May 2014

the Village News

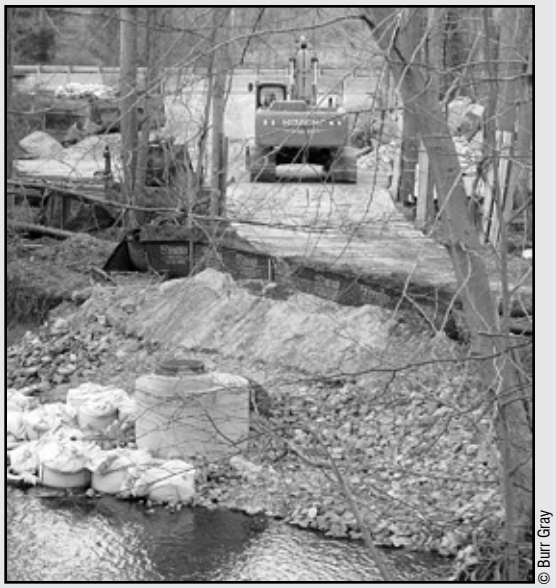
Volume 47 Issue 8 Serving the people of Cabin John and beyond

Volunteers Needed for April 26 Creek Cleanup

by Burr Gray

The Annual Cabin John Creek Cleanup is set for Saturday, April 26, 9:30 am til noon. We'll meet at the usual place—the playground/swing set next to the Cabin John Bridge—to help with the annual spring restoration of our beautiful creek. Cleanup will take place going upstream of that location. (After the presentation, we will ask for a few volunteers to start at the creek location near the Cypress Grove/ Seven Locks entrance.) Refreshments and gloves are provided but bring your own gloves if you have them. Wear clothes that you don't mind getting wet. Children ages 12 and under need to be accompanied by an adult. The cleanup will proceed unless it is really raining hard. This event is being organized by the Friends of the Cabin John Creek (FOCJ) in coordination with CJCA. The point of contact for this event is Burr Gray (*burrgray@aol.com*, 703-607-2740 or 240-753-5918 (cell)). —

In Other Creek News...



© Burr Gray

Wondering what's going on with all the big equipment around Cypress Grove and Seven Locks Road? See p. 8.

Grateful Shred VII at Clara Barton on May 10

by Lori Rieckelman

Grateful Shred VII, a shredding party, will be held on Saturday, May 10, 9 am til noon, at the Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John, MD. It's an opportunity for residents to clean out home files and avoid fraud or identity theft. Bring those no-longer needed bills, statements, letters—anything with private, confidential, or sensitive information that you want to get rid of—securely! Clean Cut Shredding, a reliable Rockville firm, will provide a mobile shredding truck. Inside it is a cross-cut shredder that cuts your pages into tiny confetti while you watch. The paper chips are then baled and sent to a recycling facility. You are asked to donate $5 per box of paper to be shredded (that means a one-cubic-foot storage box or the equivalent). Don't have quite a box full? You can have a half-box or the equivalent shredded for $3 or a quarter-box for $2. The event is sponsored by the nonprofit Friends of the Clara Barton Community Center, a registered charity, and all profits from the shred go to support programs at the Clara Barton Community Center. Donations can be deducted as either charitable or business expenses. Receipts will be available. For more information, call the Center at 240-777-4910. Note that Clean Cut Shredding has no problem shredding (along with home office papers) paper clips, staples, rubber bands, folders, 3-ring binders, binder clips, hanging folders (even with metal strips), and labels. But they don't do newspapers, cardboard, heavy plastic, heavy metals, boxes, trash, floppy disks, or CDs. —

INSIDE

Profile: Alice Despard 3
CJCA News 4
Meditation 101 8
WSSC Pipeline Work 8
Sycamores and Wood Ducks 10
Potomac River Floods 12

Neighborly News

by Barbara Martin

Danny Harris has become a great-great-grandfather. Luke Ferris weighed in at 8 pounds on April 4, a fifth generation Montgomery County boy. Luke's father is an MC policeman who works in our district. Danny and Margaret live on Caraway Street.

Carlotta Anderson has alerted us to a new book, *Glen Echo* by Kathleen MacArthur. Everything that happens in this mystery takes place in or around Glen Echo—the towpath, Sycamore store, Glen Echo Park, and also DC. The book is available from Amazon and Kindle.

