The Village News

SERVING THE PEOPLE OF CABIN JOHN | APRIL 2023 | VOLUME 57 | ISSUE 4

Volunteers Needed to Help Cleanup Cabin John Creek and Trail!

Friends of Cabin John Creek and CJCA need your help picking up trash along the trail and creek to prevent any debris from floating down to the Potomac River and then into the Chesapeake Bay.

When: **April 15, 9:30am-noon** (Rain Date: April 16)

Where: Cabin John Local Park (Trailhead at Playground)

Directions: MacArthur Blvd to Cabin John. The creek is behind the tennis courts and **CBNRC**.

Questions? Greg Gurley at greg@cabinjohncreek.org

What to Know: Bring gloves and clothes that can get dirty. Pre-approved for MCPS SSL hours. Children under 14 must be accompanied by an adult supervisor. *VN*

Friends of Cabin John Creek

Next CJCA Mtg: April 26, 7:30 pm

Join us on Wednesday, April 26, at 7:30 pm, for this month's CJCA meeting at the Clara Barton Neighborhood Recreation Center (CBNRC). For those unable to attend in person, we encourage you to attend remotely via Google Meet at **http://meet.google.com/cxx-ieve-pfk**

April Community Calendar

April 15 – **Creek Cleanup**: 9:30 am – noon, Creek trailhead at the playground (***Rain Date***: April 16, same time and place.)

April 22 – **Weed Warrior Workday**: 10:00 am-noon, Creek trailhead at the playground

April 22 – **Casino Royale** *(55+)*: noon-3:00 pm, ***CBNRC***

April 26 – **CJCA Meeting**: 7:30 pm, ***CBNRC***

May 6 – **Cabin John History Run** (8.5K): 7:30 am; start in front of Captain's Market

May 7 – **Spring Blood Drive**: 10:00 am-3:00 pm, ***CBNRC***

May 25 – **Deadline to submit photos** of CJ graduates to *The Village News*

Reminder: Montgomery County Government (MCG) rebranded CBCC to **CBNRC** (**Clara Barton Neighborhood Recreation Center**).

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A Spectacular Egg Hunt

By Scott Lewis

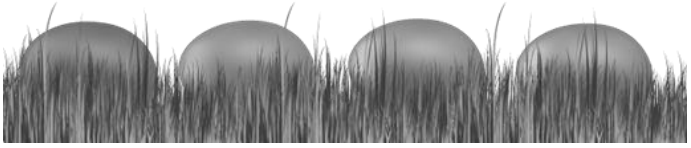
What a fine day for an egg hunt—warm weather, lots of friends, families, neighbors — and, most importantly, many hidden eggs. Only a keen and sharp young Cabin Johner could locate the well-hidden eggs...yet they were collected in the blink of an eye.

While the eight-egg limit seemed to be spot-on, several children arrived a bit late. So in keeping with our community's generosity, more than one older child created his or her own mini egg hunt by repacking their spoils in empty eggs and hiding them again for the wee latecomers.

A shout-out and big thank you to **Loretta Devery Ingalls**, who confidently organized the event. A quick set of activities with a parachute helped keep the kids occupied as the clock clicked down to the start. Master egg-stuffers and egg-hiders included **Maia Niebylski**, **Savannah and Mallory Hawks** and their mom, **Beth Jen Bernat**, **Chris Nasti**, **Sophia and Dylan Hollister**, and **Scott and Heidi Lewis**.

