

# THE VILLAGE NEWS

Volume 19, Number 1 *SERVING THE PEOPLE OF CABIN JOHN AND BEYOND*

September 1985

## CITIZEN ASSOCIATION DEVELOPMENTS

About the time this issue of the Village News reaches you, you will also receive a letter from the Cabin John Citizens Association reporting on changes during the summer. Jack Fellows and Kay Tamzarian have resigned as co-presidents, and Dave Johnston, as vice-president, is now Acting President.

The first Association meeting of the 1985-86 year will take place on Tuesday, September 24, at 8 p.m. at the Clara Barton school building.

## VILLAGE NEWS STARTS 19TH YEAR

This issue of the Village News begins its 19th year of publication. It is distributed free to all Cabin John residents; anyone else may subscribe at \$5 per year.

The paper, like other community activities, is put out entirely by volunteers, ten times a year. Its printing and mailing costs of about \$200 a month are met partly by outside subscriptions, partly by ads (its display and classified ads are famous for their effectiveness), partly by a monthly contribution from the Citizens Association, and partly from sales of T-shirts and Cabin John histories. (Continued on page 5)



## THE BIG EVENT OF THE YEAR IS COMING -- CABIN JOHN ANNUAL CRAB FEAST ON SEPTEMBER 14

Saturday, September 14, is the date of the biggest social event of the Cabin John year: the annual Crab and Chicken Feast. The Feast will take place from 2 to 6 p.m. on the vacant lot west of Seven Locks Road just north of Carver Road. (Rumors that the Feast would be held elsewhere are not true; although this area is scheduled for development later, it is fully available for this year's Feast.)

Hundreds of Cabin Johners and friends normally turn out for this event. Soft-shell crabs and broiled chicken are featured, plus an assortment of delicious vegetables. Tickets cost \$5 each for either a crab-and-veggies or a chicken-and-veggies serving; there is a special \$6 rate for people who just want crabs and no vegetables. These prices are for tickets purchased in advance; at the door tickets are \$1 additional. In addition, soft drinks and beer will be sold.

Advance tickets will be sold door-to-door during the coming weeks, so watch for a volunteer at your door and buy up for the whole family. The whole Feast is run by volunteers and a great many are needed, so if you'd like to help out, just call Feast Chairperson, Diane Leatherman, at 229-7412. (A few people may have signed up early in the summer before plans were firm; if you are one of them and haven't yet been contacted, please call Diane.)



LETTERS TO  
THE VILLAGE NEWS

A Humane Act

On Sunday, August 11, Brian and Tommy Kemp and Craig Ludwig spent most of the day rescuing fish from the C & O Canal catastrophe. It is true that they gave some very large fish away to the Titus family, but they saved about 1000 fish from certain death. Later in the day Chris Sullivan and Glenn Eason joined them and helped rescue even more.

We felt the magnitude of this humane act should be recognized.

--Ray and Kay Kemp

Seeking Singers

Desperately seeking singers (regardless of skill) and guitarists and lutists and dulcimer, banjo and flute players and violinists and all manner of people who make and love music -- to form easygoing, folksinging group in the neighborhood. If you just can't resist, please call me at 229-2715.

--Bev Donnenfeld

NIGHT LIFE

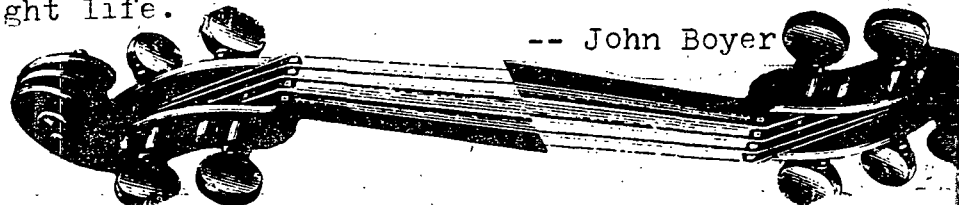
When you live somewhere for a while, you can't help but wonder what sort of night life your community has to offer. Cabin John is primarily a residential community, but that doesn't exclude all sorts of activity from going on past dusk. One of my habits is to take a walk at night to cool out before going to sleep. These walks take place anywhere between 9 p.m. and 3 a.m., depending on the energy I have available and when I've got to be up the next morning. During these walks I've observed both human and natural behavior of a range far exceeding any expectations I had when I first moved here.