After decades of living on 79th Street and contributing to the life and spirit of Cabin John, **Judie** and **Fred Mopsik** have sold their house and are moving to Manhattan. They will divide their time between there and their Martha's Vineyard home.

Children's book author and illustrator **Andrew Zettler** of 83rd Place has just released his third book, *The Teeniest Tiniest Yawn*, available from Amazon and Barnes & Noble.

We had a surprise message from a long ago CJ resident, **Elizabeth Cappell Fagan**. "I grew up in Cabin John. I was born in the house at 6525 77th Street. My grandfather, **Charles Scott** built 6535 and 6523. My mother **Ila Scott Cappell** lived at 6525; my sister **Irene Zittrauer** and her husband, at 6523. Grandfather Scott also built the structure at 77th Street and MacArthur. He had a grocery store for some years in that building. When I was young, the Carpers also ran it as a grocery store, then later Dorothy Nelson had a beauty salon there."

Births? Deaths? Marriages? Honors? Graduations? If you have news of your family, your neighbors, past CJ residents, please call Barbara Martin at 301-229-3482 or email *bbeckmartin@verizon.net*.

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Community Calendar

APR

22 .....CJCA Meeting
Clara Barton Center
7:30 pm (see p. 6)

26 ..... Cabin John Creek Cleanup
CJ Bridge Tennis Courts Playground
9:30 - noon (see p. 1)

MAY

10 .....Grateful Shred VII
Clara Barton Center
9 am - noon (see p. 1)

18 ..... Tour of Seven Locks
Lockhouse 10
noon - 2 pm (see p. 8)

18 ..... Meditation 101
Clara Barton Center
3 - 4:30 pm (see p. 8)

Alice Despard: Finding Her Way

Alice Despard, a Cabin John resident since 1998, is a multi-faceted woman—a rock singer/songwriter, a hatha yoga instructor, a choral singer, the former owner of a tiny pub called Galaxy Hut, and more recently the church sexton at nearby Episcopal Church of the Redeemer. She also mentors a small contemplative group at Redeemer in her capacity as a lay religious leader and recently walked the Way of Saint James (El Camino de Santiago de Compostela) in Spain with her husband of twenty years, Stuart Chandler.



© Alice Despard

Alice Despard

Alice has reinvented herself many times since arriving in Washington, D.C., as a young girl in 1962 with her newly divorced mother, Caroline, and her younger sibling, Jessie. Born in New York City in 1958 to Clement and Caroline Despard, she was raised in this area where she attended Maret School through eighth grade, graduated in 1977 from Walt Whitman High School in Bethesda and received her B.A. in Philosophy from Boston University in 1981.

Despard describes herself as having lived through many incarnations in this life, changing careers, pursuits and lifestyles in a chameleon-like manner, but the constant in her life has always been music—her deepest passion.

"Music is really the center of my life," Despard said. "That's the one theme that the rest of my life dances around; singing for me is like breathing—I absolutely have to do it, I have no choice. It is my real calling, and I have always known that."

During her teen years, Alice's family moved to Wood Acres in Bethesda so that she could attend Walt Whitman High School, which she loved, and she quickly found herself joining her first musical groups—first an all-girl bluegrass group, then a British invasion rock band, and simultaneously she joined the choir at the Episcopal Church of the Redeemer near Glen Echo. At Whitman, she found her voice as a songwriter and wrote a series of songs for a musical production of the Madeline books which Whitman students performed for the local elementary schools. Meanwhile, she also began playing local coffeehouses and nightclubs with her various bands.

Her early musical training was decidedly self-taught; she learned to play guitar by ear from listening to her favorite albums and eventually

continued on page 4

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DESPARD
cont. from page 3

began writing her own songs which she shared with her eager band mates. To date, she has recorded four full-length albums and two shorter EPs, independently producing and releasing them on her own and on Fountain of Youth Records and Wampus Multimedia. Her musical releases under the moniker of the Alice Despard Group are *Push Me, Pull You* (1999), *Alice Despard Group* (2000), *Thinning of the Veil* (2003), and *Vessel* (2006), all collaborations with a small cadre of musicians she has worked with over her many years in the D.C. independent music scene. She describes her current band as indie rock. "Think Patti Smith meets Neil Young," she says. The group is now working on a recording project for release later this year.

