The Village News

SERVING THE PEOPLE OF CABIN JOHN

JANUARY 2023 | VOLUME 57 | ISSUE 1

Team Trivia Night January 28th

By Scott Lewis

After a three-year hiatus, the Cabin John Trivia Night is back! This year's Trivia Night will be held at the Clara Barton Neighborhood Recreation Center on Saturday, January 28th. A perfect way to spend a cold winter's evening (and note there is no football that evening).

The night will include roughly two hours of trivia, a grand prize for the winning team, as well as other prizes given throughout the night.

There will be a cash bar for beer and wine. Teams are encouraged to bring their own food if they want to dine while they play. Light snacks and non-alcoholic drinks will be provided.

Please note this is an **adults-only event**, open to those **21 years and olde**r.

The cost is $12 per player or $80 for a team of eight players. Proceeds from the night will support the community activities and projects of the Cabin John Citizens Association, which is hosting the evening.

Participants should plan to arrive at 6:30pm to socialize, settle in, and be ready for the 7:00 pm start. There will be multiple rounds of questions, with a 30-minute half-time break to give folks time to say hi to their neighbors.

The Trivia Night does sell out so to make sure you don't miss out, form your team of up to eight players, and go to the CJ website, www.cabinjohn.org, to register – look for a link on the home page. Email cjcapresidents@gmail.com if you have questions or need help registering.

Individuals and small groups may request to be paired up with other players to make an eight-person team, or you can go it alone.

See you there! ##

Holiday Giving Tree Results

By Lori Rieckelman and Loretta Devery Ingalls

The Cabin John community came together to raise $7,400 dollars in gift card donations as part of our Holiday Giving Project! Eight lucky children who made specific requests also received generous gifts thanks to our neighbors. The raffle at the CJCA Holiday Party raised an additional $665.

Cabin John partners with the communities of Brookmont and Glen Echo to provide gift card donations to So Others Might Eat (SOME), the DC-based nonprofit that fights poverty and homelessness. This year the three communities donated a total of $21,700 in gift cards as well as toys for 29 children.

A huge thank you to all families that participated! ##

January CJCA Meeting 7:30 on 25th

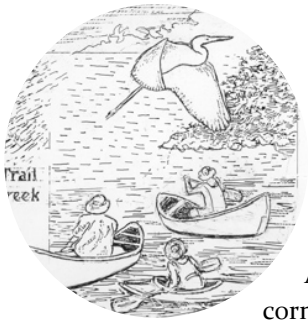
Please join us on Wednesday**, January 25 at 7:30 pm** for the CJCA Meeting at CBCC. Since this past fall, we have used GoogleMeet to allow Cabin Johnners to attend CJCA meetings remotely. For this meeting, the GoogleMeet link is: meet.google.com/uwg-xprw-hxc ##

COMMUNITY CALENDAR

CJCA meeting **– Wednesday, Jan. 25, 7:30 pm**

Team Trivia Night **– Saturday, Jan. 28, 6:30 pm**

Blood Drive **– Sunday, Feb. 5, 10 am – 3 pm**



Neighborly News

Hello friends and neighbors,

As I let everyone know earlier, Reed Martin is now living in the memory care unit of Brookdale Assisted Living Potomac, at the corner of Seven Locks and Tuckerman. He is adapting reasonably well. He has a girlfriend (Leonarda) and is evidently quite the heartthrob there.

I visit him at least a couple of times a week and pick him up when I have a bunch of errands to run. My two sons and I shared Christmas dinner with him there recently. He has his banjo and plays it often. He has performed with me and another musician for the residents a couple of times now and clearly enjoys doing that.

Visitors are always welcome, although he may not remember who you are. The phone number for Brookdale is 301 765-9198, and it's a good idea to call ahead to let them know you're coming.

My brothers and I share guardianship of Reed and are doing our best to find appropriate buyers for his many amazing collectibles. A couple of his lifelong friends have been invaluable in assisting us. Remarkably, in the two months since he's moved there, not once has he asked me about the house or his collections. Hard to fathom—but Alzheimer's is a strange and brutal disease.

As we were sorting through things while he was still living on 79th Street, he carried some of his more valuable items to neighbors, asking them to keep them so they wouldn't get "thrown away." We have had several neighbors contact us and return the items proactively. I also wanted to appeal to anyone who may have had Reed drop things off to contact me at 443-223-7709.

Thanks everyone,
Steve Clark

Real Estate Activity in Cabin John

NOV - DEC 2022 Courtesy Cabin John realtor Rachelle Cherol

ACTIVE UNDER CONTRACT
7630 Tomlinson Ave.#32 List Price $319,000
2BR, 1FB, 0GAR, 768SQ.FT.

CLOSED
35 Ericsson Rd. Sold Price $675,00
2BR, 1FB, 0GAR, 1213SQ.FT.

