



Village News

Volume 39 Issue 2

Serving the people of Cabin John and beyond

Crabfeast Revelers Treated to Great Weather

by Ruth Rabner

More pictures and a detailed summary about this year's annual Crab & Chicken Feast will be featured in next month's *Village News*. Until then, a special thank you goes out to Heidi Lewis, Robin Gurley, and all the Cabin John Scouts who helped with the bike parade to the festivities this year. Also, special thanks to Junior Girl Scout Troop 432 for pitching-in to help with both the Bike Parade start and finish-lines and the Face/Hand Painting table! — 



© Ruth Rabner

With some traffic assistance by the adults, Cabin John's youngsters begin the parade to the annual crab & chicken feast.

Annual Nut Collection To Restore Native Trees

During the month of October 2005, the Potomac Watershed Partnership and the Potomac Conservancy will sponsor the fifth annual "Growing Native" event, a volunteer-led effort to replenish depleted reserves of native tree stock for tree planting projects throughout the region. We need Cabin John residents to collect the needed acorns, seeds, and black walnuts in October to be dropped off at Lockhouse 8 anytime during that month. All nuts and acorns should be divided according to species into separate labeled bags, and a leaf from the particular tree should be placed in the bag to help confirm the species. Also extremely

important is that the so-called "float test" must be conducted on the acorns to make sure they are of good quality. (This test is explained later.)

Walnuts deteriorate quickly, so don't store them for long before taking them to Lockhouse 8. Please let Burr Gray (burrgray@aol.com) know if you if you have dropped off any walnuts or other nuts at Lockhouse 8 so that CJCA can keep track. Cabin John has the reputation for collecting more black walnuts for the event than any other site in the MD-DC-VA area and we hope to continue the tradition.

There are other nuts and acorns in demand besides black walnuts, including Atlantic White Cedar, Bald Cypress, Black Oak, Chestnut Oak, Chinkapin Oak, Green Ash, Hazelnut, Northern Red Oak, Overcup Oak, Paw Paw, Persimmon, Pin Oak, Sassafras, Southern Red Oak, Swamp Chestnut Oak, Swamp White Oak, Water Oak, White Ash, White Oak, and Willow Oak. While Cabin John's reputation has been built on black walnuts, we really want to

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Neighborly News

by Barbara Martin

Julie and **Tom Rogers** moved to Tomlinson Avenue this summer. Their daughter **Trisha**, a freshman at Walt Whitman, worked as a CIT this summer at the Clara Barton Center. Their son **Michael** is a senior at Carnegie-Mellon University. The family moved to Cabin John from Beltsville. Julie is vice-president of an electrical contracting company; Tom is a systems analyst.

In the last issue, I gave the telephone number for an agency that picks up your used furniture and distributes it to those in need. I should have checked the number first; apparently it is invalid. My apologies.

Lockhouse 8 on the Canal is now open on weekends as a visitors center, where about 100 people visit each weekend. Our Glen Echo neighbors, **Carlotta** and **Jim Anderson**, have been active in the 4-year restoration of the lockhouse, and are now regular docents there. Carlotta will be leading a walking tour of the Town of Glen Echo on Saturday morning October 8, from 10-12:30. The cost is \$6 and reservations are required. 301-340-2825. This is a fine opportunity; nobody knows Glen Echo better than Carlotta.

Local Cub Scout Pack Welcomes Boys Aged 6-11

Cub Scout Pack 1320 is starting another exciting year!! The pack meets at the Bannockburn Elementary School and is sponsored by the PTA. Boys from several area schools meet as scouts to learn and have fun. We have cubs from the Maryland communities of Bethesda, Glen Echo, Cabin John, Bannockburn and surrounding areas. A fun, safe, learning group for boys 6-11, our Cub Scout pack welcomes ALL kids and provides a GREAT parent and son experience.