Fast forward to 1993, living in the Palisades area of D.C. and growing her family with husband and visionary folk artist Stuart Chandler and their two young children, Dillon and Gwendolyn. Alice found her way back to the Church of the Redeemer, where the choir welcomed her back and where she eventually took up the job of part-time sexton (church caretaker) after selling her restaurant business in 2005. Galaxy Hut is still a well-known venue for enjoying microbrew beers, indie bands and DJs, and has continued to thrive under new ownership.

Despard enjoyed choral singing so much she decided, once her music skills had improved a bit, to join a second choral group in addition to the church choir. So in 2010, she joined Illuminare, an early music women's chamber a cappella chorus, directed by Vera Kochanowsky. Illuminare's repertoire is predominantly early polyphony from the ninth to fifteenth centuries, and they perform regularly in the area.

Sometimes Despard's musical worlds collide; she recently was hired with an early music trio to sing at the wedding of a music colleague she knew from the D.C. punk-rock scene. The groom later told Alice that many of his friends, upon being told that what they were hearing during the service was "early music" asked, "How much earlier than the Sex Pistols?"

Right out of college, Despard's first jobs were in the advertising industry, working at the in-house art departments of Ringling Bros. Barnum & Bailey Circus, the Hecht Co., and USA Today. She lived in various group houses with other free-spirited



MICKIE SIMPSON

Real estate professional and Cabin John neighbor

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CYPRESS GROVE LANE

types who were involved in the downtown D.C. arts scene of the 1980's.

In 1987, she rather impulsively threw her advertising career track out the window to head off to Australia with entrepreneur Bill Stewart, who was gearing up to start a string of brewpubs in the Washington, D.C. area. Despard and Stewart married in Sydney, Australia and began their first business right after the birth of their son, Dillon Stewart, now age 26 and studying business at Virginia Commonwealth University in Richmond, VA.

Despard's and Stewart's first business was called The BBQ Iguana Club. It was a kind of guerrilla nightclub, eventually becoming a fixture in the Logan Circle area of downtown D.C. for a year or so. After moving out to Arlington, VA,. in 1990, Despard and Stewart together undertook the opening of a brewpub called Roratonga Rodeo in the rundown Clarendon neighborhood before the couple divorced and went their separate ways as bar owners. Despard re-invented the Roratonga Rodeo as Galaxy Hut and made a fresh start as its new proprietor. Stewart moved on to open several more successful brewpubs in the area. In fact, he has just launched his newest enterprise, Bardo Brewery (redux), in northeast D.C.

Despard met her current husband, Stuart Chandler, during the 80's in the downtown arts scene at the now defunct d.c. Space, where Despard's then-band Hyaa! was often performing and where Chandler was hoping to hang his most recent paintings. While at that time they were acquainted and held respect for each other as artists, it was not until almost five years later that they would cross paths again and become friends and married partners. Despard had noticed Chandler's paintings hanging at the BBQ Iguana Club and had asked a friend, "Who is that artist? I'd really like to meet him!" Chandler and Despard have collaborated on many creative projects, not the least of which is their daughter Gwendolyn, 20, now a junior at McDaniel College in Westminster, MD, studying fine art. Alice and Stuart have played and recorded together in bands, one whimsically called Chutes and Ladders. Chandler is generally more focused these days on the visual arts; he is a prolific artist who is constantly conjuring up whimsical sculptures and visionary paintings and collage using all sorts of found-object materials.

Several years ago, Despard joined a lay ecumenical order, which carries a contemplative mission into the world. "It's what is known as a 'monastery without walls'. That means we as monks serve in the field in a variety of ways, meeting together as a body once a year at an annual meeting at a priory in Texas and occasionally crossing paths at other times. As a matter of fact, I just met up last week with one of the abbots of the Order, associate dean at Baylor University and a Baptist pastor, who was visiting D.C. for a conference. I took him out to a coffeehouse to check out a band. He was delighted to get away from his hotel for an hour or two. My worlds often collide like that."

As one of her commissions from the Order, she has mentored a small contemplative group at Redeemer for about seven years which meets twice monthly for a short liturgy and to discuss scriptural texts.

