The Village News

SERVING THE PEOPLE OF CABIN JOHN AND BEYOND | JANUARY 2026 | VOLUME 60 | ISSUE 01

CONCERN OVER EFFECTS OF NEW ZONING INITIATIVES ON CABIN JOHN'S RETAIL SPACES

by Susan Shipp

At the Nov. 19 meeting of the Cabin John Citizens Association Cabin John residents voted to have CJCA engage resources to understand how current zoning initiatives could impact Cabin John commercial properties.

This action followed a lively discussion about land use issues in Cabin John and came on the heels of a well-attended Nov. 4 community meeting with Councilmember Andrew Friedson that focused on the council's latest zoning initiatives. It also followed an Oct. 29 county-required meeting held by local developer Sean Ruppert about his plans to build five $2.5 million townhomes at the corner of 77th and Macarthur Boulevard–a property that has been home to a number of retail establishments since the original building was constructed in 1930. For the last 21 years that site has been home to Level Fitness, which was forced to vacate the property in preparation for its sale.

At the Nov. 19 meeting CJCA Co-president Heidi Lewis discussed the land use issues that Cabin John has faced since the CJCA was created in 1919. She then presented current concerns which center around new zoning rules and county priorities that could incentivize developers to convert Cabin John's retail properties

See ZONING on pg. 3

HARLEY BALZER AT NEXT CJCA MEETING

by Scott Lewis

Long-time CJ resident and retired Georgetown University history professor Harley Balzer will lead a discussion on the recent book ***Failure: Russia Under Putin***, published by Brookings Institution Press and co-edited by Balzer and Steven Fisher.

The next CJCA meeting will be held at **7:30 p.m., Wednesday, January 21, 2026** at the Clara Barton Neighborhood Recreation Center (CBNRC).

ATTENTION, SHOPPERS!

The Co-Op Needs Your Help

by Scott Lewis

The Bethesda Co-Op has been an institution in Cabin John since 1983. Offering organic and natural food–including local food–the Co-Op also offers vegan snacks and meals, charcuterie, cheeses, and a selection of affordable wine and local craft beer. As a Cabin Johner, a visit to the Co-Op also typically includes running into a neighbor and getting caught-up on local Cabin John news and gossip.

Unfortunately, changes in shopping patterns and increased wholesale costs of goods have put the Co-Op in a challenging financial situation. Simply put, revenue is not covering costs on a monthly basis and if there is not

See CO-OP on pg. 3

FAMILY BINGO NIGHT is coming February 6, 2026. See page 2 for more information so you can enjoy it as much as these folks did in 2025.



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Neighborly News

2026 Trivia Night will be held on **Saturday, January 24**, at the Clara Barton Neighborhood Recreation Center starting at 6:30 pm (sharp). The trivia is supplied this year by Cabin John siblings and recent college graduates **Grace and Jack McGuire**, with Jack doing the calling.

New this year we will be conducting a raffle (many will recall the holiday party was canceled so the raffle will be conducted at trivia night). Each participant will get one raffle ticket... but don't worry, you'll have the opportunity to buy more chances to win when you register or at the event. Prizes you wonder? Sushi and You, Glen Echo Pizza, Glen Echo Hardware, Kanpai Sushi, Sals, Wild Tomato and more. Proceeds from the raffle will benefit So Others Might Eat.

Tickets to play are SOLD OUT -- **but you can still buy spectator tickets** which allow you to attend and enjoy watching the teams compete. We will have a cash/credit card bar with beer and wine. Soft drinks and light snacks will be provided. Use the QR code above to buy spectator tickets, or go to: https://the-2025-annual-trivia-night-copy.cheddarup.com

Send your news -- births, events, milestones, trips, new neighbors, etc. to vneditorial @gmail.com

FAMILY BINGO NIGHT

On **Friday, February 6, from 7-9 pm,** the Friends of Clara Barton Community Center (FCBCC) will host their annual Family Bingo Night at Clara Barton Neighborhood Recreation Center (7425 MacArthur Blvd). **State Delegate Marc Korman** and **State Senator Sara Love** will once again be calling numbers. Inexpensive pizza, soft drinks, and cider will be for sale.

As always, the event features a Hawaiian theme so get that shirt out of the closet! We will give an award for the best shirt. Bingo cards are priced at the low, low fee of $5 per card so that even if you buy more than one card it still makes for an inexpensive evening.

FCBCC is a 501(c)(3) non-profit entity formed by Cabin Johners in 2003. Our group hosts four events a year: bingo night, grateful shred, the Halloween haunted house and the craft show. Any net proceeds are used to support the center and pay for "quality-added" type items, such as moon bounces, that might not be in the county's budget. Currently we have about $5K in reserve. Donations to FCBCC can be sent either by check directly to PO Box 522, Cabin John, MD, 20818; by making a contribution at one of the four yearly events; or through the annual CJCA dues process.