It was a fantastic event, and a big thank you for coming out! *VN*



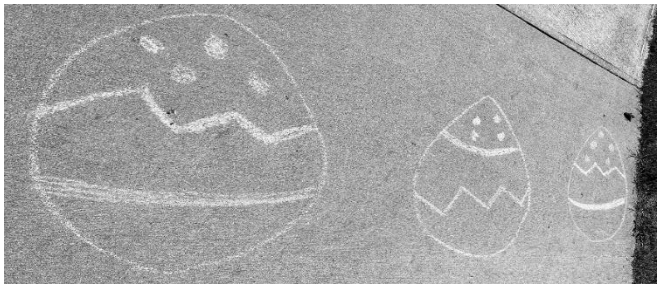


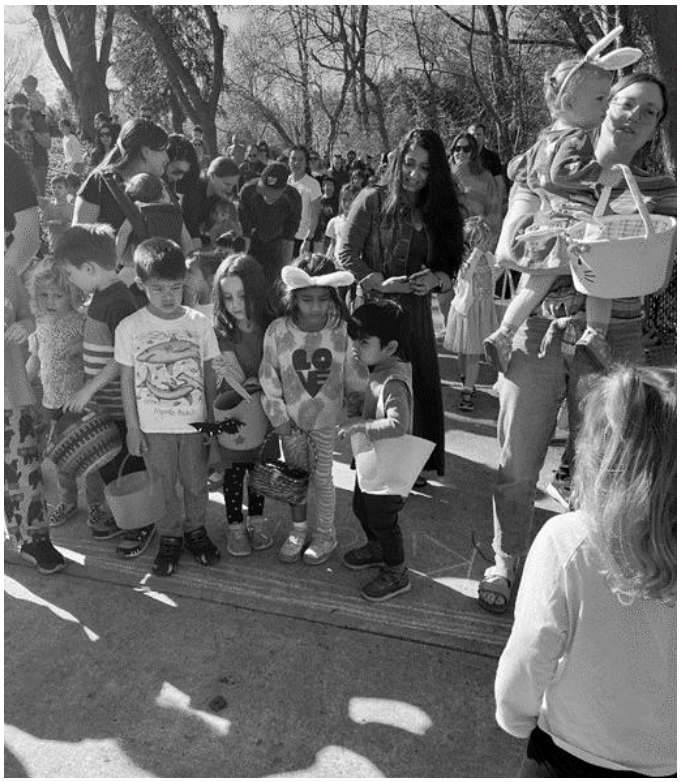












Minnie's Island
Community Conservancy

STUDENT SERVICE LEARNING HOURS

-Maryland requires students to do some of their learning in the field, and Minnie's is a perfect venue for outdoor educational work!
-We are proud to support the **SSL program** and hope to meet some new students this spring
-We can transport you to and from the island to learn about and remove invasive species
-email: **info@minniesisland.org** if interested

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Mimi Darmstadter
CJ Executive Coach & HR Consultant

Neighborly News

By Loretta Devery Ingalls and Heidi Lewis

Long Ridge Ct. Kids Clean Up Nearby Woods

CJ neighbor **Mark Gillespie** shared that several families from Long Ridge Ct. got together on March 12 to clean up the trash in the wooded area between Palisades Pool and Long Ridge Ct. They had no idea how much they would find –what they found was A LOT!

This photo shows the clean-up crew (almost exclusively the kids on the street) along with 15 bags full of trash.



In addition to the usual suspects (plastic bottles, beer cans, tennis balls, cigarette butts, etc.), they also found several interesting items, including a toilet seat, a big watering can, and a real estate sign from Shannon & Luchs, which must be at least 30 years old. According to *The Washington Post*, the agency was sold in 1993! Thank you, neighbors, for your work!

Calling 2023 CJ Graduates!

Each June, *The Village News* recognizes Cabin John students graduating from high school or college. The editors want to recognize this year's graduates who have persevered through more than two years of pandemic challenges to reach this milestone.

Please provide a photo and a few sentences that include the student's name, street, school name, and field(s) of study if graduating college. Feel free to include any other noteworthy aspects of their academic careers or future plans.

Submissions should be sent to VNeditorial@gmail.com no later than May 25.
We look forward to celebrating all CJ graduates!



Remembering Mary Morgal

Mary M. Morgal of 76th St. passed away on February 10, at age 93, after a short illness. Mary was a legendary supporter of the Cabin John Park Volunteer Fire Department (CJPVFD), serving as president of the CJPVFD Auxiliary from 1960 (when the firehouse was still in the building on MacArthur that houses Fire House Cleaners now) until her death. Born in Glen Echo Heights, she attended Clara Barton Elementary School, graduated from Bethesda-Chevy Chase High School, and moved to Cabin John with her husband, Everett Morgal, in 1953. Mary and Everett's home was easily recognized by the custom-made fire engine mailbox at their home, painted to match the colors of the station's engine. More of Mary's memories of life in Cabin John is shared in Judy Welles' book *Cabin John, Legends and Life of an Uncommon Place*.