The first pack meeting is 7 pm Sept. 22 (a week later than our usual third Thursday) in the All-Purpose Room at the Clara Barton Center and, as always, everyone is welcome. We will be forming a new Tiger Den and adding to the Wolves, Bears and Webelos. Full pack meetings are generally held on the third Thursday of the month and individual den meetings are held monthly at a time each den determines is convenient.

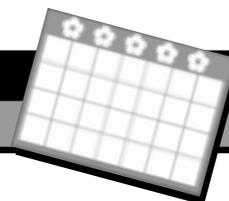
Get Cub Scout Pack 1320 messages or calendar information at: <http://groups.yahoo.com/group/Pack1320>. We are part of the Great Falls District, National Capital Area Council (NCAC) of the Boy Scouts of America (BSA).

—Tom Black

And baby makes three for **Colleen** and **Travers Daniel**. In April, the Daniels welcomed daughter **Marley** to their home on Arden Road where they have lived for 10 years. Colleen is an art director in graphic design; Travers is in real estate.

I know we have some new babies and many new neighbors. I need You, yes YOU, to call or email me with names and phone numbers so that these important people can be mentioned in this column. Think of it as a neighborly, welcoming thing to do. 301-229-3482 barbmartin@comcast.net

Community Calendar



- SEP**
- 24** Banjo Concert
Cabin John Gardens Community House
7-9 pm (see p. 9)
 - 25** Voices of the River
Lockhouse 8
4 pm (see p. 5)
 - 27** CJCA Meeting
Clara Barton Center
7:30 pm (see p. 4)
-
- OCT**
- 2** Blood Drive/Marrow Registry
Clara Barton Center
10 am-4 pm (see p. 11)
 - 2** Making Peace with the Earth
Church of the Redeemer
3:30-8 pm (see p. 7)
 - 19** Free Design Seminar
Clara Barton Center
6:30 pm (see p. 8)
 - 23** Voices of the River
Lockhouse 8
4 pm (see p. 5)
 - 25** CJCA Meeting
Clara Barton Center
7:30 pm

Cumberland to Cabin John Revisited

by Barbara Martin

It's been about 10 years since Reed and I took our first tandem bike trip on the towpath from Cumberland to Cabin John. I wrote about that for the *Village News*, and maybe it's time for Installment II.

This was our third completed ride. Two other attempts were rained out, and four times Reed made the trip with other riders. The whole Cumberland-Georgetown length is 185 miles. Getting off at CJ shortens it by 8 miles. But considering the off-path trips along the way for meals and motels, it's a good 200 miles. Before, we have made the trip in 4 days, which means about 50 miles a day. This time we planned to take 6 days and split the distance into 30-mile segments.

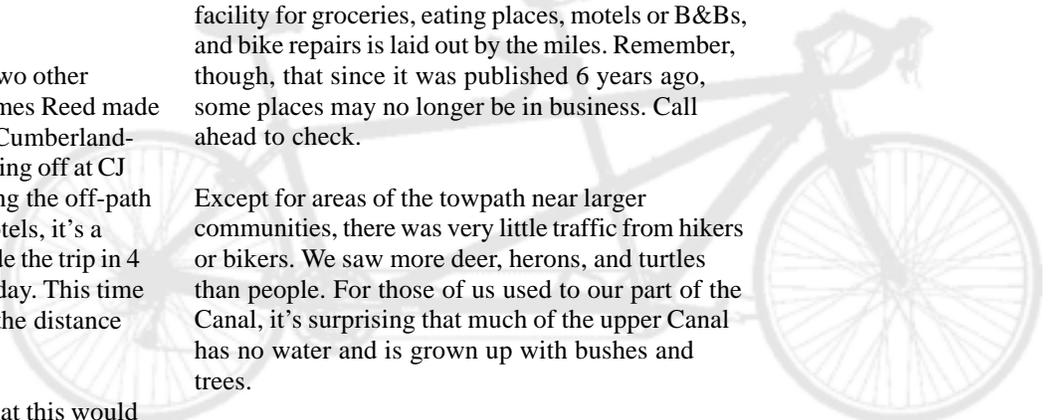
However, it didn't register with us that this would include the Labor Day weekend and so we started out with no reservations. Scrambling around to find places that weren't full threw us off schedule a bit, so we ended up doing it in 5 days. The night before starting was in Cumberland and successive stays were in Paw-Paw WV, Hancock MD, Williamsport MD, and Harpers Ferry WV.