Community Survey

The Cabin John Citizens Association (CJCA) is collecting citizen feedback on current topics of importance: zoning changes, new building and development, changes and challenges to our local retail and services, areas of interest in which the community wishes CJCA to engage.

Please take a few minutes to share your thoughts about what you love, what needs improvement, and what you want CJCA to work on in the coming years to keep Cabin John the awesome community it is.

Go the this URL:
https://forms.gle/WVWy3jjg4DM2geNg9

Or scan the QR code:

THE SURVEY WILL CLOSE
January 31, 2026

Didn't find out about Trivia Night before the tables were already sold out?

Didn't know you could order Turkey Trot T-shirts?

Didn't hear about the special meetings with Andrew Friedson or OPal Builders?

Then you must not be on the OFFICIAL CJCA LISTSERV.

The CJCA listserv keeps you informed on matters of importance to the community without overloading your inbox.

To sign up, send an email with subject "Subscribe" to: cjca-official-news+subscribe@googlegroups.com

OR -- email us at cjcapresidents@gmail.com saying you want to be on the listerv and we will add you.

ZONING *Continued from pg. 1*

Heidi Lewis and co-president Scott Lewis solicited the crowd's feelings on increased housing density, including accessory dwelling units (ADUs) and townhomes. Participants noted how ADUs could make it easier for residents to age in place or to provide a living option for adult children of homeowners who cannot afford to buy a CJ home. The crowd also was generally supportive of townhomes, especially the two existing townhome developments that are set back from the main roads and have a lot of green space incorporated into their properties.

Parking was the primary concern raised regarding greater housing density. With no parking allowed on Macarthur Boulevard and Seven Locks, additional cars will need to park on side streets, many of which are too narrow and/or already crowded with cars.

The other concern voiced was the possibility of townhomes along MacArthur Blvd. changing the character of the community. In conjunction with this point, it was suggested that the community explore what it would take for MacArthur Blvd. to be designated a Maryland Scenic Byway should that designation help protect it from overdevelopment.

The conversation then shifted to Cabin John's retail environment. While one participant expressed a desire to see fewer commercial enterprises and more variety in housing stock in Cabin John, most people weighing in expressed support for the mix of housing and retail that CJ has currently. Others spoke explicitly about the need to keep our retail spaces and how important it is to be able to eat at a restaurant or pick up groceries without needing to drive into Bethesda or Potomac.

At the end of the discussion, the following two motions were unanimously approved:

A motion to authorize the CJCA to spend a reasonable amount to engage appropriate experts for our immediate concerns relating to zoning issues tied to the current retail spaces in Cabin John.

A motion to officially ask the county to make the Clara Barton Neighborhood Recreation Center more useful for fitness, including additional staffing and increasing its hours of operation, especially in the morning and on weekends.

~VN

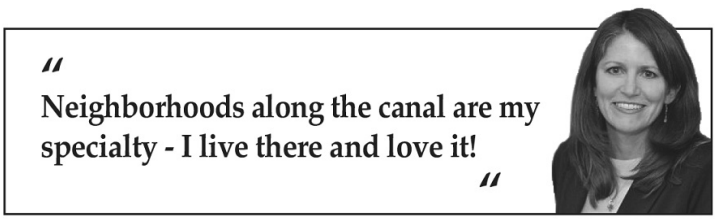
Take the Cabin John Community Survey at the QR code to share your thoughts on current topics of interest in our town. Survey closes 1/31/26

CO-OP *Continued from pg. 1*

improvement the Co-Op will cease operations. The Co-Op has experienced challenges previously and has been able to return to normal operations. Management is actively working to address these difficulties and restore its vitality.

Here's what we can do to help: shop there. Before driving 15 minutes to a store outside our neighborhood, consider shopping at the Co-Op for some of your grocery needs. Increasing sales volume at the Co-Op will help cover costs and support its long-term viability. The Co-Op is also in the early planning phases of a Community Day to demonstrate mutual support between the Co-Op and Cabin John. Stay tuned for more details. *~VN*







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TWO YOUNG ENTREPRENEURS–SCENES FROM THE CJ CRAFT SHOW

by Annemarie Economou Gormley

When I walked into the Clara Barton Neighborhood Recreation Center on December 7 for the annual craft show, the first smiling faces I saw were young entrepreneurs **Georgia Haeni** and **Neve Weliwitigoda**. Spread out before them was a colorful assortment of bow hair clips. The girls were smiling and casually chatting with shoppers, sometimes helping indecisive children select their bows.

"My favorite are the pink bows; what do you think?" asked Georgia, speaking softly to a shy customer. The little girl definitely wanted some bows, but had a hard time narrowing down her selection from the wide range of colors and styles.

The two girls were obviously best friends, often finishing each other's sentences. "We both are in fourth grade at Bannockburn Elementary School," explained Neve. "Both of us are ten and like running a business." She said it all started in third grade when they had career day at school. "I met a woman who designs bouquets, both with artificial and live flowers. She taught us how to make a bouquet and we all made one. That inspired me. I want to run a business when I grow up designing bouquets with fresh and artificial flowers."