Her work as a monastic dovetails nicely with her role as a yoga teacher to members of the community. "Yoga," explained Despard, "is an all-embracing term covering a vast body of teachings which all guide the practitioner towards union with God, or the Divine, if you will. 'Yoga' is roughly translated as 'yoke, union' just as the word 'religion' probably derives from the Latin root 'ligare', that is, 'to bind or connect', so 'religion' really means 'to re-connect'. At any rate, 'yoga' is not simply a bunch of postures as some today might think." She began teaching hatha yoga about six years ago after practicing as a student at Unity Woods for many years, devoting herself to the B.K.S. Iyengar school of yoga. She teaches Saturday mornings at Redeemer (her favorite place to hang out it seems!) under the moniker of Beginner's Mind Yoga.

"I'm fortunate in many ways. I've always felt so blessed to have been given enough education, affluence and understanding to realize that I could experiment with life by re-inventing myself and by not taking any of it too seriously, really."

One of Despard's more recent life experiments was catalyzed by watching the movie *The Way*, a road trip movie about the Camino de Santiago de Compostela pilgrimage route in Spain featuring Martin Sheen and his son Emilio Estevez, who also directed the film. *The Way* has caused quite a stir in the U.S. since its release, inspiring hundreds of Americans to take to the ancient Way of St. James in droves. After watching the

continued on page 15

CJCA News

by Burr Gray

The next meeting of the CJCA will be Apr. 22 at 7:30 pm at the Clara Barton Community Center.

Next CJCA Meeting Agenda—1) update on MacArthur Blvd road/bike path work and status of request by CJCA for certain crosswalks on MacArthur Blvd.

Meeting Minutes from Mar 25, 2014 CJCA Meeting—The meeting was cancelled due to snow/icy weather and a lack of urgent matters.

Summary of Dues Payments for Calendar Year 2014—The Cabin John Citizens Association (CJCA) thanks the more than 300 households that have paid their dues for this year. To date $6,074 has been received as 2014 dues, plus additional donations of $1,205 to CJCA. There were also a number of donations made to two entities that directly benefit Cabin Johners. The donations made to the Friends of the Cabin John Creek (FCJC) for $990 allowed that group to file for 501(c)(3) non-profit status this year. This is an important step in the process that was envisioned when FCJC left the warm embrace of CJCA two years ago and set out on its own. Contributions to the Friends of the Clara Barton Community Center (FCBCC) for $825 allow that group to continue to support the Center's programs and events and certain other needs. We are a generous community. Acknowledgement letters will be sent to those who made donations to FCJC and FCBCC. Dues and donations paid to CJCA (a 501(c)(4) entity) are not deductible as charitable expenses but may be deductible as a business expense. Check with your tax advisor.

If you have not paid dues yet for 2014, we would like to hear from you. The dues are $20 a year payable to "CJCA" and can be mailed to CJCA, P.O. Box 31, Cabin John, MD 20818. You can also pay online through PayPal by going to *www.cabinjohn.org* and clicking on Pay Dues Online. The dues collected are used to support the efforts of the CJCA to include: help fund the printing and mailing costs of the *Village News*, support the Red Cross blood drives, print the telephone directory, fund the flags along MacArthur Boulevard, fund the Holiday Party, 4th of July Parade, summer canoe trip, and much more.

MacArthur Blvd Bike Path/Roadwork Update—CJCA representatives Greg Pawlson, Eric Federing, and Burr Gray met with representatives of the County on April 1 to discuss needed changes to certain Ride-On bus stop locations. A few of the westbound stops currently occur in the middle of a block, thus forcing the disembarking riders to walk along the side of the road in a somewhat hazardous fashion. Now is a good time to make these suggestions since the work on MacArthur Blvd should be finishing up in a couple of months. The County agreed to move certain Ride-On stops to safer and more useful locations, and also agreed to mark the new bike lanes as bike lanes, which it had not been planning to do. All of the eastbound stops will connect with the improved Shared Use Path so the same issue did not present itself with those stops. CJCA had also asked the County a year ago for certain crosswalks to be installed across MacArthur Blvd but analyses by the County so far indicate that the locations did not meet the County's criteria. Complete description/update of those efforts to be provided at the next CJCA meeting on April 22. —

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Clara Barton Hosts Meditation 101

Have you been saying you should start meditating? Do you think perhaps you can't meditate because your mind is too busy? Have you read the current press on meditation and its benefits but overwhelmed on how to begin? Are you having trouble sleeping or has your doctor recommended meditation?