In 2019, Mary received a lifetime achievement award from Governor Larry Hogan for her service with the CJPVFD and was featured in a *Village News* article (April 2020). You can view Mary's obituary on the Pumphrey Funeral Home website at https://www.pumphreyfuneralhome.com/obituaries/Mary-M-Morgal?obId=27290184

We'd love to hear your news!
Please share with us at cjcapresidents@gmail.com or vneditorial@gmail.com for news of milestones, gatherings, births, deaths, new neighbors, and anything else related to Cabin Johners.

Lisan Martin Therapy



Lisan Martin, a psychotherapist with over 30 years of experience, provides counseling to individuals, couples, and families. A Cabin John resident, Lisan sees clients virtually and also at her offices in Cabin John and Tenleytown, DC.
www.lisanmartintherapy.com
202.537.6614

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APRIL FOOL'S SURPRISE?

The first day of April stormed into the D.C. metro area with heavy rains and wind gusts up to 70 mph reported near Patuxent River Naval Air Station. Cabin John residents **Joanne and Richard Hirsh** said they were greeted with these two scenes early Sunday morning when they opened their garage door on Wishbone Terrace in the MacArthur Park townhouse community. Said Richard, "We opened our garage door after a neighbor texted us about the fallen tree. Our first reaction was expletive deleted. Then we were relieved that it had missed our house and just barely clipped a tree on our front lawn. Had the tree not fallen diagonally across the street, but fallen straight across the street, it would have hit the car in our neighbor's driveway and probably damaged their garage. We all were very lucky." VN





50 Years in Cabin John - Remembering Bob Norris

By Heidi Lewis and Lisa Gappa-Norris

Bob Norris, of 76th Place, died on November 5, 2022, in the home he loved and shared with his wife, Lisa, and son, Joseph. Bob purchased the property in 1973, spending nights and weekends turning the 1940s house into the home he envisioned and cared for over the decades. He occasionally joked that you know you've lived in a place for a long time when you tear out your own work!

Bob loved Cabin John and the eclectic residents it attracted, along with the spirit of community that continues to thrive here. He was especially fond of bus stop gatherings during Joseph's elementary school days and manning the glue gun table at Bannockburn Elementary's annual craft night.



Bob kindly agreed to be a Boy Scout den leader, sharing woodworking knowledge with the den, often demonstrating how engines worked, and various other lessons. He is perhaps most famous for inventing the "ladder grill" for campouts, allowing quick, easy setup and take down, with plenty of grill surface to cook a large batch of burgers and hot dogs for hungry cub scouts.

Bob believed in civility and civic responsibility, volunteering for various Cabin John events over the years, from picking up items for the CJCA crab feast, to driving those in need to medical appointments as part of the Neighbor-2-Neighbor program. He served as an election judge closer for many years after retiring, returning home well after midnight as part of a bipartisan team responsible for securely delivering ballots to a central collection point. Together with fellow Cabin Johner John Gelb, he was a founding member of The Village Gentlemen, a group of men that still gathers monthly to exchange ideas.

May Bob's memory be a blessing to his family, friends, and all of us who benefit from the lasting impact of the 50 years of good work he shared with our community. VN

Local Nature

With Respect to the Ant

By Eric Dinerstein

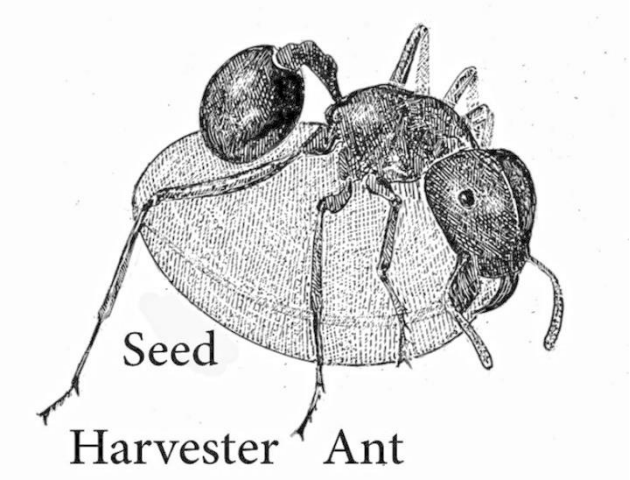
One of the extraordinary natural history experiences in Cabin John is to stroll through the woods in late March to early April and marvel at the spring wildflowers sprawling like a carpet along the banks of the Potomac or on the slopes of Cabin John Park. These vistas, however ephemeral, fill our hearts with joy and have inspired many a poet. What few casual strollers may know, however, is that we owe a good deal of this unrivaled display to an unsuspecting diminutive creature—the ant. Wild wood poppy, spring beauty, Dutchman's breeches and its cousin bleeding hearts, yellow trout lily, many species of violet, bloodroot, twinleaf, various Trillium species, and bellworts—to name a few of the early spring stars—are all dependent on a group of ants (often in the genus *Aphaenogaster*), that pick up ripe seeds and carry them off to their lairs. There, in these underground nests, the seed is stripped of its fatty attached tissue (called an elaiosome). The fat sac is then divvied up to feed the hungry larvae in the nest. And the discarded seed? It is deposited in a site with exceptionally good conditions for germination: darkness, proper humidity and temperature, often in soil rich in organic matter, and far from the location of parent plants in case a seed predator was cueing in on the seeds that might fall conveniently below the parent or were left sitting on the soil surface where the seed might desiccate.