I was not surprised by the fact that Neve and Georgia both said math was their favorite subject in school; both do well enough to attend math enrichment classes and both dream of being in business when they group up. "I am the youngest of three sisters, and my friend Georgia thought we should start a business and I thought we should make bows."

Their craft table seemed to be doing well from what I observed. "I really like bows. I noticed a trend of people wearing bows, so I wanted to try this business. I have one older sister and she helped me a lot with the business," explained Georgia. I asked if this was their product debut, and they told me about their lemonade stand on 76th Place that included clip-on bow sales. They also told me about trying to find more uses for their hair bows. "We tried to get people to get them for their eye glasses," stated Georgia with a smile. "You know, clip them on the frames. Maybe we'll make headbands next year or sell a bundle of matching bows to a girl's soccer or basketball team." Their joy and enthusiasm bode well for them in the future. ~VN



With smiles on their faces, Georgia Haeni and Neve Weliwitigoda sell their homemade bow hair clips at the Cabin John Craft Fair.

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View From Minnie's Island

by Joe Saliunas

THE HOLLY (GOOD) AND THE IVY (BAD)

Walking along the C&O Canal in Cabin John this month I've noticed fruits on some of our trees and shrubs. This caused me to ask some questions. Many of the fruits are eaten by birds, but why do some fruits remain until late winter or early spring? Why are some fruits more beneficial to bird life than others? Why do some fruits have an overall negative impact on our local ecosystem? In this column I'll answer these questions and explain why American holly fruit is primarily beneficial, while English ivy fruits are detrimental to the ecosystem.

Joe Saliunas is certified as a Maryland Master Naturalist and is Board Chair of Minnie's Island Community Conservancy.

First, let's address timing: I know of several areas with American holly trees that are always filled with berries through the fall. These berries typically remain until sometime in mid-winter. Then for several days, the trees are filled with robins, cedar waxwings, eastern bluebirds and other over-wintering birds, and they are stripped clean of fruits. For some shrubs and trees, frost and thaw cycles break down bitter compounds and increase sugars, making the fruits more palatable and energy-rich. Birds will start the winter by eating the most desirable fruits first, waiting for the other fruits to be transformed later in winter. Examples of these late-winter survival fruits include hollies, viburnum, dogwood, bayberry, and sumac. However, if food is scarce, birds may start eating them in late fall.

Now, let's address why some fruits are more beneficial for birds than others. The rule of thumb is that fruit from native shrubs and trees has higher fat content than fruit from non-native, invasive plants. This is why migrating birds will go out of their way to find and eat the fruit of native plants, even if non-native fruit is available. A study by Rochester Institute of Technology measured the fat percentage of common invasive species (bush honeysuckle, buckthorn, and multi-flora rose) at less than one percent. Compare this to the fat content for native dogwood, viburnum, and spicebush at 25-50%. Spicebush are very common along the C&O Canal and Minnie's Island, as deer don't like their aromatic leaves. This year was a very good fruit production year, and most of these high-energy spicebush fruits were gone by mid-fall.



American holly berries typically remain on trees through mid-winter as birds wait for low temperatures to make them more palatable.

Finally, let's address good vs. bad fruits from an overall eco-system health perspective. I remember taking a walk on Cabin John Island in the late winter, when I noticed a large number of robins eating the fruit from large English ivy vines growing on a sycamore (note that I would have cut the vines but the tree was leaning over Cabin John Creek). In doing research for this article, I found that English ivy fruits are high in fat/energy, and thus good for birds. However, as long as the birds eat the fruit, they will be excreting the seeds all over the island, which ultimately limits plant diversity and impacts native plant populations as the ivy spreads. Other non-native invasive plants are particularly bad–low energy fruits that spread the plant to new areas. Examples of this include oriental bittersweet, porcelain berry, and Japanese honeysuckle.

The bottom line for landowners and bird enthusiasts is to remove the invasive shrubs and vines, and leave room (or plant) native plants. Many common native vines and shrubs are great for our resident and migrating birds. If you watch carefully, you may be able to witness a multi-day feeding frenzy. ~*vn*



An eastern bluebird makes a snack of eastern red cedar fruit on Minnie's Island.

DID YOU KNOW?

Winter is an ideal time to tackle small home projects that make a significant impact. The following simple improvements can add value when it's time to sell:

1. Upgrade your lighting–swap outdated fixtures to instantly modernize your space
2. Refresh with paint–a coat of neutral paint can make rooms feel clean and cohesive
3. Maximize storage–reduce clutter with closet storage systems and garage shelving
4. Try a mini kitchen makeover by installing new hardware or a new faucet
5. Polish your exterior–consider updating house numbers, repainting the front door, or replacing outside lights.

"Living in Cabin John for over 30 years I'm invested in the success of selling homes here."