Friends of Cabin John Creek Update

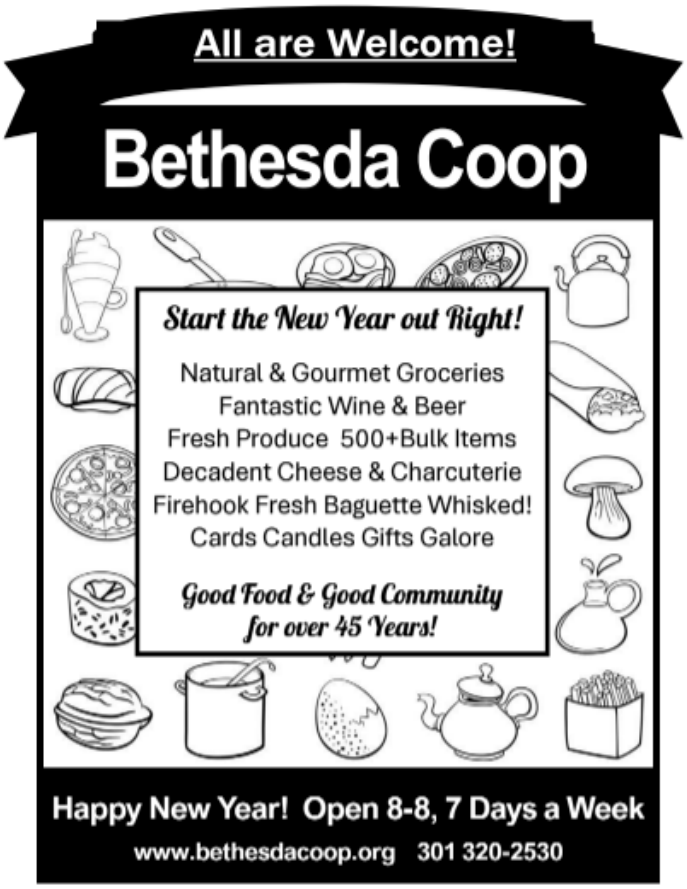
By Greg Gurley
Director, Friends of Cabin John Creek (FoCJC)

As part of our latest grant from the Chesapeake Bay Trust, Friends of Cabin John Creek is improving our Creek Keepers volunteer program.



Friends of Cabin John Creek Needs Creek Keepers!

Our volunteer Creek Keepers help us monitor and maintain the health of the Cabin John Creek and its tributaries. Our Creek Keepers are essential stewards of the watershed and can help support our outreach events, monitor creek conditions, report issues, remove



invasives, and lead cleanups wherever they live. Training is provided.

The work of stewards is variable, depending on interest and time, as well as the needs of their segment and their community… We do provide quarterly activities for you to get involved.

Signup as a Creek Keeper at info@cabinjohncreek.org and for our FoCJC e-newsletter to be notified of our events.



Salt Watch - Help us monitor harmful salts in the creeks! Be a citizen scientist and help us and our partner Izaak Walton league of America monitor harmful salts in our streams. Go to SaltWatch.org and Take the Salt Watch Pledge to order a free test kit and get out there! ##

Minnie's Island Update

By Rob Bragan
MICC Natural Resources Committee Chairperson

Invasive plants, especially vines, are disappearing from some Potomac River islands!

Thanks to the hard work of a group of persistent volunteers, Cabin John Island just upstream from Lock 7 has been largely cleared of invasive plants. The expansion of spring ephemerals growing in the island's rich floodplain soils is spectacular! They include Virginia bluebells, twin leafs, Dutchman's breeches, ramps, and many others during April and May. Come see for yourself -- it's in our backyard!

Minnie's Island is upstream of Cabin John Island near Lock 8. The Minnie's Island Community Conservancy has been conducting similar work there. Our team has begun replanting canopy and understory trees & herbaceous plants. We hope to regenerate a forest that has been damaged by decades of invasive vines growth, the loss of mature ash trees to invasive beetles, and forest clearing. Hybrid American chestnut seedlings, bald cypress, black cherry, redbud and a variety of native herbaceous plants have been planted this year, with many more to come in 2023.

Minnie's Island is owned by the Minnie's Island Community Conservancy (MICC). The island is publicly accessible via canoe, paddle board, or kayak. Floodplains are dotted with sycamores, rocky crags are climbable and, pieces of a mature hardwood forest above the floodplain invite exploration. Trails, river views, and a cabin now being restored add to this semi-wilderness experience.

This winter, while the undergrowth is dormant, we will focus on removing invasive vine tangles that still cover a portion of the island. Come join us on volunteer days where a few hours of work with simple gardening tools can make real progress towards restoring this special place.

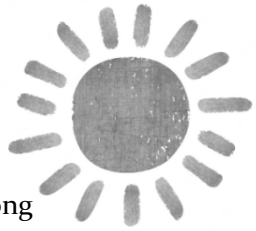
Contact us at minniesisland.org for more information about our organization and to learn how we can help you visit the island. Volunteers are welcomed, generally on the 3rd Saturday of each month.