As it turns out, dispersal of seeds by ants is widespread from Maryland to Brazil, from Cape Town, South Africa to Perth, Australia. In fact, more than 11,000 flowering plant species found in 77 plant families and among 334 genera rely on ants to move their seeds—that is, almost 1 in every 25 species of plants relies on ants for dispersal. Having evolved among so many different families of plants from different continents is a big deal in nature; ant dispersal is an example of what biologists call convergent evolution.

Several years ago, I wrote an article in this column entitled "Ants in Our Plants" featuring this phenomenon of ant-mediated seed dispersal in wild ginger (*Asarum*). It was told mostly from the perspective of the plants, so this being our year of invertebrates, the focus here is on the ants.

Few groups of insects deserve as much awe as the ant. Farmers, harvesters, predators, slave masters, ecosystem engineers, not to mention food for many tropical birds, ants have many roles in nature.

Illustration by Trudy Nicholson



As many as 12,000 species have been recorded, making them one of the richest groups of insects and one of nature's largest families of invertebrates (all species of ants belong to the family Formicidae). Ants are actually wingless bees or wasps, as all are in the same order—the Hymenoptera. That is why ants share a painful trait, they sting and can inject formic acid in the wound they make. Most ants, though, are harmless and only sting when threatened, and the ones that harvest our seeds are nothing to fear.

Ants come in many sizes, from the smallest at slightly less than a millimeter, to the giant bullet ant of Central and South America measuring up to 30 mm (1.2 inches). The latter is one to avoid, I can say from personal experience. The local name for this species is "*bala,*" Spanish for bullet, and it seems quite apt. The sensation of being stung by this ant known to science as *Paraponera clavata* has been equated to being shot. I have not experienced the latter, but I have encountered a bala and brushed many off while working in Costa Rica, a most unpleasant experience.

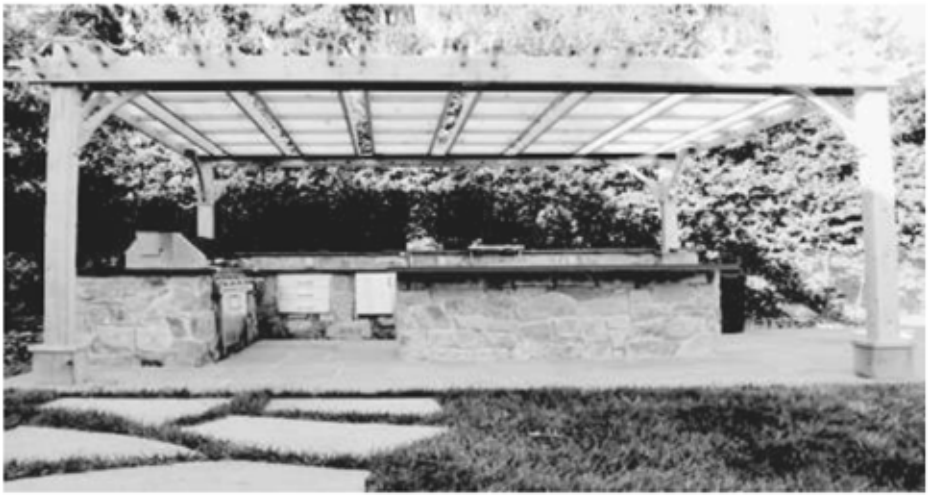
Ants are ancient, the first appearing over 100 million years ago, so the relationship between ants and plants developed only after the flowering plants exploded about 60 million years ago. Before then, ants lived on scavenging and each other. But eventually, plants that evolved to produce these fleshy attachments to their seeds found a reliable carrier of their seeds. Why more plant species don't produce elaiosomes and rely on ants is not clear.

