéed mushrooms, apples, and prosciutto paired with the best-quality cheeses. The signature selection is their *Grown-Up Grilled Cheese*, which consists of artisanal Prairie Breeze Cheddar perfectly grilled on sourdough. You can't go wrong!

Walker's Grille and Cheesetique have been previously reviewed in *The Compass*. So it will likely confound you to learn that my third pick is a franchised restaurant. You should be equally baffled that I selected an establishment that uses only American cheese! Yes, that processed cheese, cheese product, or cheese food that may not legally be sold as cheese.

Drum roll ...

Rounding out the category, I present **Five Guys**. *“What?!”*, you exclaim, *“That's a burger joint!”* Yes, a burger joint that flips the hamburger buns inside-out and offers grilled cheese. You can't choose your bread, and you can't choose your cheese, but you know those 15 burger toppings they offer? Those fixins are equally applicable to your grilled cheese. I would select tomato and grilled onion—nothing too wild and crazy. If you're in a spicy mood, you might crave jalapeño peppers, onion, and hot sauce. If you're pretending your grilled cheese is a hamburger, you might select ketchup, mustard, and relish. If you're channeling backyard barbecue, then the grilled mushrooms and green



Courtesy of Cheesetique

peppers might be calling you, paired with A-1 Steak Sauce or barbecue sauce. The possibilities are practically endless. It's fun to create something unique.

If you're experimenting at home, here are some intriguing ideas uncovered during my extensive grilled cheese research:

- Grilled Mac-N-Cheese with BBQ Pulled Pork
- Green Apple and Aged Cheddar Grilled Cheese
- Grilled Cheese with Avocado and Goat Cheese
- Grilled Cheese with Garlic Confit and Baby Arugula
- Hot Chile Grilled Cheese
- Grilled Cheese with Gruyere and Toasted Almonds
- Spinach and Pesto Grilled Cheese
- Grilled Pimento Cheese
- Jarlsberg, Arugula, and Truffle Oil Grilled Cheese

Whichever path you take, be sure to adhere to the Golden Rules of Grilled Cheese:

- 1) Do not dry-grill. The bread needs butter (or some facsimile thereof) on the outside.
- 2) Squish it! Don't just set it on the grill! Smoosh it until the cheese starts bulging out.
- 3) Unless you are at Five Guys, you must have REAL cheese.
- 4) Respectfully observe National Grilled Cheese Day each April 12.

And heed the prophetic words of Willie Nelson, “The early bird gets the worm, but the second mouse gets the cheese.”

Smile and say CHEESE!

Walker's Grille
6909 Metro Park Dr
Alexandria, VA 22310
www.walkersgrille.com

Cheesetique - Del Ray
2441 Mt Vernon Ave
Alexandria, VA 22301
www.cheesetique.com

Cheesetique - Shirlington
4056 Campbell Ave
Arlington, VA 22206

Five Guys (within 3 miles)
Skyline/Bailey's Crossroads
4626 King St 6546
Alexandria, VA 22302

Pinecrest Plaza
Little River Tpk
Annandale, VA 22312

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