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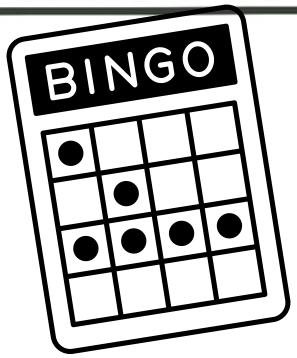
Clara Barton Neighborhood Recreation Center

Cabin John Family Bingo Night

Friday, February 6 7-9 pm

Clara Barton Neighborhood Recreation Center



State Delegate Marc Korman and **State Senator Sara Love** will once again be calling only the best numbers. Pizza and drinks for sale at very cheap prices and only $5 per card. A fun, festive, inexpensive evening for all! Buy more than one card to improve your odds.

There will be a prize for best Hawaiian shirt!



Organized by
Friends of the Clara Barton Community Center (FCBCC).

FCBCC is looking for additional board members to help with events and support the center. Please contact Burr Gray (burrgray@aol.com) if you are interested in this worthy cause.

7425 MacArthur Boulevard Cabin John | 240-777-4910
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Ad funded by Friends of Clara Barton Community Center, www.FriendsCBCC.org



Our Town

by Annemarie Economou Gormley

FROM LUEBECK TO CABIN JOHN: A PROFILE OF TINA ECK

> Two roads diverged in a wood, and I–
> I took the one less traveled by,
> And that has made all the difference.
> *Excerpt from "The Road Not Taken" by Robert Frost*

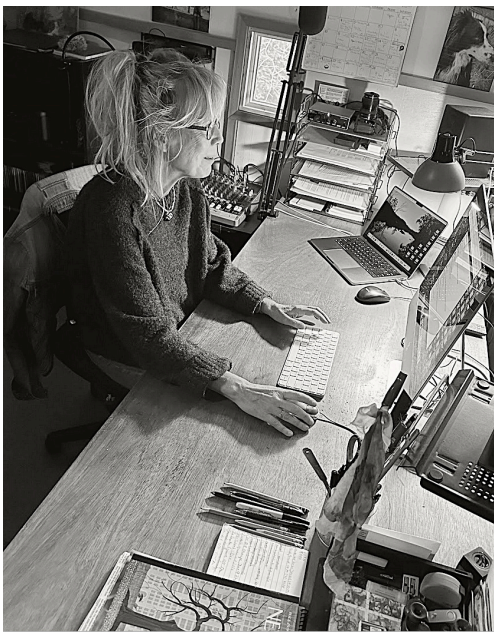
In "The Road Not Taken," the traveler faces two paths that "had worn...really about the same." He arbitrarily selects a path at the fork, a metaphor for major life decisions that we often make without much information. In life, some of us reflect on how things might have been different had we chosen a different path, while others of us constantly move forward giving little time to reflecting on the past. Those who think back and wonder how life could have been different are filled with any of the following: gratitude that they made the right decision and avoided disappointment, regret that they made a bad decision or two, or curiosity about what might have happened.

Tina Eck, while being interviewed, paused a few times to say, "Had I made a different decision..." her voice trailing off as she ruminated about her life. We both agreed that each of our life's paths were often steered by random decisions, or the path was picked by others, but we are grateful that we have had such amazing, full lives.

I recently met Tina while she was out walking her dog. There was something ethereal about Tina, with her tousled bun, wisps of hair framing her face. She had a gentle German accent with a melodic quality that drew me in. She mentioned she played an instrument, was married to an amazing stone mason, and had an interesting job, so we agreed to meet for an interview.

Tina offered tea and homemade cookies when I arrived. Seconds after we started talking, she said something that resonated with me: "When you're in it, the story doesn't seem so interesting." How true! When you're navigating life with all its joys and challenges, you are engaged fully in living it; you're not necessarily reflecting on whether it is interesting to others or not. Later, when you get older and look back on your life, that's when you recognize how interesting your life truly has been. Here is Tina's interesting story.

Tina spent the first ten years of her life in Luebeck, Germany. Located in the northern part of Germany, bordering the Baltic Sea, Luebeck was the central hub for international trade because of its strategic location in the center of Europe's land and water routes. During Tina's time there, the church bells rang out from tall towers as the town rebuilt from WWII, combining its historic character with industrial growth, preserving medieval buildings while modernizing during reconstruction. After her parents separated, Tina's mother remarried and they moved to nearby Hamburg. Then they lived in Berlin, London, Lake Constance, and eventually Munich, where Tina finished high school. Soon after, Tina left home and inquired about a job with the public broadcasting station. She attended school for a degree in sound engineering in Nuremberg and started working as a sound engineer at Bavarian Broadcasting in Munich. Her work as a sound tech wasn't something she imagined herself doing for years on end.



Originally from Germany, now settled in Cabin John, Tina Eck has enjoyed a long career in radio and journalism.

