The Village News

SERVING THE PEOPLE OF CABIN JOHN | OCTOBER 2023 | VOLUME 57 | ISSUE 9

A Memorable Crab & Chicken Feast

By Carl McCabe

September 16 was a beautiful day for the annual Cabin John Crab and Chicken Feast, and a great crew of veteran and new volunteers turned out to make it another memorable community event. Thank you to everyone who worked to make this event so special and to everyone who came to enjoy the feast!



Despite an unfortunate overlap with the Rosh Hashanah holiday, this year we served 489 meals, nearly as many as last year's record. Although we significantly increased our supply of collard greens this year, we once again ran out! Due to the increased popularity of the collard greens side, we are considering changing the name of next year's event to the "Cabin John Crab, Chicken and Collard Greens Feast."
If only we could get the acronym CJCCCGF to catch on! At a minimum, we will buy more collards, so we don't run out next year.

Continued Next Page







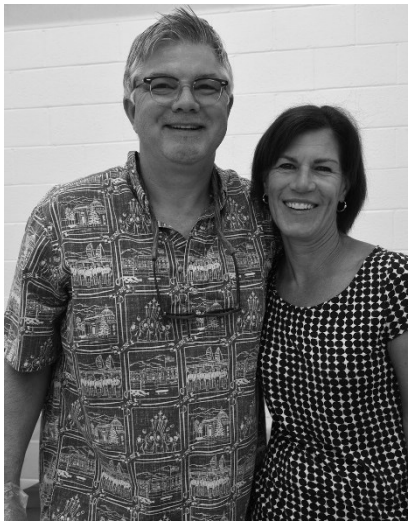


As has been the case for over 50 years, volunteers are the heart of the CJ Crab and Chicken Feast. A large number of volunteers have returned year after year, and we have many new volunteers each year. This coming year there will again be many opportunities for new volunteers; maybe you?

If you would like to put a bookmark on volunteering for next year, please contact cjcrabfeast@gmail.com. Ask any volunteer and they will tell you it is not only rewarding to support your community, but working at the event itself is a lot of fun and a great way to meet your neighbors.



















KUDOS TO ALL OF OUR AMAZING VOLUNTEERS!

ENTERTAINMENT - Starlight Orchestra, kids activities by CBNRC staff headed by Barry Jones, face painting by Eric Nothman

CRAB COOKS - Pete Couste (chief), Chris Couste, Michelle Couste, Barry Hubscher, Josh Chambers, Billy Rieger, David Williams, Jennifer Williams

CHICKEN COOKS - Dan Mustico (chief), Mike Donnellan, Ray Swayze

KITCHEN CREW - Kathleen Black (chief), Meredith McGuire (chief), Sally Mee, Elliott Schoen, Bramman Avery, Amy Mason, Sam Mason, Patty Lee, Judith Bell, Tamzin Smith, Mary K. Young

VEG PREP - Karen Melchar (chief), Susan Gelb, Alexis Dani, Sarah Danis, Heidi Lewis, Delia Tamzin Smith, Susan Graham, Connie Summers, Claire Mustico, Sam Mustico, Mireille Lisimaque, Gilles Lismaque, Sandy Occhipinti, Diana Carter, Susan Fitzgerald, Daisy Lewis, Delia Jennings

SERVING CREW - Susan Shipp (chief), Diana Carter, Carissa DeCramer, Leslie Meyers, Barbara Wilmarth, Linda Green, Elizabeth Miller, Steve Miller, Meredith Griggs, Barbara Wilmarth, Karen Melchar, Delia Jennings, Christine Chambers, Mireille Lisimaque, Mary Patton, Stacey Corcoran, Harry Rieckelman, Phil Corcoran, Patrick Ryan, Beverly Sullivan, Mary Patton, Anastasia Donnellan, Amy Elsbree, Helen Harris, Clive Harris, Lynn Hopkins, Leslie Baldwin, Bev Sullivan

BEVERAGES - Jackie Hoglund (chief) , Rita Gerharz, Joel Todd, Theresa Kowal, Michael Brintnall, Kathleen Dowd

LEMONADE - Jeff Rothman (co-chief), Anne Rothman (co-chief), Sydney Ishida, My Linh Bui, Simone Allen, Andrea Williams