Minnie's Island Community Conservancy (MICC) is a 501(C) (3) nonprofit organization based in Cabin John, MD, charged with care & management of Minnie's Island. All MICC officers are volunteers. ##

Minnie's Island
Community Conservancy
MinniesIsland.org
Cabin John, Maryland

Sunny Days in Cabin John

By Dinah Elias
8th Grader at Pyle Middle School



Sunny days in Cabin John
Are like waking up with a smile
When stormy, rainy days feel long
These days don't take a while

The kids jumping on trampolines
Or the neighbors walking their dogs
The freshly mowed grass
To the finely chopped logs

Water flows at the creek
Ducks glide on the canal
A song from a bird's beak
To the Co-Op locale

When I ride my bike
Or go on a walk
I'll watch the families
As they sit down and talk

The slides at the park
The traffic at the bridge
This is my home
Where I happily live

On days when it pours
And the grass is all wet
And the starry night soars
As the pink sky sets

On days when there's thunder
And lightning begins to crack
I then always wonder
When the sun will be back

But it's like it never happened
The sun is released
We go back to chatting
At the Crab and Chicken Feast

And then once again,
The dogs are walked
The grass is mowed
And the neighbors talk

Because sunny days in Cabin John
Are like waking up with a smile
This is my home
Where I will stay for a while

Turkey Trot Draws Large Field

By Scott Lewis

Our annual crew of Thanksgiving runners and walkers were greeted with beautiful weather, exciting walk-up music, and over 300 friends and neighbors this past Thanksgiving morning. Following the traditional counterclockwise path, participants enjoyed the last bit of fall as they headed down MacArthur and 79th to the Canal and then back up the one-lane bridge. The only unusual aspect of the course this year was a small bridge/mound that was built by WSSC contractors over the temporary sewer line (see this month's Public Works Corner pg. 9).

Turkey Trot runners gathered at the starting line for the traditional road race countdown. Coming in at 16 minutes and 3.3 seconds was Jason Belinkie (that's 6.2 minutes per mile over the 2.5-mile course!). There were many other Cabin Johnners with superior times too numerous to mention.

Leslie and Bruce Meyers procured and presented the post-race refreshments. Race participants and spectators donated a full carload of non-perishable foods for Manna's Smart Sacks, and many thanks to Susan and Jeff Shipp for taking the bounty to Manna Food Center.

Thanks to all our volunteers who kept trotters safe along the course including Marcy Harrison, Vinni Juneja, M.D, Mary Patton, Lennon Lewis, and Loretta Ingalls. Thanks to those who came and we look forward to 2023! ##



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Holiday Craft Show Returns to Cabin John

By Burr Gray
FCBCC President

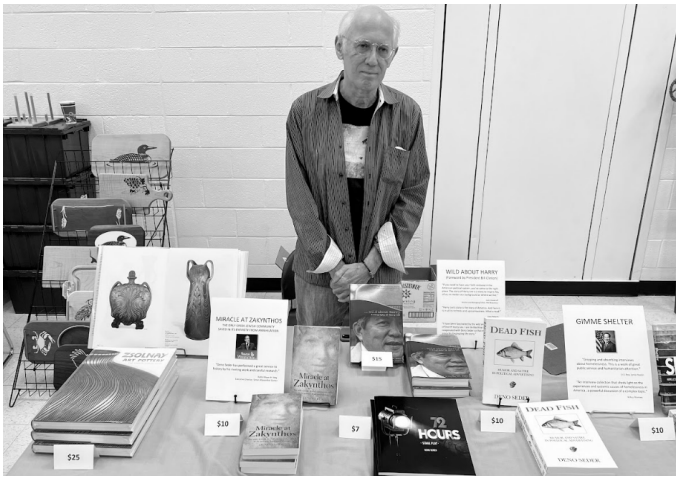
First, an important announcement: The Board of our little non-profit group, Friends of the Clara Barton Community Center (FCBCC), has been organizing these types of events for the past 20 years, since the organization started in 2003. **We are very much hoping to pass the reins to local residents** who have the best interests of the Center and the community at heart. Please send an e-mail to me (burrgray@aol.com) if you are interested in being on our Board. The current director of the Center, Barry Jones, is really wonderful and easy to work with.

Now, onto the Craft Show. After a break of almost three years due to Covid, the holiday Craft Show returned to Cabin John. Many thanks to all of the Cabin Johners who stopped by, and particularly to those who bought something. In the end, we estimated about 260 customers visited our 27 vendors/artists. A number of Cabin Johners were among the sellers, including Diana Carter (jewelry), Ebru Karaca Kristen Amouri (coffee beans), Ebru Karaca (knitted dolls), and John Kingscott (woodworking). We also had a visit from County Councilmember, Evan Glass, who will be the next Council President. It was very nice of him to stop by and purchase some items.