We do know how important ants are to our forest ecosystems. Where mature forests have been logged or their understories have been disturbed, ant populations are diminished. We may thus expect to see fewer wildflowers or other plants dispersed by ants and the seeds in these disturbed sites will fall to the ground, dry out, and die without germinating. In fact, some biologists have suggested counts of ant species and populations as the ideal "bio-assay" to estimate the intactness and uniqueness of tropical forests. The ant faunas of tropical forests are relatively well known compared to other invertebrates. A rapid census of an area's ant fauna can tell biologists a lot about the health and diversity of the overall forest that would take much longer to gain by sampling all of its trees and other plants. Of great interest to bird fanatics are the diverse array of bird species—ant-wrens, ant-pittas, ant-thrush, antbirds, etc.—that make their living following around swarms of army ants across the tropics. The birds wait patiently above the swarming ant legions as insects desperate to escape flit in the air to be snatched by the hungry birds.

Ants are one more species that we should cherish. Sure, if they come after food sitting around in your kitchen, they can be pests. But for ants in the garden—have a heart and don't spray with chemicals if you want to keep this chain of nature intact. Every time you see an ant crawling across the countertop, show it the door on a piece of newspaper. Think of its kin that provide us with these fantastic spring displays of Dutchmen's breeches and trout lilies and let them live. *VN*

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Real Estate Activity in Cabin John

March-April 2023

Courtesy of Cabin John Realtor Rachelle Cherol

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List Price $1,300,000
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8021 Cypress Grove Lane
List Price $1,350,000
4BR, 4FB, 2Gar, 2700 sq. ft.

6417 83rd Place
List Price $895,000
3BR, 2FB, 0Gar, 1653 sq, ft.

CLOSED

5 Ericsson Road
Close Price $630,000
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7630 Tomlinson Avenue #L-10
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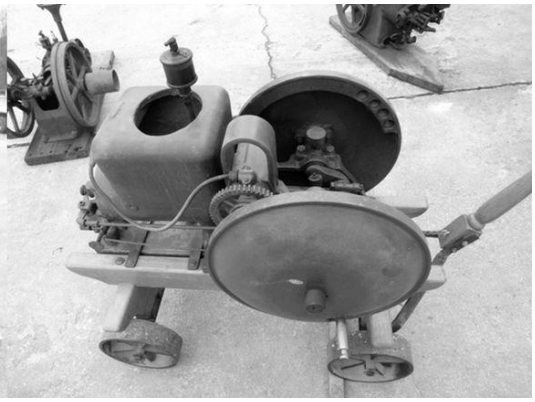
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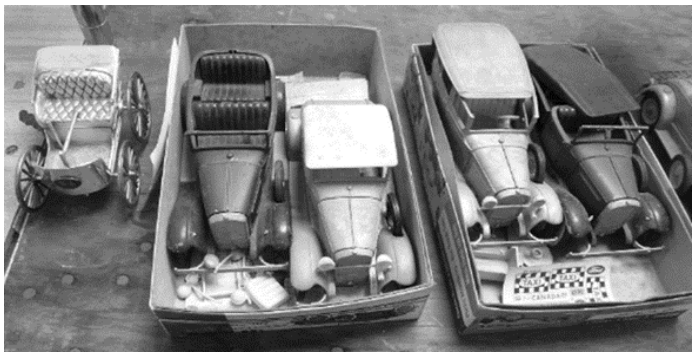
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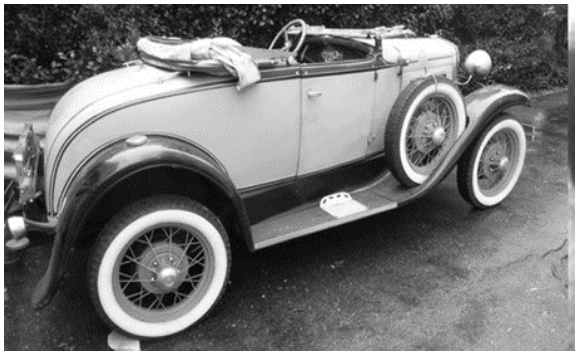