BAKE SALE - Scoutmaster Shuyan Liu and scouts from BSA Troop 4

SETUP AND TEARDOWN/CLEANUP - Burr Gray (chief), Jeff Ship, Mark Smith, Anne Rothman, Jeff Rothman, Bruce Meyers, Bill Robison, Manisvhar Manimaran, Travis Riemer, Helen Daniel, Dawn Lowrie, Rick Lowrie, Elliott Allen, Sam Mustico, Carl McCabe, Kirin Burns, Billy Robison, Helen Daniels, Kieran Burns, Tristan Allain, Rich Allain, John Gibbons, Clive Harris

CJCA TABLE - Kelly Banuls, Serafina Allain, Claire Mustico, Perla Calderon and daughters, Lily Brown, Cassidy Wolf, Caroline Mauerer

TABLE BUSSERS - Heidi Lewis, Elliott Allen, Laurel Haeni, Elise Atallah, Miles Swayze, Finn Tomlinson, Finn Sullivan

CBNRC STAFF - Barry Jones (CBNRC director), Lolita Powell-Jones, John Mbeng, Brandi Scott-Swales, Ciara Swales, Cleo Schulman, Jayden DaCosta, Vaulx Carter, Jeremy Kwon, Melih Karaca

TICKET SALES - Heather Tomlinson (chief), Lisan Martin, Deb Duffy, Lief Krvaric, Kathleen Leverenz

ADVANCE TICKET SALES - Courtney Krutoy, Kathleen Leverenz

PUBLICITY AND WEBSITE - Heidi Lewis, Leilia McCabe, Kaylia McCabe, Robin Sidel

VOLUNTEER COORDINATION - Heidi Lewis

MANY THANKS TO RICK HATCH FOR THE CHICKEN AND CRAB FEAST PHOTOS.

Page 1 captions: The crab cooking crew made sure everyone enjoyed hot, steamed crabs. Kitchen volunteers Judith Bell, Meredith McGuire, Judith Black, and Sam Mason take a moment from their food prep duties to say "cheese". The very popular collard greens were prepared with TLC by our volunteers. Before the feast Bruce Meyers, Mark Smith, Billy Robison, Jeff Shipp, and Burr Gray erected shade canopies for diners. Volunteers on the serving line heaped plates with delicious mains and sides.

Page 2 (top row, from left): Brandi Scott-Swales, Senior Coordinator at CBNRC helped lead kids craft and activities. Eric Nothman turns Ryan Musser into a fierce dragon. Phil and Stacey Corcoran volunteered as servers. **Second row**: Claire Mustico and Olivia Sevschek handled games for the youngest Cabin Johners while My Linh Bui, Sydney Ishida, and Andrea Williams dispensed lemonade. Dee Jennings made her way through a pile of onions without a tear in sight. **Third row**: Harry Reickelman serves a plate of Maryland's best. Carl McCabe, Jeff Rothman and Anne Rothman helped to set up with an assist from Fozzie the dog. Bev Sullivan serves up delicious green beans.







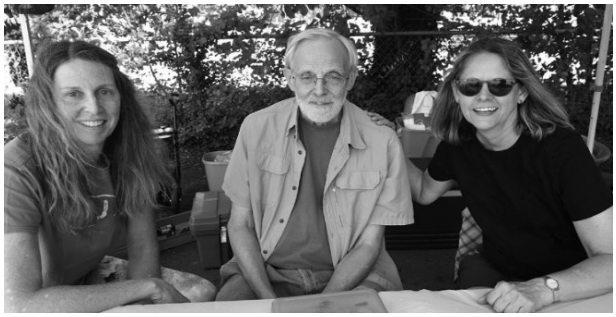














Page 4 captions: The Starlight Orchestra provided the meal's musical entertainment. Della Couste, Julie Borchers and Dotty Medvitz enjoy the bountiful meal. Tobi Budiani, Zaki Budiani and Debra Budiani-Saberi demonstrate their crab picking skills. A bounce house let restless kids burn off their energy. Andrew, Luke and Lucia Cary are ready to dig in. Mae Thomas gets a great view from the shoulders of Ben Thomas. Delegate Marc Korman visited the event, seen here with former CJCA president Burr Gray. Jack Seeger is ready with a mallet. Jackie Hoglund, Michael Brintnall, and Kathy Dowd. Michael Ward, Ryan Gay, and Ezra Tinsky enjoy a beautiful day in the sunshine.