Friends of the Clara Barton Community Center are pleased to host *Meditation 101*, potentially the first in a series of how "Cabin John Chooses Health!" This 1 ½ hour workshop, led by local Cabin John resident and yoga instructor Sarah Cahill, will take the mystery out of meditation, giving you the tools to comfortably take your first steps toward a lifelong inner journey. Sarah has a way of making meditation accessible to all, explaining and teaching it in simple easy to follow steps.

We will discuss what meditation actually is and play with several different techniques so you can discover which ones work best for you. Sarah will lead some simple stretches (standing or sitting on our chairs) and breathing exercises that everyone can do which shift our awareness inward and open the body to prepare to sit. We will finish with a 20-minute guided meditation. Chairs will be provided for all. No experience of any kind needed.

Anyone who attends can also sign up to receive a free month of daily emails with meditation tips, techniques and inspiration following the workshop to reinforce what you learned. Details:

Date:	Sunday, May 18
Time:	3:00 – 4:30 pm
Where:	CJ Community Center
Cost:	$25 (checks made to Serenity Circle Yoga – proceeds will be donated)
What to wear/bring:	Wear loose comfortable clothing. Bring a shawl/blanket for around your shoulders, an open mind, and the intention that "Yes, I can meditate!"

To register: Send an email to Sarah at *sarah@serenitycircleyoga.com* —

WSSC Makes Pipeline Repairs Along Cabin John Creek



Washington Suburban Sanitary Commission has an on-going emergency project in the Cabin John Creek near the Cypress Grove/Seven Locks entrance to repair the manhole and pipelines that were washed out in November 2013. The contractor is also required to do a complete stream restoration work while they are there and the schedule for completing the entire project shows sometime in May 2014. The visible pipes above ground are actually used for by-passing the sewer flow during repairs to the sewer line and the temporary access roads were to enable the trucks/machines to drive to the locations and perform the necessary repairs.

—Burr Gray

Visit a lockhouse and the Seven Locks of the Chesapeake and Ohio Canal National Historical Park on Sunday, May 18, from 12–2 pm at Lock 10, Clara Barton Parkway. Canal Trust volunteer and park interpreter Judith Welles will lead a tour of the historic lockhouse and the Seven Locks. To sign up for the free event, contact Becky Curtis, C&O Canal Trust, 301-745-8889.—



River Road Unitarian Events

by Stephanie Smart

River Road Unitarian Universalist Congregation (RRUUC) will host a Spring Fiesta /Latin Dance Party with live music by the Music Magic Trio on Saturday, April 26 from 6 to 10:30 pm. Buffet dinner and kids' activities are included. Tickets available at the door: Adults: $35; Youth:$15; Families & Patrons: $100. Children 12 and under are free. Proceeds support the El Salvador University Scholarship Fund.

RRUUC will also recognize its 2014 Humanitarian Award recipient: Karla Silvestre, Director of Community Engagement, Montgomery College.

Paul Ehrlich,world renowned biologist and author of the landmark book, *The Population Bomb*, will speak on April 27, from 1:30 to 3 pm at RRUUC. Ehrlich will discuss Ethics, the Environment, and Avoiding the Collapse of Civilization. Ehrlich is Bing Professor of Population Studies and President of the Center for Conservation Biology at Stanford University. A reception, from 3 to 4 pm, will follow the lecture. Tickets are $25 online and at the door. To purchase tickets online, go to *http://www.rruuc.org/social-justice/task-forces/environmental/paul-ehrlich-april-27-2014.html*. The event is sponsored by RRUUC's Environmental Task Force. RRUUC is located at 6301 River Road, Bethesda, MD, 20817. 301-229-0400. —❧



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CSA (Community Supported Agriculture) – Choosing Health!

What are current members saying about belonging to the CSA?

The CSA means wonderful food—but I expected that going in. What has been a nice surprise for our family is all the helpful recipes and cooking tips from the community. Really delicious!

—Jan Danis

Pick up is so easy! The vegetables are really fresh and varied. We get surprises every week—homemade bread being one of the best. We feel better knowing our eggs are from chickens that are treated humanely and eating healthy themselves. It's a great way to support local farmers.