"Working as a sound tech, you have to be very precise, especially running the board for live broadcast. A lot of your time is spent looking at the studio clock. Seeing the seconds ticking by, to get everything on time, start the tape, open the microphone, I was watching that clock, day after day and I felt that my life was ticking by, second by second. I knew I could not do this for decades. I didn't know what I was going to do, but not that. The station didn't allow me to work part time, so I quit. I applied to a prestigious journalism school but didn't manage to get in. So I studied at the university and got into journalism and my degree that way. I started writing for local newspapers, learned photography and developed film. The odd side job in sound engineering kept me afloat financially."

By chance Tina met the program director of the first big commercial station in Bavaria. He was an American, a pro from the American Forces Network, which she grew up listening to. "He offered me to come work for his radio station

See TINA ECK on pg. 10

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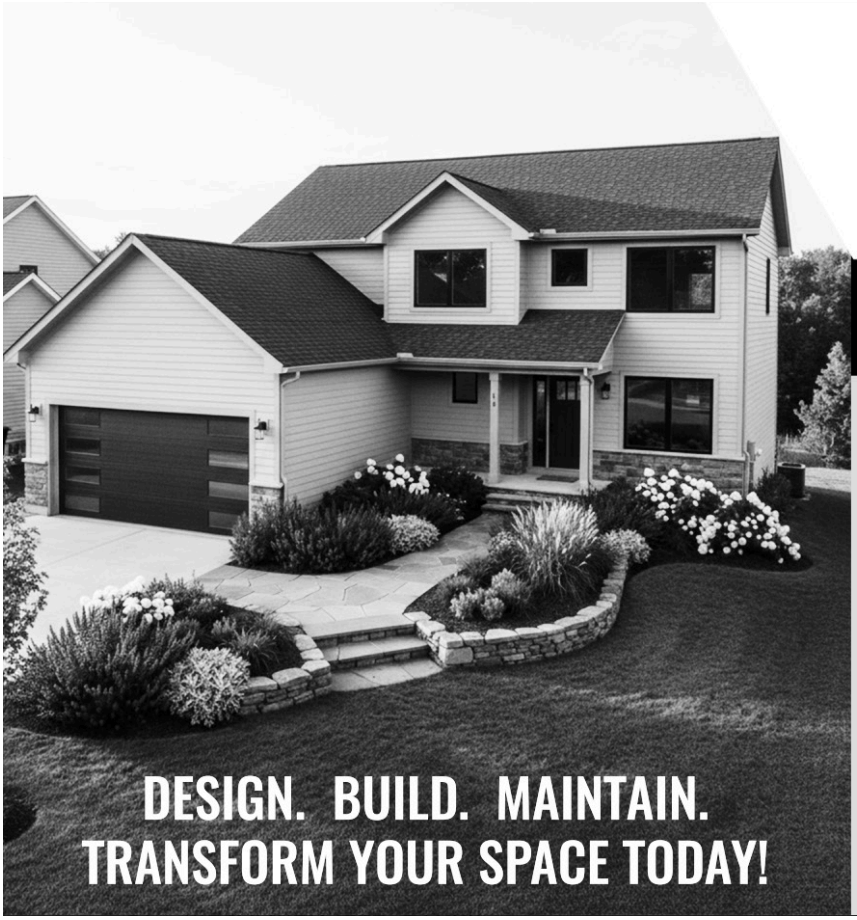

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TINA ECK *Continued from pg. 8*

and I jumped at it. I started at the weather and traffic desk, continued with reporter assignments and shortly thereafter was being put live on the air to host music and call-in shows. I learned a lot during those two years at that station doing everything: reporting, interviewing, hosting live broadcasts, presenting events, producing stories. It was a very intense and demanding time requiring a steep learning curve." A disagreement with the program director over a country music show resulted in the end of Tina's career as a DJ. "He took me off the air, took my music shows away and stuck me in the news department"–a move that quickly turned into a blessing. "I blossomed producing, writing and reading the news, editing correspondent reports, putting news shows together and presenting them. I loved it."

Several times during this interview, I found myself relating to Tina's life. She shared, "On the air, hosting music shows, I always felt slightly out of place and embarrassed; other DJs seemed to be better, more natural, funnier. I always felt a bit like an impostor, not quite 'cool' enough. I was much more comfortable with the news. I could stick to the facts and present them. I didn't have to pretend to be something I'm not." My mind flashed to a brief stint I did teaching kindergarten when in college, and I felt my personality wasn't like the other kindergarten teachers, who were always smiling, always willing to jump up and sing and dance with kids. I was more suited to teaching older students who wanted to learn facts.

Tina continued, "After two years at the station the program director didn't extend my contract. That disagreement over the country music show seemed to linger. I was out of a job, had time off and went to America with my boyfriend. We had three months on our hands and a big country to see. We started in New York, traveled to Washington, and there I dropped in for a visit with the team of the German Service at Voice of America."

They said they were short on people and asked if she would host their US report live broadcast. She did for two weeks on a visitor's pass, which led to a long-term offer. That was something to think about while the young couple continued their trip through the United States. Tina collected interviews, sound bytes and material across the country. Once back in Germany she turned that into features for a German radio audience–her first successful freelance endeavor.