Since one of my primary reasons for walking is to achieve some semblance of peace and harmony within myself before retiring for the day, I am drawn to the natural environment. The night breeze feels good, and on those nights when fireflies dance in the darkened trees and the stars twinkle in the sky, the universe appears a single entity. Watching the flight of a full moon across the Potomac River fills me with wonder at the gravitational forces being exchanged. On those nights when the moon is thinly veiled by clouds sweeping across the sky, a sense of mystery pervades the air. I like to listen to the wind, but in Cabin John this undertaking is often interrupted by the planes or helicopters overhead, the whooshing of tires as they circle the Beltway, or the traffic on MacArthur Boulevard.

The realm of human behavior in Cabin John afterhours can only be described as a phenomenon. The sound of Scottish bagpipes filtering across the field near the elementary school; the square dancing; people out walking their dogs; people playing tennis; motorcycles, hot rods, pickups and vans moving between their favorite hangouts. With these stimuli, I can imagine myself in turn participating in the British Open golf tournament; doing the do-si-do; enforcing the pooper scooper law (only kidding); staring down John McEnroe as I prepare to return his vicious serve; or pretending I'm Jimmy Dean, wondering what adventure is next in store. And I wonder what images all these participants in Cabin John night life are having.

Then I'm walking home realizing that both my eyelids and legs are getting heavy, and that it's time to turn off the conscious mind and wonder briefly what sort of dreams I'll have and what sort of dreams they'll have as a result of their night life.

-- John Boyer



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& SON**  
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**yard work**  
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**SAT. SEPT. 14**  
 2-6 p.m.  
 rain or shine

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 for  
**FOOD and FUN**  
 TO HELP 229-  
 & INFO. 4920  
 229-8369

**1985**

**CABIN JOHN**

annual benefit

**CRAB AND CHICKEN FEAST**

- BEER
- SODA
- BAKE SALE
- ENTERTAINMENT

same location —  
 • 7 LOCKS RD. at  
 CARVER RD.

— TICKETS WILL BE SOLD DOOR TO DOOR —  
 AFTER LABOR DAY

**CHICKEN DINNER**  
 1/4 B-B-Q CHICKEN  
 with VEGETABLES  
 \$5. ADVANCE  
 \$6. AT GATE

6  
**SPICY CRABS**  
 \$6. ADVANCE  
 \$7. AT GATE

**CRAB DINNER**  
 3 SPICY CRABS  
 with VEGETABLES  
 \$5. ADVANCE  
 \$6. AT GATE



## The People of Cabin John

### DONATELLA CLARK AND THE PROFESSION OF MOTHERING

By Barbara Martin

Donatella Clark is strongly focused on good parenting -- personally and professionally. Three and a half years ago, when she was pregnant, she became seriously interested in nutrition and optimal health for mother and baby. In natural childbirth classes which she attended with her husband, Steve, she heard about LaLeche League, an organization which educates, advises, and supports nursing mothers.

In January 1983, her son, Neil, was born with jaundice. While she carefully followed the hospital's advice on treatment, his condition did not improve. She remembered LaLeche League and telephoned for guidance. Their suggestions were different -- and effective; the jaundice cleared up. Home from the hospital, Donatella kept in touch with the League and found their telephone support invaluable. She began attending meetings -- groups of nursing mothers and babies -- and discovered that the children seemed happy and healthy and that the women were "her kind of people."

She became the group's librarian, distributing informational pamphlets and circulating books. Then she decided to start training as a leader.

Requirements are stiff. Although the leader is not paid, the position is one of great responsibility, and qualifying for certification means fulfilling many demanding criteria with close supervision and approval by League leaders. For Donatella, there was a 40-page essay examination, 25 books and 50 pamphlets to read and summarize, and oral exam, and endorsement by two leaders. Most leader applicants take from two to three years to qualify; some who

start are screened out, others don't pursue the program to completion.

But Donatella's interest and persistence remained high; she finished the course in an impressive 6 months.

The philosophic foundations of the League include these concepts: 1) Breast milk is the optimal nourishment for a baby; no other food is necessary for the first six months; 2) From the moment of birth mother and baby need to be very much together; nursing satisfies this intimacy need which is equally as important as the nutritional need; 3) The baby leads the weaning schedule, nursing until ready to stop; this can be at 9 months or it can be at 3 years; 4) At childbirth, alert, active participation by the mother helps the baby to be stronger and more energetic, thus getting nursing off to a good start; 5) The father's wholehearted participation and loving support for mother and baby are crucial to good pregnancy, birth, and parenting; 6) Good nutrition depends upon selecting and using foods in as natural a state as possible; 7) Children are best trained by loving guidance -- encouragement, positive reinforcement, example, distraction -- rather than by harsh punishment.