An invaluable booklet is *A Guide to Food and Lodging Along the C&O Canal* compiled by our own Fred Mopsik et al., available at the Great Falls tavern. This book is very easy to follow; every facility for groceries, eating places, motels or B&Bs, and bike repairs is laid out by the miles. Remember, though, that since it was published 6 years ago, some places may no longer be in business. Call ahead to check.

Except for areas of the towpath near larger communities, there was very little traffic from hikers or bikers. We saw more deer, herons, and turtles than people. For those of us used to our part of the Canal, it's surprising that much of the upper Canal has no water and is grown up with bushes and trees.

If you're thinking of making the trek, here are a few pieces of advice. Get a comfortable gel seat, perhaps enhanced with a lambskin cover. For myself, I can tell you that my legs, heart, and lungs were just fine, but my sitting area took a beating. And take a flashlight for going through the Paw-Paw Tunnel. It's 2/3 mile of total blackness, with a

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CJCA News

by Burr Gray

The next meeting of the CJCA will be Sept. 27, 7:30 pm at the Clara Barton Community Center.

Next CJCA Meeting—September 27, 2005. Agenda – 1) CJCA response to Hurricane Katrina, 2) results of the Crab Feast, 3) discussion of CJCA projects for the 05-06 year (water fountain at baseball fields/ bike path, cutting down on use of air compression breaks on beltway near CJ, investigating wireless possibilities for CJ as a community, historical panel for Gibson Grove Church).

Next Blood Drive—The third and last Cabin John blood drive of the year is set for Sunday, October 2 from 10 am to 4 pm at the Clara Barton Community Center. Please contact Ruth Rabner (229-0019, rabneroo@comcast.net) to set up an appointment. We hope that our usual donors will sign up, and we hope to expand the pool to bring in some new donors. If you have questions about eligibility please contact the Red Cross Nurse of the Day at 1-800- 272-2048 or check the Cabin John Home Page – www.cabinjohn.org. The usual criteria is as follows: People who can donate are, in general: people in good health, 17 years or older (16 years is

OK if they have consent form signed by parent), and weighing at least 110 lbs. People who can't donate are: 1) people who received a tattoo one year prior to the date of donation, 2) most people taking antibiotics, 3) most people taking blood thinners, 4) most people who are not feeling well, have a cold, or sore throat, 5) people who have a temperature at the time of donation, 6) people who have been in England for a total combined period of 3 months from January 1, 1980 to 1996, 7) people who have been in Eastern or Western Europe for a total combined time of 5 years or more since January 1, 1980, 8) people who have had cancer, 9) people who have traveled recently to certain South American countries where malaria exists, and 10) people who have traveled recently to locations where SARS was a concern. There will also be an opportunity to register with the National Marrow Donor Program at the blood drive. That process is quite short. Check with Ruth Rabner or Deborah Duffy if you need any more info about this aspect of the event.

Attention All Elementary and Middle School Kids!

Several fun programs/events will begin next month at the Clara Barton Community Center. Please call the center at 301-229-0010 for more info or a registration form for the event(s) in which you're interested.

CLARA BARTON HOMEWORK CLUB

Homework is more fun if you do it with your friends! A teacher is available to give homework assistance if necessary. Tutoring anticipated in all subject matters, with major emphasis on math, reading and English. Games, arts/crafts, recreation included upon completion of study time.