Auction of the Lifetime Collection of Cabin John's Reed Martin

Those who've lived in Cabin John for more than a few years will remember **Reed** and **Barbara Martin** leading our 4th of July parades in one of Reed's magnificent antique cars. Some may have been lucky enough to get a glimpse inside the Martins' garage, which was packed full of Reed's many treasures. Now everyone has a chance to see the entire collection when it goes to auction on **May 13, 2023** (doors open at 8:00 am, and the auction starts at 9:00 am), Frederick Fairgrounds 797 E Patrick St, Frederick, MD 21701. Billed as "The Lifetime Collection of Reed Martin of Cabin John, Maryland - One of the Finest Tether Car Collections in the Country," the auction includes not only tether cars but antique roadsters, engines of all types, old photographs, toys, advertising and more. For more information, check out the Parzow Auction House website at **http://www.parzowauctions.com/** and click on the **May 13 Auction of Reed Martin** or contact Howard Parzow, Auctioneer, at 301-351-6544 or hparzow@aol.com.




DID YOU KNOW?

Before you shop for the right home to buy, you need to explore mortgage options if you plan to finance the purchase. There are five common types of mortgage loans for homebuyers:

1. **Conventional Loan** – best for borrowers with a good credit score.
2. **Jumbo Loan** – best for borrowers with excellent credit looking to buy an expensive home.
3. **Government Insured Loan** – best for borrowers with lower credit scores and minimal cash for a down payment.
4. **Fixed-rate Mortgage** – best for borrowers who prefer a predictable set monthly payments for the duration of the loan.
5. **Adjustable-rate Mortgage** – best for borrowers who aren't planning to stay in the home for an extended period, prefer lower payments in the short term, and are comfortable with possibly having to pay more in the future.

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Spring Through the Eyes of a Child

Words and drawings by the children of the Clara Barton Center for Children

What do you like about spring?

Puffins (Ages 3–4)
Nealen: Going to Pompano
Taj: Dancing around in the leaves
Cleo: I like making chocolate chip cookies in spring
Tess: That it's warm outside
Max: I like to eat popsicles in the spring
Archer: I like playing with my toys
Grant: Going outside to play
River: Play with my mom and climb
Emma: Balloons
Maggie: There are no leaves

Hummingbirds (Age 3)
Ella: I like it when the flowers bloom
Abby: I like the flowers
Rosie: I like exploring nature

Cardinals (Ages 4–5)
Grady: Red flowers
Rosie: I like the flowers are in the bloom, and the temperature gets hotter
Nayna: I like the flowers come, and the bears come from the cave
James: Bugs
Daniel: I like the birdies come out and the flowers
Felix: I like the flowers are in bloom, and the birds come out
Synnoeve: Apples fall down from the trees
Charley: I like when the flowers come out
Evy: I like tulips
Molly: We go to the pool

Eagles (Ages 4–5)
Turtle drawings by **Mia**, **Matilda**, and **Wesley**

Our "Cabin John"

By Dinah Elias
8th Grader at Pyle Middle School

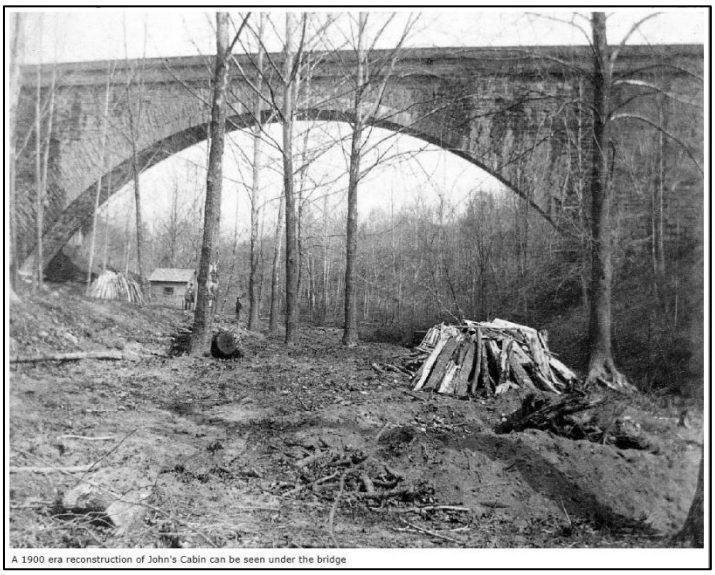
There are many tales of our town's name
Different stories
But they all end the same