—Tina Adler

Wow—imagine fresh, healthy food every week without getting distracted by all the junk in the grocery store! The CSA has chopped my food bills and improved my eating habits. I'm eating far less packaged, processed food, and love getting new recipes from the group to spark my creativity when faced with a novel vegetable or green!

—Lisa Soule

I've learned how to cook lentils and beans and can now cut and eat a star fruit! And I never even knew purple carrots existed! I've added so many dark green leafy vegetables to my meals that my digestive tract thanks me.

—Juliet Rodman

I enjoy trying new vegetables that I don't see in the grocery stores. Everything is so fresh!

—Susan Gelb

The breads and cheeses are something to cherish—the taste and texture of both just great, and I can't say enough about the fresh almonds and eggs. Of course it has also been a delight to have a reason to travel back to Cabin John each week where we lived and loved for many years!

—Jo Alexander

First I am very moved by the work that the CSA does to support the farmers, the environment, and to promote our health (all interconnected). I am amazed every time I get the box by the delicious and nourishing produce that we receive. These are the tomatoes of my childhood.

—Debbie Sobeloff

And finally…

This food is beyond organic. It is like eating love.

—Neva Ingalls

Interested in joining? Contact Sarah Cahill at *Sarah@SerenityCircleYoga.com* or at 301-580-4088. —❧

Local Nature

by Eric Dinerstein

Wood Ducks on a Wild River

Wild, undammed rivers make dangerous neighbors. A signboard near the riverbank at one of the National Park entrances offers direct evidence of the Potomac's perils—57 drownings in ten years between Great Falls and Little Falls—about an 11-mile stretch.



Wood Ducks on a sycamore tree, male on left, female on right.

The Potomac seems most fearsome during one or another of the several floods that occur each year and sweep away whatever is not firmly rooted. Mid-March is often a time of high water, and curious strollers can sometimes watch giant trees be washed down the bank and carried off like pieces of kindling in the surging waters. Just as the floods overwhelm the forest along the flood plain they also renew it, burying seeds and silt in eddies along the banks. Some of the rarest plant communities in the East, called scour communities, depend upon the Potomac floods to rough out the riverbank eddies and deposit silt for water-dispersed seeds to sprout. Plants like the Halberd-leaved mallow spring up where the churning waters have created a new beachhead. A few years later this haphazard garden will be gone, carried off by the next big flood.

Our regional forests are rich in tree species, but only a few are adapted to the selection event that is the annual or twice-annual flood in which root systems are inundated for weeks on end. The survivors that grow to reach the canopy are sycamores, silver maple, box elder, and river birch with pawpaw and spicebush clustered below.

If there is a symbol of adaptation to flooding or defiance of high water, it is the stately sycamore, the most dominant tree in size and crown cover along the flood plain. This riverbank giant can grow to be 100 feet high and ten feet in diameter and live for 500 years. In winter, the leafless sycamore with its bright white bark—often covered with peeling jigsaw pieces of tan, white, and olive—stands out in stark beauty. When pilots take the flight path along the Potomac in winter to land at National Airport, a passenger might see from the window the forest along the river as a long narrow graveyard of bleached-white sycamores, like towering skeletons rising out of a once living forest.

But the Potomac's banks are hardly nature's graveyard. For many residents of our Potomac region, sycamores, which are the last tree species to leaf out in the spring, provide vital habitat. The most massive and oldest trees develop cavities at ground level occupied variously by raccoons and other denning creatures. In earlier days, they were probably home even to black bears; now vacant ones make great places for children playing hide and seek. The most spectacular wild occupant, though, is the Wood Duck, which lives higher up the trunk, and is one of the few waterfowl in the world to nest in tree cavities. Their hole nests are courtesy of Pileated Woodpeckers, who excavate them and later abandon the nest holes that others claim for their own.

The Wood Duck male is the most colorful of American waterfowl. Its Latin name (Aix sponsa)

means "waterbird in bridal dress," though the male's wedding tuxedo is a bit on the campy side with an iridescent emerald green headpiece and a coat trimmed in chestnut, yellow, white, and red. Wood Ducks have developed a remarkable evolutionary adaptation, too: claws on the end of their toes, the better to grip tree branches and land on limbs.

Wood Ducks were once in steep decline in the U.S. but have made a major comeback since their low point in the 1930s. Part of the revival was spurred by the placement of nest boxes in their preferred breeding habitat—quiet ponds surrounded by their favorite food items like oak acorns and buttonbush seeds.