Page 5: Even Cabin John's babies–Chris and Charley Johnstone and Ryan and Cooper Mercer–took part in the celebration of community. Tables at the rec center, waiting for their diners.









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Neighborly News

Thank you Allison de Gravelles!



How fitting is it that our photographer caught up with Allison de Gravelles just as she was putting away items in the CJCA closet as the Cabin John Crab and Chicken Feast wrapped. For five years Allison has quietly and expertly run the feast. Such a role involves ordering and managing food supplies, paper goods, grills, and ice, and ensuring that the 100+ volunteers are organized and ready to contribute. For over five years - including this year - she has made a major contribution. For her ongoing dedication to the CJCA, Allison was presented with a small token of our appreciation from Scott and Heidi Lewis, Co-Presidents, Cabin John Citizens Association.

Lights, Camera, Action



Hollywood excitement came to Cabin John on September 21 when a film crew from Verve Media set up on Tomlinson Terrace in the morning and River Rock Terrace in the afternoon to film scenes for a commercial for Giant Food. The production team entailed numerous cast and crew members as well as a motor home and two large trucks. The commercial is anticipated to air this winter.

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Sat 11.18 **Celtic Flute & Harp at Holiday Market**
1—5pm ("Strawberry Festival" in the Fall)

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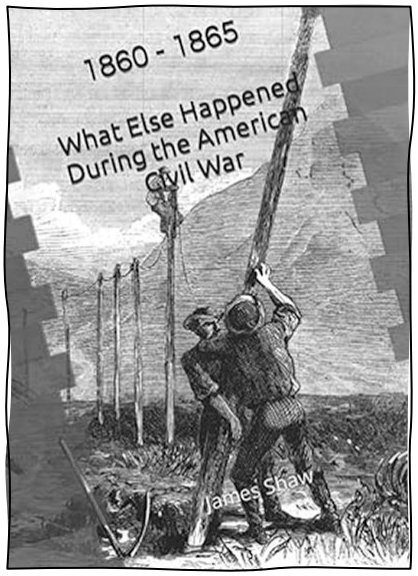
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Renovations | Additions | New Homes

Local Author Published



Long time Cabin John resident and physician, James Shaw, recently published *1860-1865: What Else Happened During the American Civil War.* Although the Civil War commandeered the thoughts and emotions of most Americans and much of the world, life outside the combat arena went on with a degree of normalcy in many respects - both here and abroad. This short book provides a fascinating insight into "What Else Happened" – politically, socially, and scientifically – during the Civil War era.

Of particular interest to Cabin Johners might be the "Construction Projects" chapter that covers many of the large building projects undertaken in the U.S. during the war.

Some took place right in our backyard, including the Capitol Dome, Washington Aqueduct, Union Arch Bridge, Meigs Bridge and Arlington Cemetery. Other chapters cover ancillary legislation, military innovations, U.S. social and societal changes and world events which occurred during that period. The book is available for purchase from Amazon.

Yes, We Do Want to Hear from You!

The Village News editors are always on the lookout for neighborhood news and photos. Please share the latest from your corner of Cabin John by emailing **vneditorial@gmail.com**.

When sharing images with us please remember to identify any people and pets in your photos from left to right with first and last names and provide the name of the photographer.

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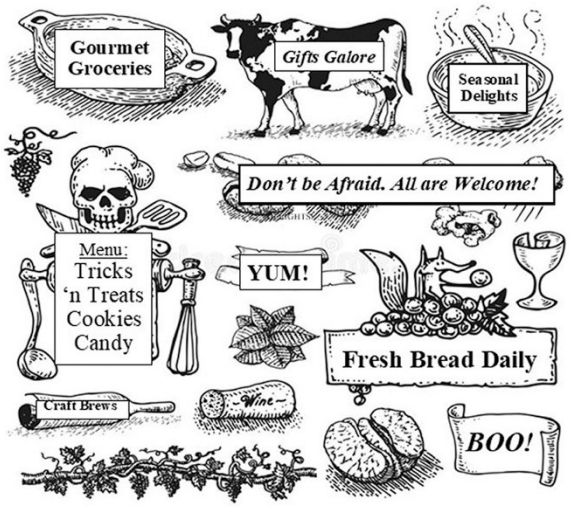
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FoCJC End-of-Summer Picnic and Exciting Ducky Regatta