But there was that job offer from VOA in Washington, DC. "My boyfriend said, 'You should do it!' Obviously not a very clingy guy. So I took the job, sold my car, left said boyfriend, put my stuff in storage and in September 1992 flew on a one way ticket to DC. It was a busy political time. Bill Clinton was being elected president. I covered the election, reported live from the inauguration. It was an exciting time, a hopeful time for young people...all of us female reporters had a crush on White House advisor George Stephanopoulos! It was so much fun. I did freelance stories on the side because I already had my network of clients and I thought I would do this for a year or two."

But the Clinton administration shut down the European services because the Cold War was over and Tina and her coworkers were fired. She decided to stay in the US as a freelancer. She lived in group houses, bought herself a mixing board and microphone, traveled around the US, and wrote and produced countless stories for German

See TINA ECK on pg. 11

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Happy New Year
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Stewardship of the historic Morningstar Moses Cemetery and Hall

Friends of Moses Hall cares for the historic Morningstar Tabernacle No. 88 Moses Cemetery and Hall – a sacred place with deep roots in Cabin John.



Watch for news of a virtual screening of the documentary, Help Us to Help Each Other, Lord: The Story of Morningstar Tabernacle No. 88 of Cabin John, Maryland for Black History Month.

LEARN MORE AND GET INVOLVED:
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TINA ECK *Continued from pg. 10*

radio as a freelance correspondent. "America was still new to me and everything was a story. Germany was hungry for it. Storytelling radio was insanely popular. How media has changed! Back then it was a form of entertainment. It was what I loved about radio: creating radio features, painting pictures for the imagination, describing everything in every dimension I can grasp. I covered a lot of stories that the real correspondents that were here on assignment didn't want to do or didn't have time for. So they covered all the news stuff, and I worked on the stuff that was lifestyle, [like] teen pregnancy, homeless people, gays in the military, pop culture, music and film. I was eventually offered a full time job with the German press agency, one of my client stations as a freelancer. They offered me a contract; I became their Washington-based radio correspondent. When I signed the contract in 2000, it was the golden days of radio. It was a great fulfilling time but never in my wildest dreams would I have imagined to still be living in the U.S. 25 years later."

One day in the early 1990s, Tina was at Nanny O'Brien's bar on Connecticut Avenue with some journalist colleagues when she heard an Irish music session taking place in the backroom. "I absolutely loved the music instantly and passionately. I remembered that I played the recorder in 4th grade, [so] I went out and bought a recorder and showed up at that music session. [Later] I switched to an Irish tin whistle, which was more appropriate for Irish music. And later on I learned to play the Irish flute."

Her passion for this music turned into a lifestyle. She has since traveled to Ireland where she studied with the best traditional Irish flute players. She now teaches at the Washington Conservatory of Music in Glen Echo Park and also offers private lessons. Tina is currently one half of the duo Lilt, with Tina on the wooden flute and tin whistle, and Keith Carr on bouzouki and banjo. They perform traditional dance music from Ireland, which includes jigs, reels, polkas and hornpipes. Tina also plays every Monday night at the Irish Inn in Glen Echo with the Irish Inn Mates, which also includes Jesse Winch, Mitch Fanning, and Zan McLeod.

Tina keeps busy with her job in broadcasting, her music instruction and performances, walks in Cabin John, and life with her husband, Jack. I admire how she pursued her new found interest in Irish music with great energy when she already was busy with her career. It shows you that you are never too old to pursue something new, and that sometimes we do have total control over our path in life. *~vn*

REAL ESTATE ACTIVITY IN CABIN JOHN

Courtesy of Cabin John Realtor Rachelle Cherol

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List Price $2,499,000
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5,551 sq. ft.

7509 Arden Rd.
List Price $999,000
3 BD, 2 BA, 0 GAR
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CLOSED
7910 Woodrow Pl.
Closed Price $636,000
3 BD, 1 BA, 0 GAR
1,960 sq. ft.

THE GREAT CABIN JOHN CREEK CLEANUP

by Burr Gray

Between September and November the Friends of Cabin John Creek (FoCJC), in coordination with Whitman High School sophomore **Sophia Hollister**, pulled off a series of 11 cleanups along the mainstem and one tributary of Cabin John Creek. These cleanups ran all the way from the source of the creek in Rockville down to the Potomac River. The effort, which involved numerous local neighborhoods, including Cabin John, as well as volunteer groups from religious institutions and scout troops, involved almost 150 volunteers and resulted in the collection of 69 bags of trash and a number of other large items, including one very large heavy tarp, one car bumper, five wire mesh sapling protectors, nine large metal pieces, five traffic cones, one sewer marker, two tires, two large hoses, and identifying the location of a picnic table and fence.