Some say it was named after a hermit called John
Had a cabin near the Union Arch Bridge
Where the creature lived on

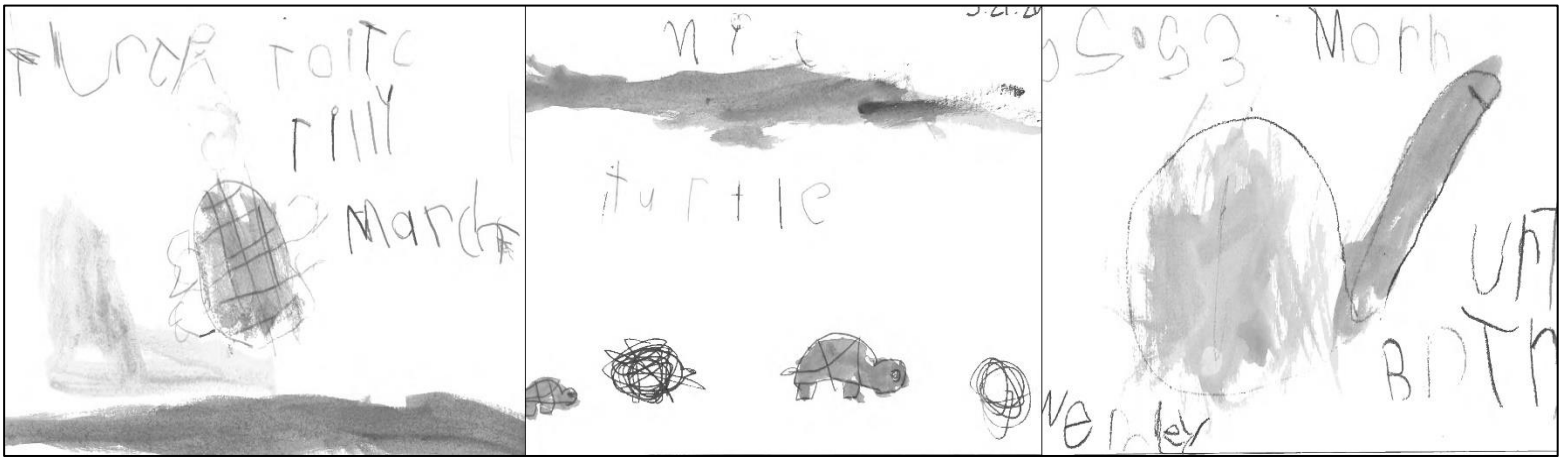
Others believe John was a pirate who escaped his crew
Buried his treasure in the Potomac
But no one really knew

And finally, it could even be Captain John Smith
A mapper, a founder
Or it may be a myth

Despite each different take
Together the stories make,
Our Cabin John



A 1900 era reconstruction of John's Cabin can be seen under the bridge

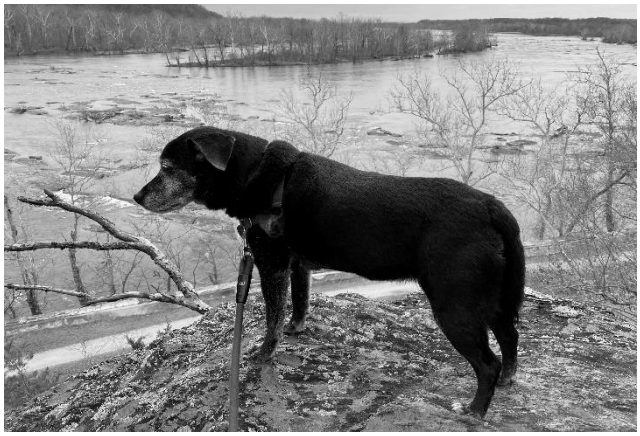


Pets of Cabin John

By Sarah Craven



Meet Lily from 81st Street. There are dog people, and there are cat people, but Lily is a people dog: she greets every person she meets in Cabin John with affection and excitement. Lily came to Cabin John in 2012 as a rescue who was discovered wandering the mean streets of D.C. Lily is 100% mutt, although before she turned gray, she channeled a mini black lab puppy vibe. Lily has a well-earned reputation for being an escape artist, and many of her neighbors on 81st Street have found her as far away as the C&O canal as well as crossing Clara Barton Parkway. She is beloved by her adoptive mother, Wendy Putnam, and tolerated by the rest of the family (who actually love her dearly too). VN





*** Calling All Do-Gooders! ***

Do you wonder whether your organization is living up to its mission and values?