The net proceeds (about $1000 this time) go to support the Center's program and activities. Most recently the FCBCC Senior account paid for t-shirts for the seniors that attend the various programs. We'll also be buying a color printer for the Center in the near future.




Jeweler Diana Carter of Riverside Dr. talks with Lori Rieckelman of 78th St.



Author Deno Seder of Seven Locks Rd.


Ebru Karaca of Arden Rd. displays a lovely assortment of knitted dolls, animals, and blankets.



Coffee Roaster Kristen Amouri of Webb Rd. with helper daughter River.



CJ resident John Kingscott, a woodworker who makes very pretty cutting boards.

Photos courtesy of Susan Shipp and Burr Gray

##

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www.manionarchitects.com
Contact: Thomas Manion, AIA





Renovations | Additions | New Homes

Moses Hall Update

By Charlotte Troup-Leighton
Chair, Friends of Moses Hall Committee
Diector, CJCA Advocacy

More than 20 volunteers came out for Friends of Moses Hall's cemetery clean-up day on November 5, including cemetery descendants representing four generations.



Front Row (L to R): Antoine White; Chalessa White; Pandora White; Kevin White; Alexandra Jones; Nathaniel White, Jr.; Nathaniel (Pete) White, Sr.; Marcy Harrison; Eileen McGuckian.

Back Row (L to R): Paige Whitley; Paula Posas; Adam Myers; Charlotte Troup Leighton; Shannon Steward; Tonya Waynes; Christopher Waynes; Baby Shelton Waynes; Scott Hoffman.

Volunteers Not Pictured: Russell Leighton; Andrew Strasfogel; Brian Crane; Jay Mallin; Jane Meleney Coe; Andrew Cohen.



Councilmember Andrew Friedson dropped by to tour the site and visit with volunteers.

Photos courtesy of Paula Posas

##



Earth Medicine - Moon 101

By Sarah Cahill

The moon is a powerful force. With the strength to move oceans, she also moves our lives and moods. We are 95% water so it's a good idea to understand how the moon works!

Let's begin at the new moon. Here the sun and moon rise together in the east in early morning. Traveling hand in hand across the sky, the sun's bright light keeps the moon's light hidden. Setting at sunset they leave the night sky dark. A time to set intentions.

The moon rises each day about one hour later and appears larger. The waxing moon. Only after the sun has set in the west will you see the crescent moon following close behind. A period of taking action.

In about a week, as the sun sets, the half moon is directly above us. It is her time to shine.

So it continues with more hours between them...until about a week later as the sun sets in the west, the moon rises in the east. The full moon. Her most potent time. A time of celebration. She shines on us as we dream. Setting as the sun rises.

Waning begins. Rising an hour later each day from the east late in the night, lagging way behind the setting sun. Her crescent facing the other direction. Time for letting go. Until finally, like old friends the moon and sun unite again. Another new moon.

Like running track together, the sun bigger and faster gains more distance from the moon on each lap, finally catching her again. The moon has been lapped.