By Burr Gray

Almost 60 people, including many children, attended the end-of-summer Friends of Cabin John Creek (FoCJC) Picnic and Ducky Regatta. The schedule had to be accelerated a bit due to expected late afternoon thunderstorms, but despite lots of thunder, the rain never quite arrived. The previous night's rain made for a fast racecourse for our intrepid 42 ducky entrants who had to successfully navigate whitewater rapids to reach the finish line.

The event was well-supported by FoCJC current and former board members, including Scott Hoffman and his wife, Kathy, who handled the grilling and food and drink set-up; Carla Dinowitz, who staffed the FoCJC table and helped to quickly pack things up due to the expected rain, plus Carla's husband, Ron, who waded across the stream to set the finish line and then freed any duckies that became stuck during the race. Greg Gurley, grant coordinator, organized the entire event and made a presentation on the county's rain gardens program. Dan Kulpinski got the word out to the FoCJC membership about the event and Don Libes assisted generally on-site.



Burr Gray, FoCJC president, started the duckies on their race, and Burr's wife, Fiona, picked up the pizza and was the unofficial photographer of the event. We had critical help from various Creek Keepers, including the Miller family who waded into the stream with nets to keep any duckies from heading off to the Potomac River at the end of the race, and Caroline Levenson and Bob Batky, who caught macro-invertebrates and featured them on a picnic table down at the creek. Thanks, also, to Sara Love, one of our District 16 state delegates in Annapolis, who arrived in time to cheer on the small brave duckies accompanied by her hound. Too bad the thunder started and we couldn't spend more time with the macros and hang out down at the lovely Cabin John Creek!

DID YOU KNOW?

Traditional must-have amenities, such as smart home technology and spa-like bathrooms still rank high, but below are the five top-ranked home buyer priorities, according to a Forbes Global Properties survey:

1. **Outdoor Space**: gardens and outdoor spaces are in high demand
2. **Proximity to Lifestyle Amenities**: homebuyers are looking beyond their homes for access to ski resorts, beaches or lakes
3. **Multiple Home Offices**: multiple home offices to accommodate several family members working or studying remotely
4. **More Space for Hosting and Entertainment**: additional bedrooms or large multifunction rooms to host guests
5. **Expansive Gourmet Kitchens**: upgraded kitchens with large center islands for cooking and gathering are in high demand

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

Rachelle Cherol

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Thank you to Fiona Gray for the photos. Page 8: Colorful duckies await their turn down the racecourse. Page 9 (clockwise from left): A large crowd, including Del. Sara Love, shown with her dog, turned out for the duck regatta. Carla Dinowitz, FoCJC Board member, lends a hand at the information table. Greg Gurley brings in the finishing line.

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Earth Medicine: A flower with passion…….
Passiflora Incarnata

By Sarah Cahill

Several years ago, a friend gifted me three tiny passionflower stems her daughter had dug up from her yard. This was a new plant to me. Placing them in the ground along my garden fence I watched and waited.

Not much happened that year and they died back to the ground. Yet in spring they returned, joined by a few more. It wasn't until the next year though that they came into their own, climbing and following the length of the fence and finally producing…a flower.

One of the most magnificent flowers I had ever seen. Otherworldly is how I would describe it. The aroma she sends my way as I pass is intoxicating. Ooh la la. I now have a firmly established colony of stunning passionflower.

All this time though, I never knew she was a native of Maryland! She is found throughout the Southeast and as far north as Pennsylvania. I will tell you she is quite happy in Cabin John. So happy that you do have to have a firm hand to keep her in check but what she offers is well worth the trim-backs.