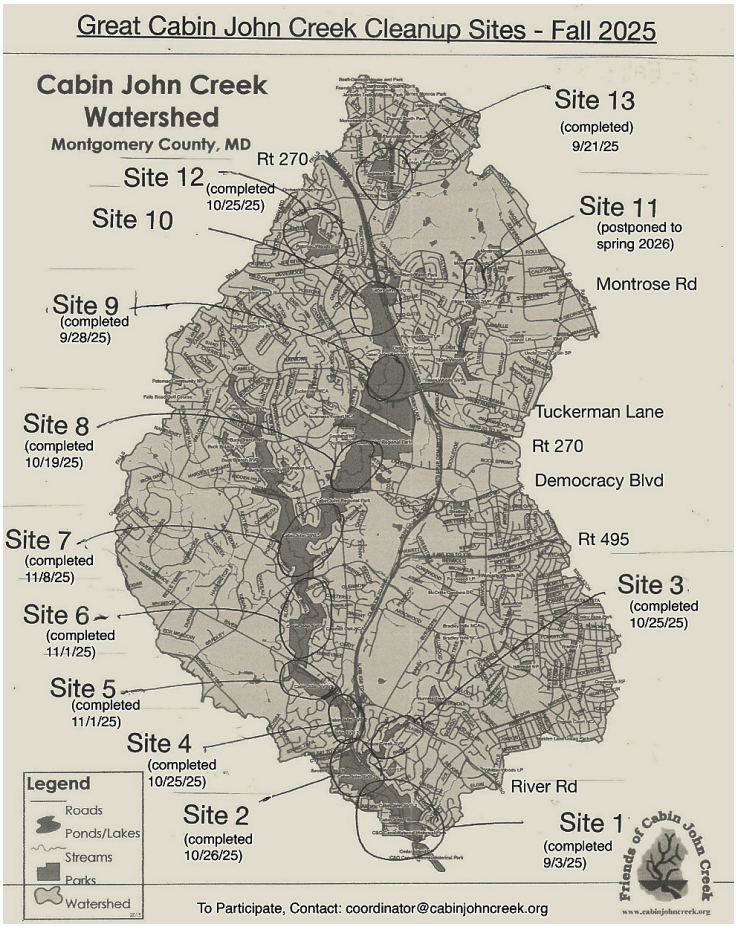
This extensive cleanup project completed the requirements of a grant obtained in 2024 from the Chesapeake Bay Trust. FoCJC has applied for another small grant related to creek cleanups, but other activities that FoCJC conducts, such as sampling and monitoring of the health of the creek, will be funded this year through FoCJC fundraising.

FoCJC is a 501(c)(3) nonprofit entity that started out as a committee of the Cabin John Citizens Association in the 1990s and then incorporated in 2013, in part to be eligible for grants. Donations to our organization are greatly appreciated and can be made either directly via PayPal through FoCJC's website at www.cabinjohncreek.org, or by check to FoCJC PO Box 267, Cabin John, MD 20818, or as part of the CJCA annual dues process. The website also provides a registration link for FoCJC newsletters to learn of the group's projects. ~VN





Some 150 people collected 69 bags of trash and other large debris in a series of 11 cleanups from September to November organized by the Friends of Cabin John Creek. Volunteers work at sites along the creek from Rockville to the Potomac River.





FOOD, FRIENDSHIP, AND FUN AT THE 2025 TURKEY TROT

by Scott Lewis

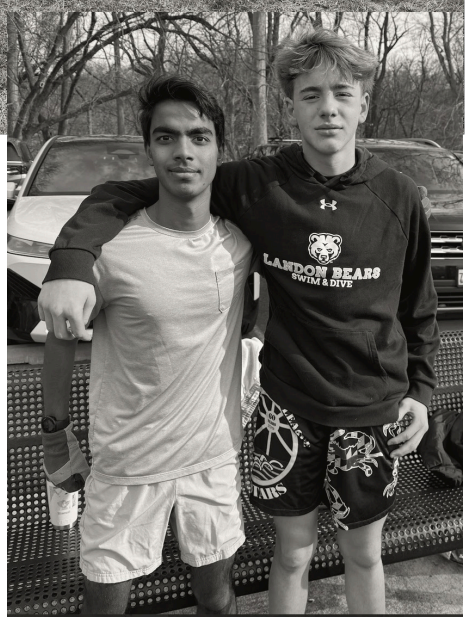
Thanksgiving Day broke cold and crisp here in Cabin John enticing over 125 Cabin Johners to attend the **2025 Turkey Trot**. Many attendees displayed this year's official long-sleeve t-shirts in navy and light blue. Race timing was provided by the Cabin John Industrial Flip Dot clock. The top four finishers were **Jon O'Neill**, **Charlie Conroy**, **Jai** and **David.**

Many thanks to the participants who donated food for the MoCo Manna Food Center at the race. In addition to a tremendous grocery haul, we also collected $1,200 with the new Maryland Food Bank virtual donation system established this year.

The trot could not have occurred without the help of our volunteers, including **Bruce and Leslie Myers**, **Mike Barcus**, **Loretta Devery Ingalls**, **Patty Sieber**, **Marcy Harrison**, **Susan and Jeff Shipp**, and **Riley, Lennon and Daisy Lewis**.