Work with moon medicine to flow more effortlessly with life. ##

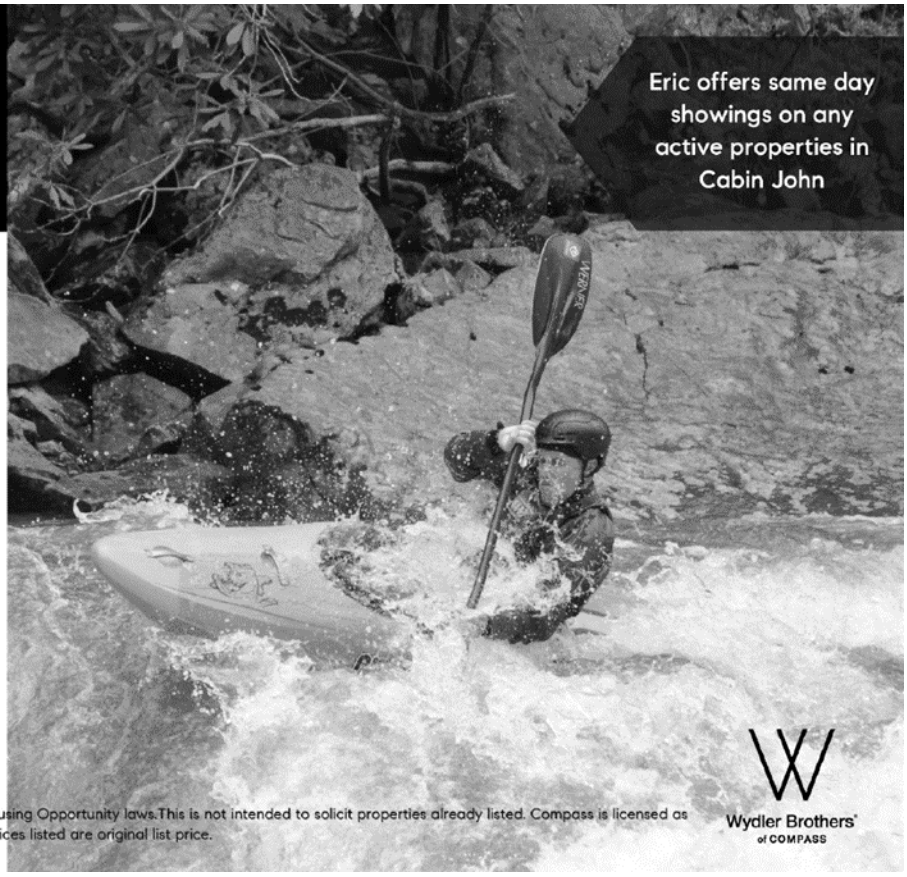


The market has shifted!

When navigating turbulent markets, experience matters.

Let's discuss some impactful action items which will allow you to get top dollar in this current market.

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PUBLIC WORKS CORNER

By Scott Lewis

For those of you interested in these matters, we have three updates for you:

The sewer bypass work along Cabin John Creek, which was reported earlier, was completed in November. The bypass is located where the Cabin John Creek passes under the Canal—on the path from the one-lane bridge to the Canal. Those participating in the Turkey Trot ran up and over a small bridge over this temporary pipeline.

Fixes are ongoing to the permanent sewer pipeline hence the temporary above-grade bypass around the damaged pipeline. Yes, sewage is flowing through those large black pipes…

Across the Potomac and as most know, the Silver Line Metro extension through Dulles Airport to Ashburn was opened. There's a rather long underground tunnel that connects the Dulles Metro station to the airport under the parking lot. Also, the I-66 High Occupancy Toll (HOT) lanes were opened from the beltway west to Gainesville. The toll lanes are free for motorcycles and vehicles with three or more passengers (you'll need an EZ Pass "puck" that has an "HOV switch") or you'll pay a toll. During rush hour, the toll can exceed $30 if traveling the entire length. ##

Holiday Party Delights With Traditions New and Old

By Heidi Lewis

On December 11th over 150 Cabin Johnners gathered at the Clara Barton Community Center for the first CJCA Holiday Party since 2019. The weather outside wasn't exactly frightful (THAT weather would arrive a few weeks later), but the vibe inside was so delightful.

CBCC Director Barry Jones and staff provided loads of fun for kids with cookie-decorating and gingerbread house-making stations, a hot chocolate bar, and video gaming stations in the community room. In the main room a holiday tableau of a Christmas tree, Hanukkah menorah, and Kwanzaa imagery provided the festive backdrop for a convivial gathering of new neighbors and long-timers catching up with neighborhood news. Bigger kids created snowflakes to adorn the tree while the smaller ones kept a keen eye on the back blacktop for signs of Santa's arrival.

Everyone enjoyed a yummy selection of sandwiches from Bayou Bakery in Arlington and pizza from Glen Echo Pizza. A mocktail bar with fruit juice-infused bubbly drinks served by mixologist Nyla Gibbons and assistant Mary Patton served a constant stream of partiers, and copious cool lemonade and fresh hot coffee kept the crowd hydrated as they joined together singing carols led by a host of angelic voices accompanied by Jennifer Jordan on the baby grand piano.

And oh - the desserts! Apple Cider Donut Bread, Peppermint Double Chocolate Chip Cookies, Tiramisu Crepe Cake, and 15 other creations made by our entrants in the Great Cabin John Holiday Bake Off (see full story page 10) exceeded every gustatory expectation.

Anticipation grew through the evening in hopes of winning one of the big raffle prizes and of seeing the season's ambassador from the North Pole—would he arrive?? Lori Rieckelman spearheaded all the efforts related to raising funds for So Others Might Eat (see story page 1), including selling raffle tickets at the party, assisted by Linda Green.

CJCA's Co-President Scott Lewis and Secretary Kelly Banuls called the crowd to order to draw and award raffle winners, and had barely announced the last prize when out on the blacktop there arose such a clatter the whole room arose to see what was the matter—when what to their wondering eyes did appear but a big flashing fire truck with Santa atop in a chair!

With a disappointing dearth of snow for his sleigh, Santa hitched a ride with the Cabin John Park Volunteer Fire Department (www.cjpvfd.org) and their big rig under the guidance of Chief Corinne Piccardi. Santa posed for pictures with kids while Chief Piccardi shared how the community could support the CJPVFD (and the vital services they provide us) by purchasing a Christmas tree from their lot at their River Road station or making a donation any time. She shared that they'd be giving Santa a ride through all the streets of our community as a way to collect new unwrapped toys in their Toys for Tots campaign. So next year remember you can give the toys to Santa's helpers when the fire truck comes by your street, or drop them at the station.

As Santa and CJPVFD pulled away and everyone re-entered the hall, Leslie Meyers and her team of Student Service Learning (SSL) elves handed out gifts to all the kids, a few more carols were sung, and the holiday party came to a close.