WHO: 2nd - 5th graders
WHEN: Tuesdays and Thursdays, 4-6 pm, October 11 - December 15, 2005
WHERE: Clara Barton Community Center, 7425 MacArthur Blvd, Cabin John, MD
COST: \$80 for 20 sessions (one time payment) + \$20 to the FCBCC for supplies, snacks, etc.
CONTACT: Modestine Snead, Community Ctr Director at 301-229-0010 for applications or more info.

WHO: 3rd - 6th graders
WHEN: 2nd Friday of each month, 7-9 pm, October 14 - May 12 (except early dismissal days, breaks, holidays and inclement weather days)
WHERE: Clara Barton Community Center, 7425 MacArthur Blvd, Cabin John, MD
COST: \$15 membership fee
CONTACT: Modestine Snead, Community Ctr Director at 301-229-0010 for applications or more info.

NEW! MacFRIDAY AFTER-HOURS (one time event)

A fun night for all Montgomery County 6th-8th grade students with DJ, dancing, games, billiards, prizes, refreshments and more! School ID required or children must be escorted to the event by a parent.

WHO: 6th - 8th graders
WHEN: October 14, 2005, from 9:15 to 11 pm
WHERE: Clara Barton Community Center, 7425 MacArthur Blvd, Cabin John, MD
COST: \$5 admission
CONTACT: Modestine Snead, Community Ctr Director at 301-229-0010 for applications or more info.

MACARTHUR BOULEVARD CAFE (aka - MacCafe)

Join in the fun! Every 2nd Friday of the month (Oct to May), meet old friends and make new ones at the MacCafe. There will be a DJ, music, games, arts/crafts, snack bar, raffles, prizes, billiards, BINGO, ping-pong and much more. **Parents are required to chaperone/volunteer at a minimum of one MacCafe event in order for their children to participate in the program.**

NUTS

cont. from page 1

collect from these other types of trees as well. So look around your house. If you have any of the above-mentioned trees on your property, please let Cabin John resident John Gelb (229-5851) know so that we might consider enlisting some volunteers to help gather these needed nuts and acorns. If you want descriptions of those trees and nuts, go to the Growing Native website at www.growingnative.org. If you need further help with tree identification, contact either John Gelb or Tom Rojas (320-2514).

How do I find out if my acorns are healthy?

Not all seeds are healthy and able to produce a new tree. Those that are healthy are called *viable*. You can help make “Growing Native” a success by doing a few simple tests to ensure that the seeds you’ve collected are good. First, if you find that all or most of the acorns still have their caps on and do not easily fall off, the chances are they are not viable. The seeds may have been blown off the tree in a windstorm or nipped off by a squirrel before they had a chance to mature. Next, if the cap is off take a handful of acorns and put them in a cup or bucket of water. If most or all of the acorns float, they are probably not viable and you should wait a few more days to a week and try this test again with

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**Voices of the River Fall Programs
at Lockhouse 8 River Center**

by Judy Welles

Join the Potomac Conservancy on Sundays, September 25 and October 23, at 4 pm for special “Voices of the River” family programs at the Lockhouse 8 River Center, Lock 8, on the C&O Canal.

On September 25, learn how to plan a single-day or overnight hiking or canoeing trip with your family along the Potomac River. A Potomac Conservancy volunteer will describe the Potomac Heritage Trail and a new trail network in Virginia’s Loudoun County, just opened to the public. Hear about the animals, plants, and historic landmarks along these and other scenic trails in the metro-DC area.

On October 23, members of the Folklore Society of Greater Washington—Judy and Dennis Cook, George Stephens, and Mary LaMarca—will sing river songs and other songs from the 1830s, when the C&O Canal was active, to the present day. Plenty of choruses for people to join in.

“Voices of the River” is an occasional Sunday series at Lockhouse 8 River Center that brings storytellers, artists, musicians, and others to explore the history, culture, and ecology of the Potomac River. Bring a picnic and watch the sun start to set on the Potomac River. Lemonade and cookies will be served. RSVP to Angela Preston, preston@potomac.org, 301-608-1188, x201 or Judy Welles, 301-229-8110.