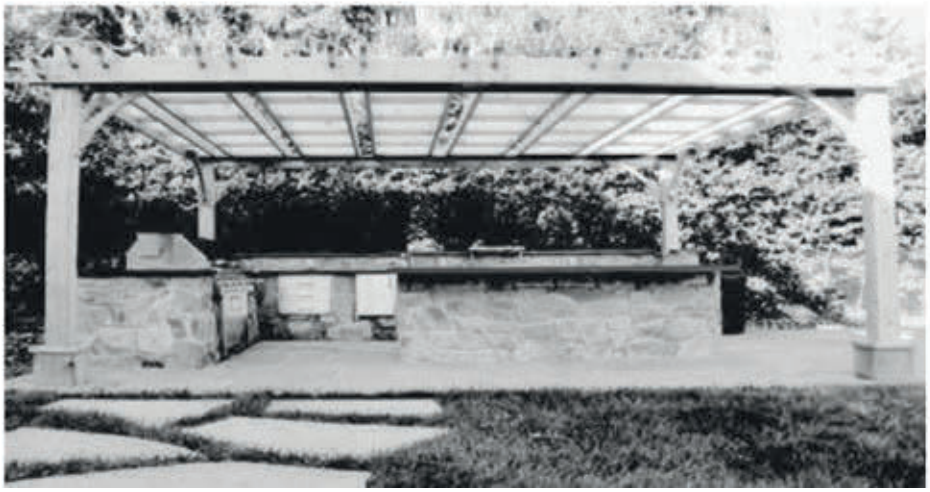
Passionflower is calming. Bees, bathed in pollen, appear to fall asleep in her embrace. So it is no surprise that she is used in teas and tinctures as a mild sleep aid or to ease anxiety. Green edible fruits form after flowering and ripen in fall. Her nickname is Maypop for the loud popping sound made if you step on a fruit.

I, for one, am passionate about passionflower!



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A Gardener's Best Friend

By Eric Dinerstein

The words "lovable" and "insect" rarely share the same sentence when uttered by adults, the adjective "lovable" usually passed over in favor of some descriptor more like "#^$*!-ing" insects. But for kids, there is one group where the kinder word is fitting: ladybugs. What is it about ladybugs, or more correctly, ladybird beetles, that children find so adorable? I have seen no empirical studies about cuteness in insects so I will venture a few guesses.

Somehow, we often associate animals that are round or roly-poly with cuteness. Think beavers, or hedgehogs, bear cubs, or even porcupines. Whatever rolls up into a ball, we want to cuddle. Well, maybe not porcupines. But if the body plan is long and sinuous like a snake, or has a mouth full of pointed teeth, or sports a sharp tip to its abdomen, like a hornet, we reach for a stick or a can of Raid. Ladybird beetles seem more like wind-up toy bugs, so clown-like in their coloration, with seven black polka dots on the body set off against a rich crimson shell. Maybe it's the way they take off, like little helicopters with wing flaps, that makes them so engaging. Perhaps it's instead because kids learn early that these creatures are harmless but voraciously eat other bugs that threaten the backyard garden. From any perspective, ladybird beetles are among the most beloved of insects, and not just in the eyes of kids.

Animal behavior theory, however, suggests that we should be wary if we have a sudden urge to eat them. In nature, the combination of red and black, in any orientation—spots or stripes—is considered warning coloration, a visual shout-out to stay away. In the case of ladybird beetles, the striking contrast of red and black signals to birds that they are distasteful.

Over 430 species of ladybird beetles exist in the United States, some introduced, brought in to control aphids that suck the juices out of important commercial crops. These species of ladybird beetles vary between having bands or spots. The spotted species can be distinguished by the number of black dots on them—such as the two-spotted and the seven-spotted, the latter being the most common ladybird beetle that children love to draw and hold in their hands. But there are also thirteen, fourteen, fifteen, seventeen, and twenty-spotted ladybird beetles.

Ladybugs consume a wide variety of garden pests including, in addition to aphids, cinch bugs, asparagus beetle larvae, alfalfa weevils, thrips, potato beetle larvae, spider mites, and mealybugs, to name a few. Adult ladybird beetles can eat their own weight in aphids every day and a larva, also aphid feeders, can consume more than 50 per day. That is serious pest control if you have hundreds of beetles in your tomato patch.