LaLeche League was started in the 50s in Illinois, a support group for nursing mothers who had questions and concerns about breastfeeding. From the beginning, physicians acted as advisors, and a strong liaison with the medical community has been maintained. Today there are 5,000 groups and 20,000 certified leaders operating in all 50 states and nearly every country of the world.

In June 1983, the League's biannual International Conference was held at the Washington DC Sheraton. Donatella helped to organize and prepare for it, and officiated during its three days in the "diaper room," where disposable diapers supplied by Pampers were issued to all participants. Four thousand adults and 2,000

children attended from 50 states and 40 foreign countries. Many fathers were there, and a large number of health professionals. Started as a one-issue organization, the League has now expanded its program into every aspect of family and child health, and the Conference's sessions reflected that broad focus. There were presentations on such subjects as Down's syndrome babies, troubled adolescents, home births, protecting children from molestation, military pediatric care, and child spacing.

Donatella believes that membership in the League is a great way for mothers of babies and toddlers to find each other in a community. Before children are old enough for pre-school, there can be a sense of isolation and loneliness, especially for first-time mothers or for families new to the community.

Donatella doesn't know how many pre-schoolers are in this community. She has the impression that many Cabin John mothers of very young children are working. "It's really hard for a working mother to breastfeed," she says. "Some manage to do it, but it's difficult. So at-home mothers are more likely to be interested in LaLeche League. That doesn't mean we don't want working mothers; we welcome all interested women. Remember we're concerned with pregnancy, childbirth, and infancy -- all important things to any woman who wants to nurse, even for a limited time before she returns to work."

Women (and their babies, if any) are invited to visit a group meeting. If they choose to attend beyond their first meeting, they are asked to join. The \$20 annual dues entitle the member to attendance at monthly meetings, free booklets, borrowing privileges from the groups' library, subscription to the bi-monthly magazine "New Beginnings," and 24-hour telephone help for both regular questions and emergency situations.

Among the 35 groups in the Greater Washington area, there are

two convenient groups for Cabin John mothers. The Rockville group meets every second Tuesday night at 7:30; Donatella (229-1195) and Wendy (424-0042) are the leaders. A day group, the Bethesda-Kensington unit, meets second Wednesdays at 9:30 a.m.; its leaders are Nancy (637-3514) and Debbie (933-6063). Meetings are attended by 8-12 mothers and their little ones. Sometimes nursing students, doctors, and nurse-midwives attend too. The program subjects are set by the International Board, but any and all specific questions and concerns of those attending are given full attention. Several times a year there are special family meetings when fathers are invited.

For all her working life Donatella has been a teacher at day care centers, both private and government. Currently she runs the nursery at Bowl America three mornings a week. "Day care is the right profession for me because I can keep Neil with me, and because I really enjoy children."

In January the Clarks will move to Bloomington, Minnesota, where Steve will begin four years of study at Northwest College of Chiropractic. Donatella has discovered that there is a day care center in the same building as the chiropractic college. "I'll certainly be checking into that." And she has already begun making Minnesota connections. At the June conference, she met League members from Minnesota and intends to follow up these contacts and to get in touch with state leaders listed in the LaLeche League Directory. "I know that I'll find compatible friends through the League, women who have similar interests and outlooks."

Donatella is proud of her Certificate of Qualification, representing much study, experience, and dedication. It reads "LaLeche League certifies that Donatella Clark is an accredited Group Leader, and is entitled to represent the League throughout the world."

Cabin John, too, can be proud of its representative, a young woman who clearly sees responsible mothering -- for herself and others -- as the most important work of her life today.

## CABIN JOHN NEWS ROUND-UP.....

**Seven Locks Estates East:**  
On July 8 the County gave final approval to construction of 11 houses on the tract south of Palisades Pool, instead of the 27 cluster houses originally proposed by the builder. The houses will be on half-acre lots. Access will be by a dead-end extension of Tomlinson Avenue, running thru the area used by the annual Cabin John Crab Feast.

Sometime after Sept. 10 there will be a public hearing on the detailed development plans. Anyone interested in this should contact Carol Miller at 320-2484.

**Tennis Bubble at Pool:**  
The Montgomery County Planning Board has rejected the petition of Palisades Swimming Pool to erect an all-season air bubble over the club's tennis courts. Neighboring residents had strongly opposed the bubble, as had the Citizens Association, primarily on the grounds that the large amount of light from the structure would be objectionable.

**Fences on 79th Street:**  
There will be a public hearing on September 12 on fences at 6419 and 6423 79th Street. For information call Bob Wilkoff at 229-8536.