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TOWPATH TRIP
cont. from page 3



two-pole railing between the uneven path and the 6-foot drop down to the water. And you're walking your bike. Not a joy for the faint of heart.

In addition to bike shorts, I just took one other pair of shorts for walking around in the towns. Pack lightly; the lighter your saddlebags, the easier the bike handles. We started between 7 and 8 each morning, and in September and even in the summer, you will want a warm jacket to start out. We kept a leisurely pace, stopping to look at anything that caught our interest, so we usually arrived at each day's destination by about 2 in the afternoon. That leaves plenty of time for exploring the town, getting your bike in good shape, and having a quiet dinner.

The Canal follows the Potomac for many of its miles, but frequently moves inland a good distance away, so that you're seeing farms, woods, and camps instead of water. I enjoy looking at the West Virginia and Virginia shores—sometimes untouched, sometimes built up in vacation spots or houses.

If you cross over to Harpers Ferry, you have to carry your bike up a long winding staircase and over the Potomac River bridge, both made of openwork steel. Don't look down unless you're the fearless type. It's worth it, though, to visit the delightful restored village. (I can say that because Reed did all the heavy carrying.)

There is the problem of getting yourself and your bike to Cumberland and then retrieving your vehicle at journey's end. I wish I could tell you that the railroad accommodates your bike, but it doesn't because of some dumb rule about having only an official union worker unload it. So we manage it by taking the bike in our van to the Cumberland Holiday Inn and leaving the vehicle in their parking lot (they're very nice about that). Then the day after our return, Reed takes the 4 pm train to Cumberland and drives back. It's one of the minor hassles of the ride. Every motel we stayed in allows you to bring your bike into your room; they're used to bicyclist guests. (Our tandem presents a bit of a logistical challenge fitting into elevators, etc.)

Of course you'll carry water and snacks, and yes you'll get muddy legs and shoes. The trip is about enjoying the adventure of nature and "doing it yourself," not about luxury and being pampered. The towpath is almost level, but there is a slight downward slant from Cumberland. You might as well take advantage of that and start at Cumberland, rather than riding up from Cabin John.

If you've always thought you'd like to make this trip, have courage and do it. I think you'll be very glad you did.



What does the kingdom of heaven look like?

GOD wants all people to come together as one in service, in purpose, in fellowship and in worship of their creator. Concord - St. Andrew's United Methodist Church is one of the most diverse congregations in the area. People from all over the world worship here — from Japan, Korea, Ghana, Sierra Leone, Czech Republic, Sri Lanka, China, India, South America, and all over the U.S. Come worship with us, and you might glimpse a growing corner of heaven.

**"Jesus loves the little children,
All the children of the world..."**



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Childrens Art Program at Glen Echo Park THE YOUNG CREATIVE SPIRIT

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The Young Creative Spirit is the Childrens Art Center Residency at Glen Echo Park. Coordinated by Cabin John artists Katherine T. Andrie and Cathie Nelsen, the center's goal is to serve the community by providing art instruction to children and to broaden their appreciation of the world by giving them an outlet for creative expression. The Program is located in the Crystal Pool Studio. Small classes for ages 5 to 12 offered focusing on the individual. Parent and Child courses and workshops available. Early registration is encouraged. For online brochure and registration process please go to www.glenechopark.org. For course content questions, you may contact: andrie@youngcreativespirit.org



Event Marks Rare Convergence of Three Faiths

The Am Kolel Jewish Renewal Center, The Islamic Weekend School, and The Episcopal Church of the Redeemer invite all to a major interfaith event on October 2 from 3:30 to 8 pm to celebrate the unusual convergence of: (a) Jewish Rosh Hashanah, (b) Islamic Ramadan, and (c) Christian St. Francis of Assisi Feast Day. The theme of the event is "Making Peace with the Earth." The event involves a combination of rich interfaith dialogue, children's activities, workshops including sacred circle dance, Jewish storytelling and tips about wondrous local nature from the Potomac Conservancy, and will culminate in a potluck Ramadan feast at sunset.