Wood Ducks are relatively easy to see from below Poolesville, MD, right up to the edge of Washington, D.C. So it was no surprise to spot three pairs of Wood Ducks on the Potomac at the tip of Plummers Island as I did on March 15th, during a day of high water on the river. But my shock came a few minutes later when on a pond deep in the forest near Lock 13, I surprised a bachelor party of 15 Wood Duck drakes. We so often think of large metropolitan areas as absent the wildest species with no chance to glimpse treasures like Wood Ducks at all, much less in such numbers.

For nesting Wood Duck pairs, the wild riverbank is a place for giving birth to a new generation if they can find a perfect cavity high in the trees. If too accessible, prowling raccoons or climbing black rat snakes raid their nests. To the unwary parents of young ducklings, there is more danger lurking below their nest than in the strong currents of the river.

In the early spring when the river is flooding, the Wood Duck clings to the sycamore with its unusual claws and the tree holds to the soil with its sprawl of surface roots. High up in the branches the handsome drake looks out for nest predators as the big river rolls by Cabin John, forming a meandering ribbon of wild habitat, a Potomac wilderness. —

THE EPISCOPAL
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■ SUNDAY MORNING SCHEDULE

Holy Eucharist	8:00 a.m.
Adult Forum & Bible Study	9:15 a.m.
Nursery Care	10:15 a.m.
Choral Eucharist	10:30 a.m.
Church School for All Ages	10:30 a.m.

■ WEEKDAY WORSHIP

First Monday of the month (October–June), 7:30 p.m.
Contemplative Service in the Style of Taizé

Wednesday, 11:00 a.m.
Morning Prayer

Wednesday, 12 noon
Holy Eucharist

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Then and Now

by Judy Welles

Potomac River Floods

With the spring thaw, the Potomac River rises with historic—and recent—floods. The most devastating floods took place in 1889, 1924, 1936, 1972 and 1996. The snow melt from the winter storms of 2013-2014 may impact the river but how much is yet to be seen.

While the normal height of the river is about 5 feet, in April 1936 the river peaked at 28 feet at Little Falls, the measuring gauge location. This remains the greatest of all Potomac River floods,



© Judy Welles

Lockhouse 6 during the 1936 flood.

with significant damage along the C&O Canal. No life was lost, but the flood destroyed many of the Canal locks and lockhouses and carried away bridges along the river at Harpers Ferry, WV., and Hancock, MD.



© Christine Gates Cerniglia

Lockhouse 8 during the 1936 flood.

The 1936 flood drove Cabin John residents from their homes close to the canal and they sought shelter at the Cabin John fire house. People stood on the hillside that is now Clara Barton Parkway and watched the river rise. They could see the water reach halfway up the hill and pour into the windows of the lockhouse at Lock 8.

Mary Morgal said, "I remember the flood of '36 and my grandmother [Birdie Hook] took us across to sit on the bank and look at the water and it was running through the top window of the lockhouse."

The flood destroyed Lock 8, along with many other locks. According to a National Park Service report by Harlan Unrau, "The Potomac not only flooded its upper reaches to epic proportions, but for the first time in living memory, it went out of its banks along its southern border and caused extensive damage almost down to the Atlantic."



© National Park Service

1938 photo of Lock 8 showing damage of 1936 flood.

It was not until Hurricane Agnes in 1972 that the river rose to record heights again, reaching 22 feet. A combination of heavy snow followed by rain during January 1996, led to flooding as the river rose to 19 feet. I am probably not alone in remembering seeing the river wash over the towpath at Lock 8.

Kayakers are known to relish a fast moving river and some have even ventured out in the wake of hurricanes. But the river can be dangerous in places at any time, as posted warnings state and the Cabin John Volunteer Fire Department swift boat rescue teams can attest. In flood years, the Potomac River can be brutal and spectacular at the same time. But in all times, it is Cabin John's backyard, and its beauty cannot be rivaled. —❧