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Clara Barton Neighborhood Recreation Center

CASINO ROYALE



GAMING TABLES w LIVE MUSIC

Saturday, Apr 22 Noon to 3:00 pm

1920s Gatsby attire (If you have some, wear it!)

Free for ages 55+ Register for Activity # R03027-301

The *RecFit23* pass has been extended and is now good through December 2024!
Get yours at the front desk. No charge! Gives free access to the weight room, open gym and more.

***Senior Shape* Exercise Class**
Wednesdays 10:30-11:15 am, April 5 to June 28
Ages 55 and up ■ $40 for the series
To register call Suburban Hospital, 301-896-3100

2nd Act 55+ Club
Bingo Bonanza! April 24, at noon
Movies, Art Café activities
Call the center for dates and info.

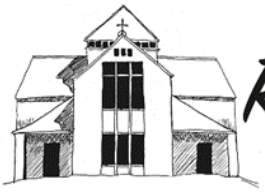
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CJCA March Meeting Recap

By Heidi and Scott Lewis
Co-Presidents, Cabin John Citizens Association

April's CJCA Meeting, held on Wednesday, March 29, featured the usual approval of the previous month's meeting minutes and a review of the upcoming CJCA and local events (see CJCA event list elsewhere in this edition of *The Village News*). In addition, the meeting featured two other agenda items of interest to the Cabin John community. First, **Charlotte Troup Leighton** provided a brief update on the Beltway Expansion, explaining that Trans Urban had exited the project. She suggested we invite Marc Korman to an upcoming meeting to provide updates on the Beltway Expansion Project. The CJCA contacted Korman and confirmed he would appear at the May meeting.

The second agenda item was an overview and update from the C&O Canal Trust. Robin Zanotti, C&O Canal Trust president and Charissa Hipp, director of marketing & communications, attended virtually.

The C&O Canal Trust was founded in 2007 as the nonprofit partner of the Chesapeake & Ohio Canal National Historical Park and supports four initiatives: *Towpath Forever*, *Towpath Resurfacing*, *Canal Classroom*, and the protection of rare, threatened endangered plants. Of note was the fact that the C&O Canal's deferred maintenance is estimated to be over $250 million. Looking for more information or ways to get involved? See https://www.canaltrust.org. *VN*

(*"Lock 68"* photograph by Jim. Blair*)*



Community Notices

SENIOR SHAPE CLASSES RETURN TO CBNRC

Senior Shape Classes are returning to Clara Barton Neighborhood Recreation Center. These are exercise classes that include low-impact aerobic exercises to improve your flexibility, joint stability, balance, muscular strength, and cardiovascular endurance. The classes will be held on Wednesdays from 10:30-11:15 am, April 5 through June 28. The cost is $40 for any portion of the three-month session. Bring a mat, band, and/or light weights. Contact Maura Canavan at Mcanava1@jhmi.edu or (301) 896-2689 to register and for more information.

CLARA BARTON FOR CENTER FOR CHILDREN

The Clara Barton for Center for Children has openings in the following programs for the **2023-24** school year:

- 3-year-old program (birthday range June/July 2020 to January 2021)
- Pre-K program (birthday range August 2018 to January/February 2019)

We offer a safe and nurturing environment that encourages learning through play. We provide a varied, developmentally appropriate program that nurtures creativity, individuality, and exploration and fosters children's physical, cognitive, and social development. We are fully licensed and accredited by the Maryland State Department of Education. (License # 33118.)

Please contact Paula Curran at 301-320-4565 or at info@clarabartoncenter.org.



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Regular contributors: Sarah Cahill, Sarah Craven, Eric Dinerstein, Burr Gray, Charlotte Troup-Leighton, Heidi Lewis, Scott Lewis, and Susan Shipp.

Illustrations: Trudy Nicholson

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

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HELP WANTED
to design and produce electronic files for a different black & white advertisement each month in Cabin John's community *Village News*. Ad lists activities and events at the Clara Barton Neighborhood Rec Center. Terms negotiable. Call 301-704-2421 or email jfbell@mac.com.

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