Every CJCA event is completely dependent on CJ neighbors who volunteer to bring the joy. The holiday party was brought to you by: Roger Mermelstein, Marcy Harrison, Linda Green, Burr Gray, Theresa Burton, Kevin O'Connell, Leslie Meyers, Lori Rieckelman, Mark Wolf, Cassidy Wolf, Jennifer Jordan, Lily Brown, Elliott Schoen, Meredith McGuire, Tamzin Smith, Susan Shipp, Nyla Gibbons, Mary Patton, Leilia McCabe, Kaylia McCabe, Maia Niebyiski, Savannah Hawks, Mallory Hawks, Scott Lewis, Heidi Lewis, Barry Jones, the staff of CBCC, and everyone who helped stack a chair or pick up rubbish during clean-up.

THANK YOU to our Raffle Prize Donors for adding excitement to our party, and supporting our fundraising for SOME. We encourage everyone in Cabin John to support these local businesses with your patronage year-round:

Glen Echo Pizza - three $50 gift certificates

Glen Echo Hardware - $50 gift certificate

Glen Echo Inn - $50 gift certificate

Firehouse Custom Tailors & Cleaners - $50 gift certificate

Level Fitness - three-month membership ($325 value)

Sal's Italian Kitchen - $50 gift certificate

Wild Tomato - $50 gift certificate

Tamzin B. Smith Photography - two Headshot/Basic portrait sessions ($260 value each)

CJCA - two tickets to 2023 Trivia Night

##

Holiday Bake Off A Feast For The Senses *(See photos on page 14)*

By Heidi Lewis

Participants in the inaugural Great Cabin John Bake Off brought skill, creativity, generosity, and above all deliciousness to the Dec. 11 holiday party. Neither the participants nor the organizers knew exactly how it would all work out as it had never been tried before, but in the end, everyone enjoyed participating and people certainly enjoyed eating the treats.

Huge thanks and credit go to Theresa Burton, who brought all her creativity and organizational panache to the Bake Off, as well as the judges Joanne Carl, Peg Jobst, and Theresa Kowalt, who executed their judicial responsibilities with great seriousness and integrity.

Each Bake Off entry was judged on a 5-point scale on three criteria: flavor, creativity, and the story behind the bake. Contestants shared with the judges insight into their techniques and the stories behind the recipes—those nearby enjoyed listening in and suggestions have been made that these exchanges be amplified at future events for all to hear.

Congratulations to the three winning bakers! Of course the real win was the appreciation of friends and neighbors, and that win was shared by all 16 participants.

Great Cabin John Holiday Bake Off 2022 participants:

Marcy Harrison	Red Velvet Whoopie Pies with Peppermint Filling	
Ethan Ostrow	Sourdough bread	*Winner Bread* *Winner Overall Best Bake*
Sally Mee	Red Velvet Cupcakes	
Jen Bernat	Cream Cheese Kolachys	
Bruce Meyers	Apple Cider Donut Bread	
Sharon Cohen	Pumpkin Spice Earthquake Cake	*Winner Cakes*
Wolf family	Gingerbread Cookies w/White Chocolate	
Mary Ishida	Ube' Cheese Rolls	
Sydney Ishida, My linh Bui, and Andrea Williams	Tiramisu Crepe Cake & Lemon Curd Poppy Seed Cookies	
Marget Maurer	Pound Cake	
Sheila Flynn	Cookies	
Sue Mulroney Myers	Nana Pyle's Yule Bars	
Tamzin Smith	No-Bake Sunbutter Bars	*Winner Cookies/Bars*
Mary Ishida	Yule Log Cake	

##

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CJCA HOLIDAY PARTY FUN

Glorious Carol-Singing Leaders
(If any of these cuties belongs to you – let us know so we can thank them by name in the next VN)

















Jennifer Jordan provided piano accompaniment for carols



Lori Rieckelman and Linda Green doing brisk business selling raffle tickets



Thought they were at audition for "The Bachelor – Santa Edition"