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—Judy Welles

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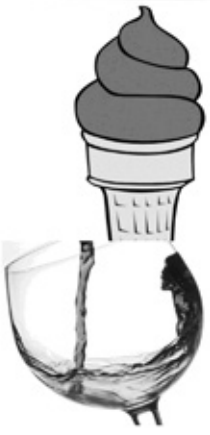
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6421 83rd Pl	$889,000	4	3	1	3	1	1
6414 83rd Pl	$982,000	3	4	1	3	1	1
6520 79th Pl	$1,395,000	5	4	1	3	1	3
6517 Persimmon Tree Rd	$1,850,000	6	5	1	3	1	2
UNDER CONTRACT:							
8 Froude Circle	$420,000	2	1	0	1	0	0
9 Ericsson Rd	$575,000	3	2	0	1	1	0
6446 Wishbone Ter	$749,900	4	3	1	3	2	2
6426 83rd Pl	$750,000	5	3	0	2	1	0
6415 79th St	$949,000	4	3	1	3	2	1
6509 81st St	$1,079,000	6	3	1	2	1	0
6409 81st St	$1,150,000	5	5	1	4	2	2
7605 Arden Rd	$1,295,000	5	4	1	4	1	1
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DESPARD
cont. from page 5

movie, Despard turned to her husband and said, "We have to walk the Camino, you know...like, soon." And Stuart agreed, so off they went six months later, hoisting their backpacks and flying off for six weeks in Spain late in September of 2012. They hiked about 420 miles, crossing over the Pyrenees and through four regions of the Spanish landscape, embedding themselves into the culture in the unique way that pilgrims do, ending up at the Cathedral of Santiago de Compostela by late October, where the remains of St. James the Greater, brother and apostle of Jesus, are allegedly interred under the high altar. The pilgrimage took about forty days all told, and the couple returned home to the U.S. right after Hurricane Sandy had just ravaged the East Coast, anxious and grateful to come home to all they had left behind.

"The pilgrimage to Santiago taught us a lot about self-reliance, but also about reliance on others, the universe, the grand order of things." Despard further reflected, "The attitude of the pilgrim is always 'I am grateful,' which is how being a pilgrim differs from being a tourist whose attitude is more like 'I have requirements.' Our sense of stability and security was directly challenged—my husband Stuart compared it to being like a child again; we didn't understand the language very well, had no idea where our next meal or bed would be coming from, and didn't much like the food. But a pilgrimage can teach you how to break up patterns in your life that no longer serve you and do something radically new every day."

This past summer, Despard made another sort of pilgrimage up to her father's home in Stonington, CT, to care for him in the last stages of terminal illness. She has always loved the seaside village of Stonington since the 1970s when she and her sister would spend weeks in summer there. After her father's death, she spent a month alone in his cottage and decided that is where she would like to live, and she was sure that her husband would be happy to relocate there, which he is.

So while she and her family have enjoyed these many years in the small town of Cabin John which she describes as "a warm and loving place," Despard is ready to move her household up to New England this summer, starting again in another village, striking out on the next stage of a lifelong pilgrimage. —

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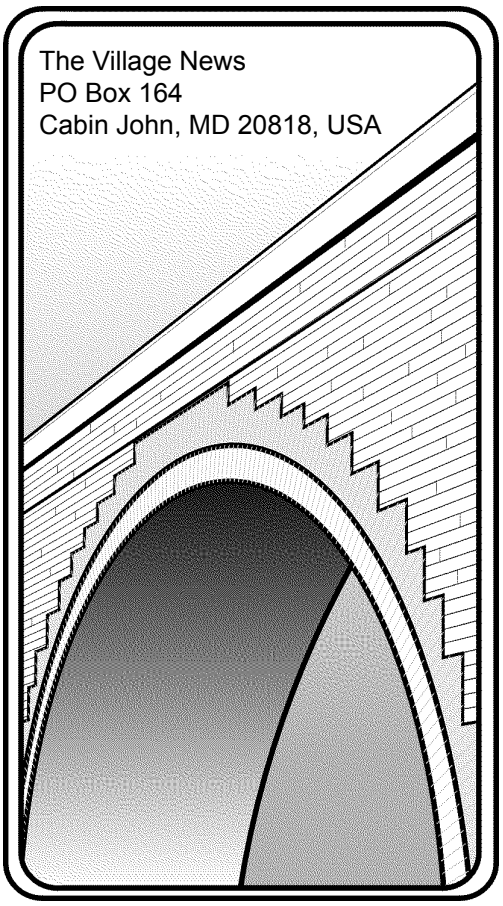
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