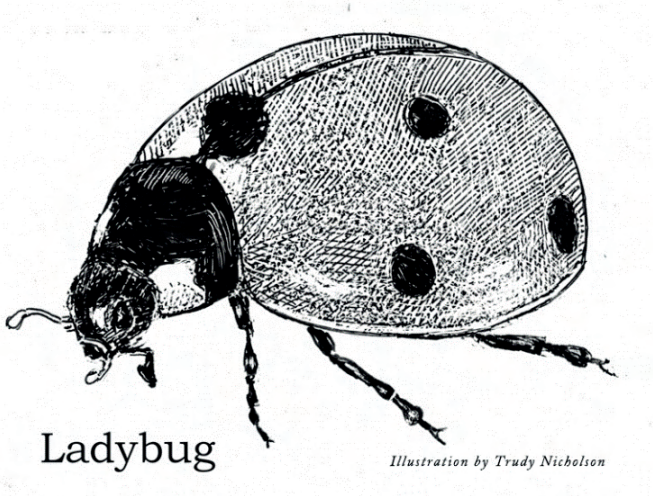


Illustration by Trudy Nicholson

Ladybugs are so helpful in producing bountiful gardens that some enthusiasts purchase and release these beetles in hopes of adding additional biological control to the mix. Unfortunately, beetles do fly, and these introduced beetles rarely stay put. The life cycle of the ladybird beetle essentially guarantees this outcome. Unlike most insect species in our area, ladybird beetles overwinter as adults, hiding in secluded spots (under logs or branches, for example) and often in large aggregations, there being safety in numbers. But early in spring, these clusters of ladybirds disperse in search of prey and suitable sites to lay their eggs, laying up to 1,000 eggs on plant surfaces and often where aphids are plentiful. Once ladybirds have devoured the aphids in an affected garden, they will move on in search of happier hunting grounds down the street in the neighbor's bushes. The best way to attract ladybird beetles to your garden from places nearby and keep active populations of them in your garden as long as possible, is to avoid the use of pesticides and herbicides that kill them as well as your targeted pests.

Ladybirds do have predators beyond the human pesticide user. Swifts and swallows, two groups of birds that feed on the wing, are immune to the toxins emitted by ladybirds and pick them off in flight. Some spiders feed on ladybirds, as do dragonflies, frogs, and true sucking bugs. Parasitic wasps kill them as well, using the bodies of the poor ladybirds as food for their own larvae. Nature can be brutal.

But ladybirds must be doing fairly well in avoiding these predators, as they are still flitting about in gardens, at least those free from pesticides. Stop spraying your vegetables and flowers and make a home for these helpful friends. They make wonderful neighbors, even if they soon move on.

Revisiting Ghostly Tales of Cabin John

By Rachel Donnan

With Halloween fast approaching, it seemed the perfect time to revisit a history column I wrote some years ago about Cabin John's spooky legends and tales, from a ghostly hermit in the woods to a mysterious female stranger and family burial grounds.

Captain John Smith, who helped establish Jamestown, was the first to map the Potomac River, and made his way from the Chesapeake to Great Falls. Cabin John is most likely a corruption of the name Captain John. Stories about the name Cabin John, passed down through generations, describe various incarnations of a mysterious recluse who lived in the woods near the creek. The ghost of "John" was even used as a clever marketing ploy for the American Land Company's sale of lots in Cabin John Park in the early 1900s.

Some legends depict "John" as a salty, tattooed man who jumped ship and settled here, burying his stolen treasure nearby. Property deeds from the sale of lots by the American Land Company included that the "party of the first part reserves the right to one-half interest in any treasure or articles of special value which may have been hidden on said lot or parcel by John of the Cabin." The ghost of John was rumored to return on gusty nights, only to disappear in a flash of light when others saw him. Crossing the Union Arch Bridge after dark instilled fear in many locals.

A 15¢ booklet from 1903 called *Picturesque Cabin John* by J.H. Wilson Marriott told the tale of a lone man who lived along the creek, long before the bridge was completed in 1864. This loner "disappeared as mysteriously as he came, and nothing was ever known as to his fate. His old cabin crumbled into ruins." A ghost called "John of the Cabin" was often seen near his lonely, desolate shelter in the woods. The legend of the female stranger, whose grave does indeed exist in St. Paul's Cemetery in Alexandria, appeared in newspapers throughout the 1800s. (I wrote about her in the September 2021 *Village News* history column.) A 1912 romance novel by Charles T. Johnson Jr. connected this legend to Cabin John.