Venue: The Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda, MD 20816. To reserve seating, contact Parish Secretary Claudia Ventura. Phone: 301.229.3770, Fax: 301.320.8037. E-mail: office.redeemer@verizon.net



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Cabin John resident, Robinwyn Lewis, will show her paintings and drawings at a show called "People, Places and Things" at the Yellow Barn Gallery in Glen Echo Park, October 1 from noon to 8 pm and October 2 from noon to 5. The exhibit is presented in cooperation with the National Park Service. A reception will be held on Saturday, October 1 from 6 to 8 pm. All events are open to the public.



Ms. Lewis is a representational painter whose work is marked by a bold and varied use of color and composition. Ms. Lewis has studied at the Studio School in Georgetown, the Maryland College of Art and Design, and the Chautauqua Institute in Chautauqua, New York. Originally a student of watercolor with David Daniels in Takoma Park, Maryland, Ms. Lewis has focused in recent years on oil painting and has taken a number of classes with Walt Bartman at the Yellow Barn in Glen Echo Park.

Decorator Seminar at Clara Barton Center

Rebecca Subbian of Design That Fits, LLC will be holding a FREE design seminar on Wednesday, October 19 at the Clara Barton Community Center at 6:30 pm. She will be discussing interior re-design and effective accessorizing techniques. The event is open to the public and one lucky winner will win a free consultation (or two hours of service). Registration is appreciated and can be done by calling 301-257-9229 or rebecca@designthatfits.com. Be sure to visit her website at www.designthatfits.com.

Not Just a Banjo Concert

George Wilson, a multi-instrumental virtuoso, will be performing on fiddle, banjo, and guitar, Saturday evening, September 24, 7-9 pm at the CJ Gardens Community House, 8 1/2 Webb Road. Light refreshments will be provided free. A suggested donation of \$10 per person would be appreciated. Children must be supervised by parents inside and outside the building. Questions? Call Reed Martin 301-229-3482



NUTS cont. from page 5

freshly fallen seeds. If most of them sink, they probably are viable, and you should go ahead and collect them. Do not float test all of your acorns, because float testing may cause them to sprout earlier than they should.

Do I just throw acorns and seeds in a bag?

No. Acorns need very little special treatment, but we need to ensure that they don't dry out prior to delivery to the nurseries. The best bags to use are dry weave or burlap bags. These bags are readily available at local hardware stores. We also supply

our registered groups and provide some bags at drop-off sites and at the weekend community events we attend throughout October. Plastic shopping bags are not appropriate as they heat up the seeds and facilitate rot. **Additionally, it is VERY important to be sure that each kind of seed is bagged separately.** In other words, if you are collecting pin oak and white oak, the white oak acorns should go in a different bag from the pin oak acorns.

So here's your chance to help restore our native forests and maintain Cabin John's reputation as an eco-friendly community. Happy hunting! — 

Cabin John Citizen Association 2005-2006 Dues are Due

Please use the enclosed addressed envelope to send in your dues (\$15 per individual or family) for the 2005-2006 season. With the income from the Crab Feast, the dues make up the remaining portion of the funds that the Citizens Association uses for projects and events each year. We had a great dues-paying result last year, partly from mailing the directory, and hope to continue that trend. Note: CJCA dues and donations to CJCA are not tax deductible.