~vn





Congratulations to CJ's own Jon O'Neill, above, who took first place. Jai and David (right) were also top finishers.

Poems For Passersby

Presented by Meredith Griggs

Throw Yourself Like Seed

By Miguel de Unamuno
Translated from the Spanish by Robert Bly

Shake off this sadness, and recover your spirit;
sluggish you will never see the wheel of fate
that brushes your heel as it turns going by,
the man who wants to live is the man in whom life
is abundant.

Now you are only giving food to that final pain
which is slowly winding you in the nets of death,
but to live is to work, and the only thing
which lasts is the work; start then, turn to the
work.

Throw yourself like seed as you walk, and into your
own field, don't turn your face for that would be to
turn it to death, and do not let the past weigh
down your motion.

Leave what's alive in the furrow, what's dead
in yourself, for life does not move in the same way
as a group of clouds; from your work you will be
able one day to gather yourself.

Miguel de Unamuno (1864-1936) was a Spanish essayist, novelist, poet, playwright, philosopher, and academic.



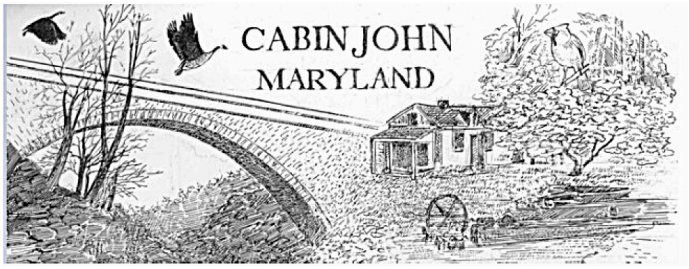
On a walk from their homes in Cabin John Gardens, Rita Gerharz of Webb Road and Donna Zeigfinger of Froude Circle pause at Poems for Passersby on upper 78th Street.

Loretta Devery Ingalls (L) and Patty Sieber (R) were among the course marshals keeping runners and walkers safe.



Cabin Johners donated a carload of food AND an additional $1200 in food bank funds. THANK YOU ALL!!





The Village News is a monthly newsletter published since 1967 by the Cabin John Citizens Association. Ten issues are published a year and mailed free to every household in Cabin John. Others may subscribe for $12 per year. Send news, articles, and letters to: VNeditorial@gmail.com. Send advertising inquiries and subscription requests to: VNbusinessmanager@gmail.com. Reach CJCA leadership at cjcapresidents@gmail.com. You can contact *The Village News* by mail at Village News, P.O. Box 31, Cabin John, MD 20818.

Volunteers who make *The Village News* possible:
Shelly McKenzie, editor; **Heidi Lewis**, layout designer (interim); and **Marcy Harrison**, business manager.

Regular contributors: Sarah Craven, Rachel Donnan, Annemarie Economou Gormley, Burr Gray, Meredith Griggs, Heidi Lewis, Scott Lewis, Charlotte Troup Leighton, Joe Saliunas, and Susan Shipp. Illustrations by Trudy Nicholson.

NEXT ISSUE DEADLINE:
5 pm, February 25, 2026
CJCA, P.O. Box 31, Cabin John, MD 20818

Classified Ads

COMPUTER SERVICES
DC/PC Computer Support offers friendly, personalized computer and electronic services to area residents. In person, remote and telephone support are available. To schedule an appointment or learn more about our services, email **support@dc-pc.com** or call Jim at 202.841.0873.

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LICKS & LEASHES PET CARE
Because your pets deserve care that feels like home. Daily Dog Walking; Daycare; Boarding; In-home Pet Sitting. Our **daycare and boarding are provided in my home**, offering a comfortable, home-style environment rather than a large facility—so pets can settle in and receive attentive care throughout their stay. We also offer **convenient pick-up and drop-off** for daycare and boarding. Locally owned and operated by **Lauren Nicholas**, Licks & Leashes is built on dependable, reliable, and trustworthy care for your furry family members. Always accepting new clients. Contact us to learn more. **www.licksandleashes.net** Call: 808-286-6556.

HOUSE FOR RENT - 8114 MACARTHUR BLVD
2 bedrooms/1 bathroom $2,000 month plus utilities.
For info visit **www.CabinJohnCottage.com**

Classified ads are 30¢/word. Please email ads to vnbusinessmanager@gmail.com

NEW TO CABIN JOHN? EMAIL US TO RECEIVE A WELCOME KIT:
cjcapresidents@gmail.com

Community Calendar

JANUARY	*All events at Clara Barton Neighborhood Rec Center unless otherwise noted*
21	CJCA Meeting, 7:30 pm Topic: Local Author Talk
24	Trivia Night, 6:30 pm
FEBRUARY	
1	Winter Blood Drive, 10:00 am
6	Family Bingo Night, 7:00 pm

SAVE THE DATE

March 21 - Bike Maintenance Clinic, 10:00 am
March 22 - Spring Egg Hunt, 4:00 pm