Johnson's tale depicted a love triangle between an English nobleman, a young army surgeon named John and a beautiful orphan. During a heated exchange, the nobleman fell and died. The lovers escaped to America, sailing along "historic waters made famous by the widely heralded exploits of the redoubtable Captain John Smith" and married en route. The fugitives made their home along the verdant Cabin John Creek. After many happy months, John's wife fell ill. He took her across the Potomac River to Alexandria in search of a doctor, but she passed away. Honoring her wish to remain unknown, he buried her below a marble slab inscribed "To the Memory of a Female Stranger." John returned to their creekside home distraught. Years later, his brother arrived from England, only to find a deserted, overgrown cabin, all signs of life rotted away, the skeleton of his kin near the creek and a note signed "Affectionately, your brother, John." Another version of the

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legend described a beautiful Snow White-like character who haunted a cabin by the creek. "She was queen of the forest....Her cabin was a bower of vines...Wild birds flew about her head, rabbits hopped about her feet, and squirrels from every nearby tree ate from her hand." But one day she disappeared, and those who claimed to have seen her fly towards the heavens later feared being near the creek at nightfall.

Whoever John of the Cabin was—a hermit, a pirate, a lover—iterations of his story lived on through local folklore. These tales piqued the interest of J.S. Tomlinson, the owner of the American Land Company, who purchased most of the land that is now Cabin John and began selling lots in 1912. Tomlinson's early maps of Cabin John Park pinpoint John's Cabin, along the creek beside an elm tree. Besides laying partial claim to any found treasure, Tomlinson included a photograph of the site of John's Cabin in the company's brochure, with the supposed ghost of John lurking in the shadows.

Before Tomlinson developed Cabin John Park, the land was owned by only several families. One of the earliest land owners, Joseph White, purchased a large swath in 1784. His family eventually owned all of what is now Cabin John Park. Edith Armstrong's 1947 historical pamphlet on Cabin John's history notes that the White family graveyard was "near a large cedar tree not far from where Second Street and Ridge Road (now Arden Road and 75th Place) join. The old tombstones were hauled away during the construction of the C&O Canal, a majority of the workers were Irish immigrants. Many Irish laborers who died during the 1832 cholera plague were buried on a plot of land along Persimmon Tree Road; the land was later sold to the Friendship School's founders for $5.00 as it was of little use for farming.

If you are out trick or treating on October 31st, keep your eyes peeled for the ghost called "John of the Cabin!"



A Cabin John resident sits next to a headstone that was dug up in a yard near Arden Road and 75th Place in 1941. The stone reads "In Memory of Elizabeth Burgess who was born May 17, 1792 – Died Dec 28, 1849." —Photo Courtesy of the Montgomery County Historical Society.

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POEMS FOR PASSERSBY

By Meredith Griggs

As you enjoy an autumn walk through Cabin John, stop by upper 78th Street to read a poem. New ones, by published poets, are posted weekly. They may cheer you up, change your life, comfort you in sorrow—or even make you laugh.