Name _____

Address _____

If you aren't already a part of the Cabin John Listserve, please check the box at right and include your email address below:

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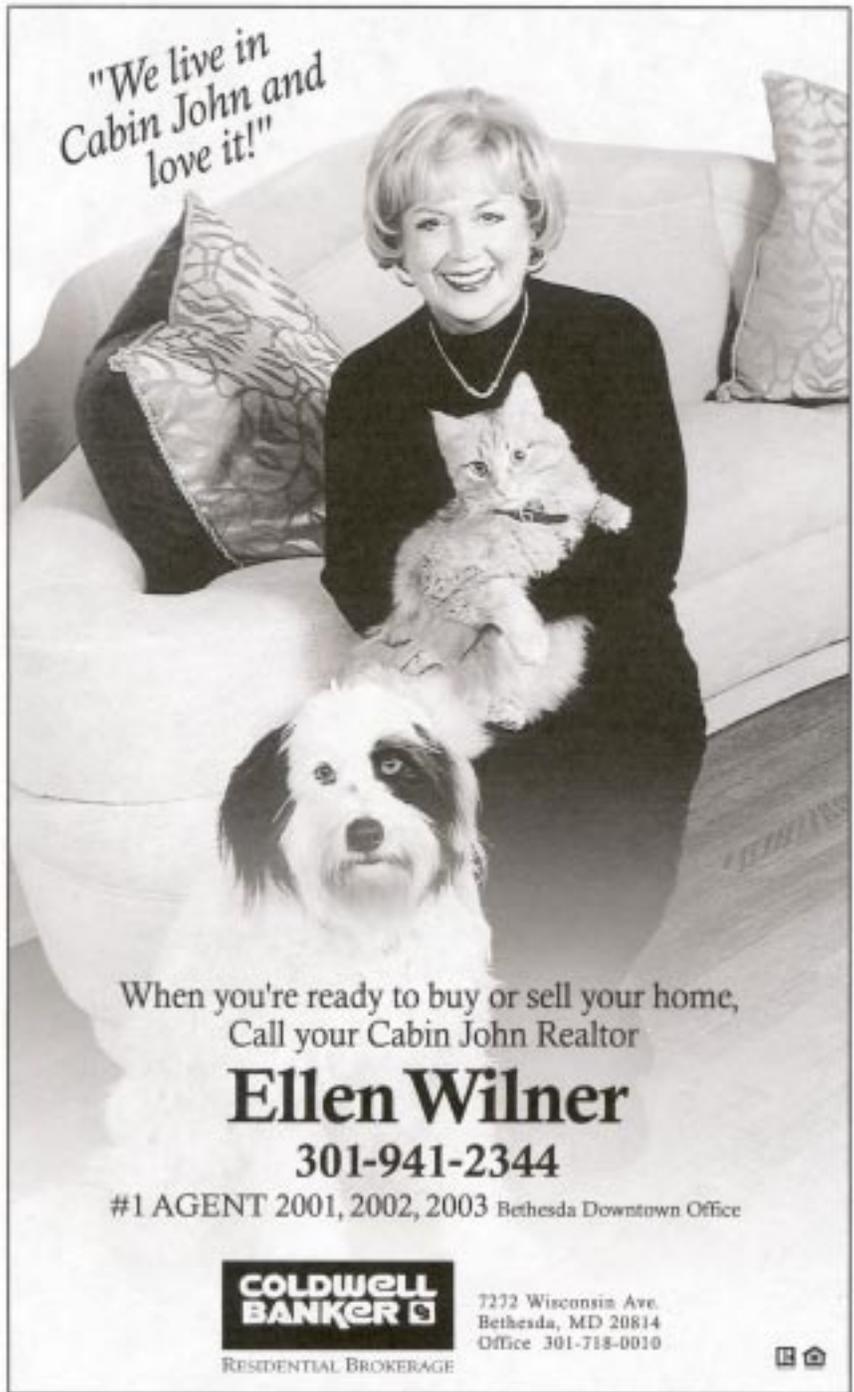


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Neighborhood Services

Marrow Registry Sign-Up at Next Blood Drive on October 2

At the next blood drive to be held on October 2, there will also be an opportunity for people to join the National Marrow Donor Program Registry. The purpose is to add potential donors to the National Marrow Registry. Bone marrow and blood-stem-cell transplants are often the best hope for patients with leukemia and other life-threatening, blood-borne diseases. Only about one third of patients find compatible donors within their families, and the rest must seek a match through the Marrow Registry. Representatives from the National Institutes of Health in cooperation with the American Red Cross will be on hand on October 2 to assist those who would like to join the Marrow Registry.