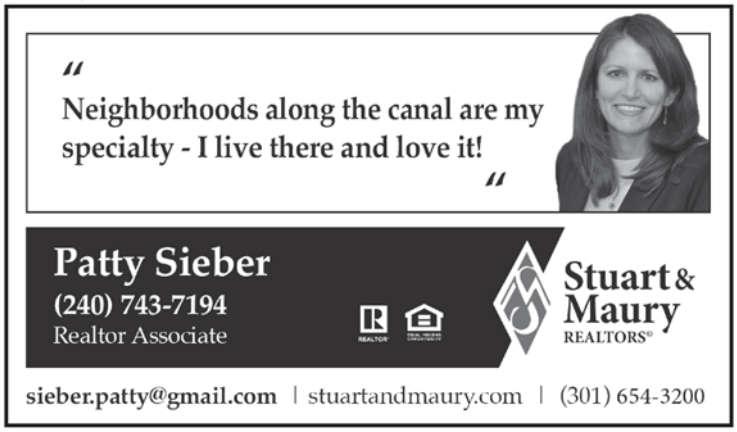
Local Nature

By Eric Dinerstein

A New Theme for 2023: The Little Things that Run the World

In 1987, at the opening of the Invertebrate Exhibit at the National Zoological Park, Edward O. Wilson, one of the greatest evolutionary biologists of our time, gave the invocation address, entitled "The Little Things That Run the World (The Importance and Conservation of Invertebrates)." This defining lecture changed the course of modern conservation and refocused our understanding of some of the least known inhabitants of the biosphere. In the exhibit and in his public discourse, bugs, moths, and beetles, along with Ed's beloved ants—he was nicknamed the Antman, before there was a Spiderman—took center stage and highlighted the outsized role creatures without backbones (i.e., invertebrates) play in the machinery of nature. Insects pollinate our orange groves and the orchids of the rainforests, disperse seeds, and as nature's custodians, remove dead carcasses from the scene, thereby minimizing the spread of disease. In any natural environment, in terms of biomass (the weight of living things), the largest percentage of animal biomass comes not from elephants or hippos but from invertebrates. Who knew? Ed Wilson, who left us in December 2021, certainly did. In his honor, this year's theme for our natural history explorations of the Cabin John vicinity will center on the little things that run the world. Have your hand lens or magnifying glass at the ready as we take a deeper look.

Sometimes invertebrates can be pests, like the horse flies of the backyard or the now-pervasive Japanese mosquitoes of the courtyard. But our local invertebrates are also creations of great beauty and mystery, from the praying mantis and walking stick, which resemble twigs and leaves, to the butterflies, moths, and beetles, whose vibrant scales and exoskeletons are evolutionary jewels of nature.



Pausing, to Appreciate the Comma

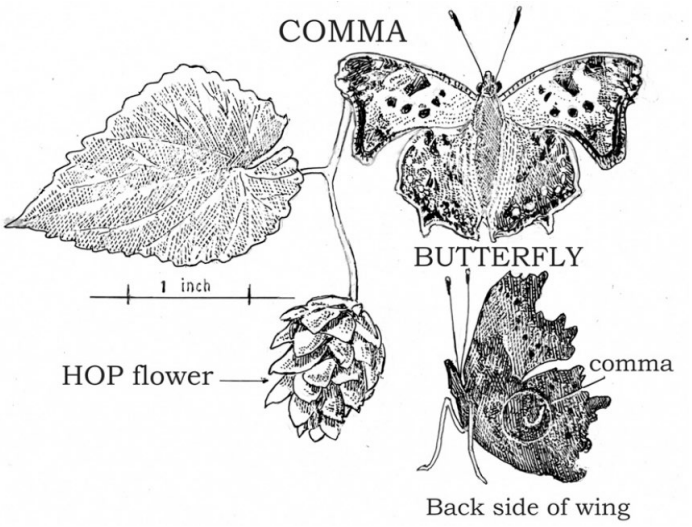


Illustration: Trudy Nicholson

If asked to select the punctuation that best expressed your personality, what would you choose? The most exuberant might go for the exclamation point; the most dogmatic, the period. For those who tend to run on, how about a colon? For you who harbor existential doubts, there is the obvious choice—the question mark. But for those most reflective among us, there is the comma.

If you chose one of the last two types of punctuation for yourself, the natural world holds a pleasant surprise: there are two beautiful butterflies, closely related, that live in our region, the Eastern Comma and the Question Mark. Known collectively as the Anglewings, because of the odd angles and edges in the shape of their wings (the genus name is Polygonia, or many angles), there are few butterflies more camouflaged. When their wings are folded above their bodies, the veins on the undersides, along with the ragged-looking edges of the wings, give them the appearance of a dead leaf stuck to a twig.

When their wings are spread out to gather the warmth of the sun, these two species are a study in orange wings with conspicuous brown spots. When their wings fold up again, the orange disappears and we again see the dead leaf incarnation. But look a bit closer with your macro-focusing binoculars, and you will see something quite unusual: on the ventral (underneath) side of the wing is a punctuation mark in silvery-white with a black border—a comma shape for the Eastern Comma, and a question mark for its congener, the Question Mark butterfly. For the rest of this essay, we will focus on the Eastern Comma illustrated here, a native to the eastern half of the U.S., although much applies to the Question Mark as well.

Although on relatively the small side, these butterflies are fast flyers and aggressive. A male will chase off other males that seek to pursue any females in the territory where it has perched.