**Playground Equipment:**  
The Big Toys Wooden Playground equipment at Seven Locks Local Park (off Seven Locks Road) has started to rot more rapidly than expected and is to be dismantled. Replacement equipment is being ordered by the Park and Planning Commission. If you are interested in making an input to the replacement process, you should call Ms. Wajeda Rab, Landscape Architect, at the MNCPPC Department of Parks, 565-7420.

**Clara Barton School:**  
The County Board of Education has decided that the Clara Barton school building, previously largely occupied by the Washington International School, will become wholly a day care center, both for children and for elder-

ly. Detailed plans are not yet worked out, but for the present the Clara Barton Center will continue to operate there. Building renovations are also to take place.

**Walk Lights Installed:**  
As promised by the County after intervention by the Citizens Association, "Walk" lights have been installed at both ends of the Union Arch Bridge.

### RUMMAGE SALE SET FOR OCTOBER

The Cabin John United Methodist Church at 7700 MacArthur Boulevard has announced that it will hold a rummage sale on October 24, 25, and 26. The hours will be from 10 a.m. to 7 p.m. on Thursday and Friday and from 9:30 a.m. to 4 p.m. on Saturday. For further information, call the minister at 229-9525.

(Continued from page 1)  
Volunteers are welcome for all aspects of putting out the paper. Call Andy Rice at 229-3503 if you'd like to write, edit, design, sell ads, address, etc. This issue was prepared by Andy Rice, Cherry Doyle, Susan Gelb, Kay Kemp, and a hard-working mailing crew.

Stories or news for the paper, as well as ads, should be sent to P.O. Box 164, Cabin John, MD 20818, or call Andy Rice at 229-3503. Deadline for the next issue is noon on Saturday, September 14.

## Bethesda Co-op

FOOD FOR PEOPLE—  
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1/2 mile northwest of Glen Echo

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MON-SAT 9 AM-8 PM SUNDAY 11-6 PM Plenty of Parking

**CLASSIFIED**

(Classified ads should be sent to P.O. Box 164, Cabin John 20818. Next deadline: September 14, 1985. The rate is 50¢ per line.)

FULL TIME / PART TIME  
 DAY CARE POSITIONS  
 IN SEPTEMBER  
 Leading DAY CARE Assoc. in  
 Montgomery County is seeking  
 qualified personnel to staff  
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 County. In need of  
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 Please send resume or call  
 Carolyn Esman  
 MCDCA  
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 Kensington, MD. 20895  
 (301) 946-1213

FOR SALE: '68 Rambler American for parts. Still runs. \$50. 229-2018.

\* \* \* \* \*

WANTED: APT. or SMALL HOUSE for rent in Cabin John or nearby. I have been living in CJ for the past 2-1/2 years. Call Jill, 275-4465 (weekdays), 320-2275 (weekends, evenings).

\* \* \* \* \*

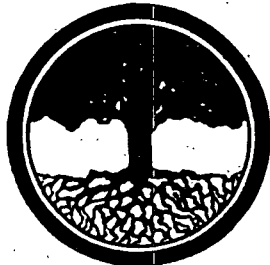
FOR SALE: Honda motorcycle, 360 CBT, 1977. Best offer. Call Mitch, 229-4674, or Diane, 229-7412.

\* \* \* \* \*

Nationally certified PIANO TEACHER has a few fall openings, near Glen Echo, 229-7882.

\* \* \* \* \*

FOR SALE: Bear "Silver Mag" compound bow, 35 to 45 pounds, 26" draw; Bear "Hug" quiver with 7 arrows; "Shur Hit" sights. \$55. 229-2018.



**LANDSCAPING**

*in harmony with your  
taste & budget*

Unusual Design • Wood Decks  
Brick & Stone Patios • R.R. Ties  
Unique & Beautiful Plantings

**Mark Willcher  
and Company**

**320-2040**

AMAR SU DIO - Ileana DeGeyndt, Director  
Himalayan Institute, Maryland Branch

Yoga Group Classes: Ileana is very pleased to announce that she has recently become associated with the Himalayan Institute of Yoga Science and Philosophy of Homesdale, Pa., a highly reputable organization in the country and in the world. It was in this organization that Ileana studied and took certification. Classes will have the same format, with the prospect of adding more as the demand for classes may call for. For the time being, classes are offered in the morning on Tuesday and Thursday and on Thursday evening. To attend, buy a booklet of 10 sessions valid for 5 months after date of purchase. For more information, please call Ileana DeGeyndt, 6504 80th Street, 320-2065.

Village News  
P.O. Box 164  
Cabin John, Maryland 20818

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