What Do I Have To Do To Join The Marrow Registry? After you complete a health questionnaire, NIH technicians will take a small blood sample from your finger. That is all that will be done at this time. Your information will be retained in the private registry until you reach age 62. You may never be called to donate marrow, but if you are, you could prove the match that saves a life!

If I Plan To Donate Blood That Day, Am I Required To Also Join The Registry? If you plan to donate blood at the blood drive, you are under no obligation to join the National Marrow Registry.

Who is Eligible to Join The Marrow Registry? The requirements for joining the Marrow Registry are generally less stringent than those for donating blood. Therefore, if you are not eligible to donate blood, you may still be able to join the Marrow Registry. Generally, people between the ages of 18 and 60 in good general health with no history of cancer, HIV, diabetes, heart disease, or heart attack may join the National Marrow Registry. If you have any questions about eligibility, visit the National Marrow Donor Program's website at www.marrow.org.

What If I Am Ever Found To Be A Match For Someone Who Needs A Marrow Transplant? You may never be called to donate, but if you are, you will be given detailed information on the donation procedures and must then decide whether you would like to be a donor. Further information on the marrow donation process and the registry is located in a National Marrow Donor Program pamphlet, which can be obtained by contacting Deborah Duffy (301-229-4850 or drhjcm@starpower.net) or Ruth Rabner (301-229-0019 or rabnerroo@comcast.net). Information is also available on the web site at www.marrow.org.

This drive is being supported by Friends of Allison, a non-profit organization dedicated to expanding the Marrow Registry. There will be no charge to join the Marrow Registry on October 2, but donations will be accepted to support Friends of Allison. — 

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To place an ad in the Village News classifieds, send us your ad and payment of \$0.25 per word by the deadline. If you have questions, call Lorraine Minor at 301-229-3515.

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The next deadline is 10 am Wednesday Oct. 12 for the issue mailing Oct. 20.

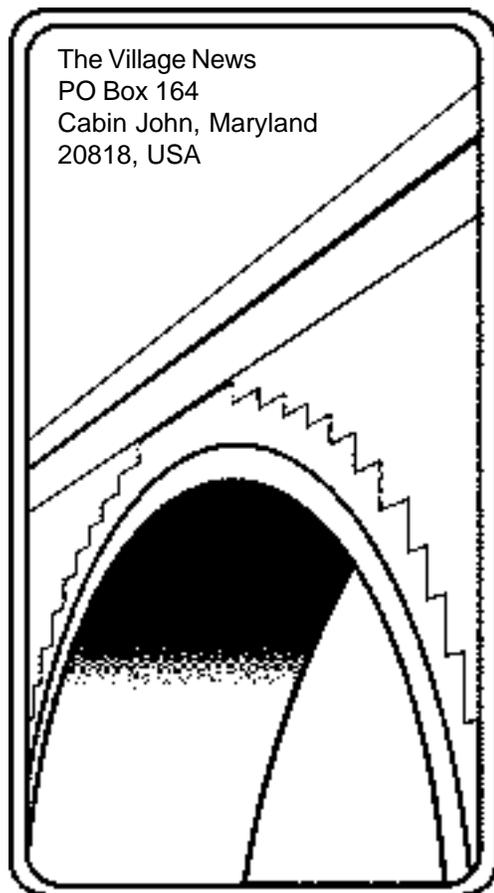
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Regular Contributors: Burr Gray, Andy Rice, Barbara Martin.

Ads: 301-229-3515 or mail to *Village News* at above address

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