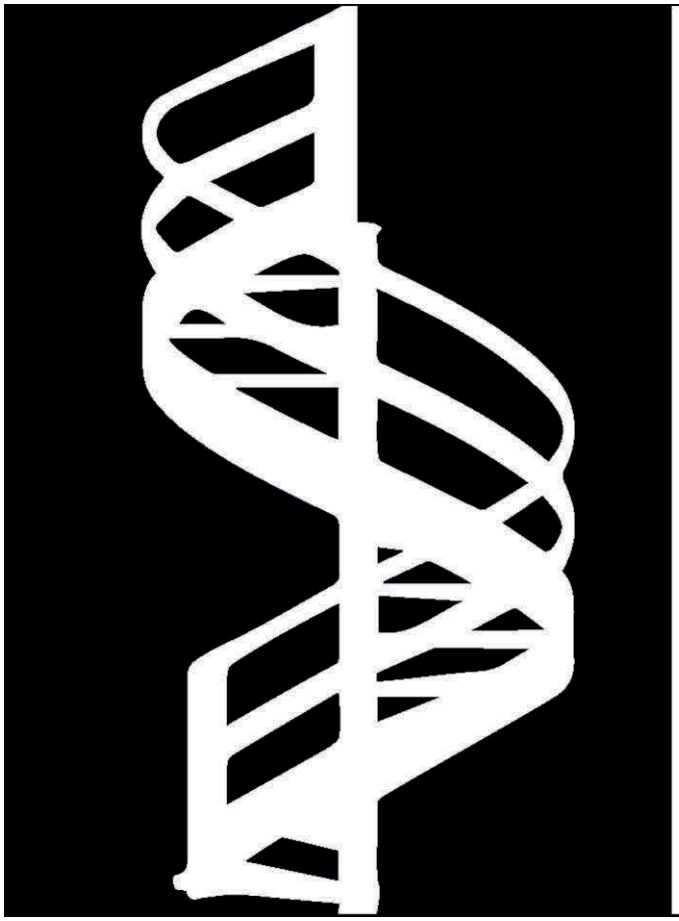
Marie France of Ericsson Road stopping by Poems for Passersby on upper 78th Street. Marie, along with her husband Steve France, discuss poems each month with a poetry group, begun about 15 years ago by friends at the Episcopal Church of the Redeemer in Glen Echo.

Here is a recently posted poem by Wislawa Szymborska, winner of the Nobel Prize for Literature (1996).

SOME PEOPLE LIKE POETRY
Some people—
that means not everyone.
Not even most of them, only a few.
Not counting school, where you have to,
and poets themselves,
you might end up with something like two per thousand.

Like—
but then, you can like chicken noodle soup,
or compliments, or the color blue,
your old scarf,
your own way,
petting the dog.

Poetry—
but what is poetry anyway?
More than one rickety answer
has tumbled since that question first was raised.
But I just keep on not knowing, and I cling to that
like a redemptive handrail.



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Real Estate Activity in Cabin John

October 2023

Courtesy of Cabin John Realtor Rachelle Cherol

ACTIVE

6512 Seven Locks Road
List Price $2,499,000
5BR, 5FB, 2Gar, 4,190 sq. ft.

CLOSED

6417 81st Street
List Price $1,490,000
4BR, 4FB, 2Gar, 3,286 sq. ft.

6489 Wishbone Terrace
Price $815,000
4BR, 3FB, 2Gar, 1,934 sq. ft.

26 Froude Circle
Price $658,351
2BR, 1FB, 0Gar, 971 sq. ft.

MacArthur Plaza

MacArthur Boulevard at Seven Locks Road

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RENTAL AVAILABLE

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PART-TIME CAREGIVER NEEDED IN CABIN JOHN

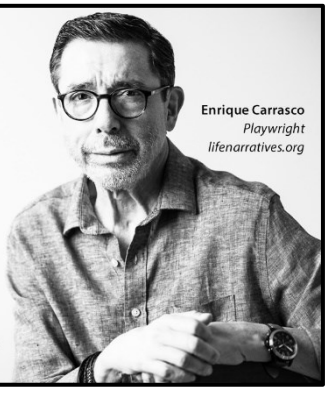
Caregiver needed for a disabled veteran in Cabin John. Daytime schedule 10:00 am to 3:00 pm with flexible hours. Duties include making lunch, light housework, laundry, shopping. Call for more details 252-646-5211.

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The Village News is a monthly newsletter published 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. 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; **Joan Roskosh**, layout; **Marcy Harrison**, business manager.

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Illustrations: Trudy Nicholson

NEXT ISSUE DEADLINE:
5 pm, October 25, 2023
CJCA, P.O. Box 31, Cabin John, MD 20818

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COMMUNITY CALENDAR

Unless otherwise noted, all events take place at
CLARA BARTON NEIGHBORHOOD RECREATION CENTER

OCT. 25

The First CJCA Meeting Of 2023-24
7:30 pm
Topics of Note: History Committee,
Meet new District 16 MD Rep. Sarah Wolek

OCT. 29

Annual Haunted House
4:00-6:00 pm