They may also land on a sweaty person in summer to drink up the salt using the uncurled proboscis that serves as a

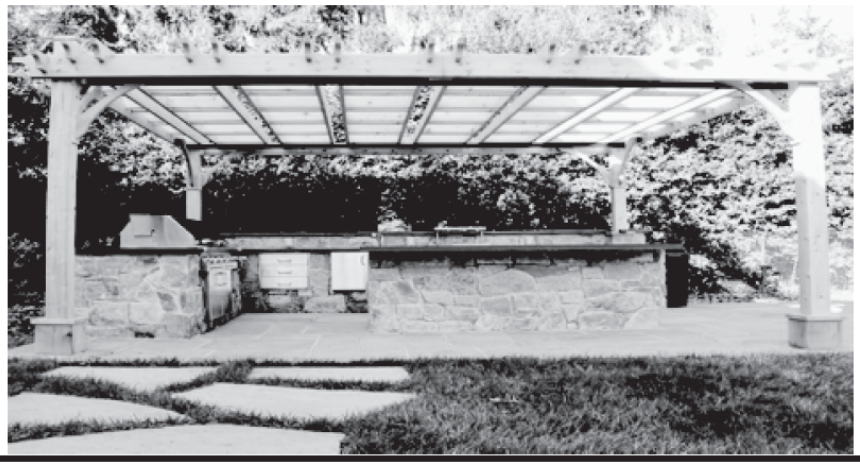
tongue. Why salt and not the sweet elixir from flowers? Not all butterflies fuel up exclusively on flower nectar; the Angelwings will feed on rotting fruit and even rotting carrion. There is good reason for this expanded diet: most butterfly species don't live past the summer season, but Eastern Commas can hibernate in our area. To do so, however, requires a greater intake of salts, minerals, and protein to survive. Around the time the Monarchs head south and other butterflies die off, the Eastern Commas look for an old woodpile in which to spend the winter. Then in the first warm days of spring they wake up and take off—they are among the first butterflies you will see on the wing—in search of tree sap as their first meal of the new season.

Another favorable aspect of the Eastern Comma is its choice of host plants. If you have a predilection for beer, you may like this butterfly. One of its favored host plants, pictured here, is the native hops vine, Humulus lupulus, whose flowers from female plants flavor your Budweiser. Butterflies of this species also like nettles. A patch of my native plant garden is dedicated to supporting Cabin John's Eastern Comma population and includes nettles, along with a trellis of hops. I have never tried to collect the hop fruits for beer manufacture—my beer comes from the Bethesda Coop. But I share my garden with butterflies, few more beautiful and interesting than the Eastern Comma. Maybe you, too, can pause, respect the comma, grow some hops and nettles, and perhaps leave a woodpile in the corner of the backyard for this lovely resident. ##



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THE GREAT CABIN JOHN BAKE OFF



Top Bakers
L to R: Tamzin Smith (bars), Sharon Cohen (cakes), Theresa Burton (Organizer), Ethan Ostrow (breads & overall)









2nd row left picture
Bake Off judges doing the hard work of tasting 18 entries!
L to R: Theresa Kowalt, Joanne Carl, Peg Jobst.



DID YOU KNOW?

One way a Seller can lower a Homebuyer's costs is to offer a permanent or temporary buydown of a buyer's interest rate.

Rather than reduce the home's price or upfront costs, a home seller can reduce a buyer's monthly mortgage payments by contributing funds to buy down the interest rate and therefore reduce a buyer's monthly payments.

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The Staff and Friends of the CBCC wish you a
fit, healthy, and happy 2023

Events and Activities

Indoor Pickleball
Mon, Wed, Fri from 11:00 am to 1:00 pm

Clara Barton Chess Club
Mondays from 5:00 to 6:30 pm, ages 8 to 14
Register for Activity # R03026-201

Summer Fun Center: Now's the time to register your kids!
June 26 to August 4 I ages 6 to 12 I $200.00 for the season
Register for Activity # R03006-402

Make your New Years resolutions now:

VOLUNTEER

Experts agree it increases happiness! Join the Friends of Clara Barton Community Center

- **Make the Haunted House happen. Also the Grateful Shred, Craft Fair, Bingo Night....**
- **I Keep a helpful eye on CBCC's needs, what it has to offer, how to support its staff**

GET FIT

Close to home and FREE! Make CBCC facilities and equipment your go-to source for 2023

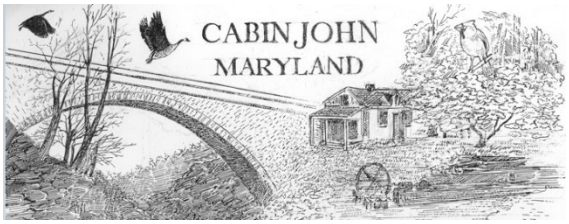
- **Get the new Montgomery County Recreation Fitness Pass for MoCo residents aged 18 and up. It gives access, during scheduled hours, to our gym, fitness and weight room, pickleball courts, table tennis, and more.**
- **Youth under 18 can get a RecFit Use Pass for similar access to CBCC facilities.**

2nd Act 55+ Club

Cook Once, Eat Twice; Making, storing, and enjoying leftovers Mon, January 30, from noon to 2:00 pm. Presented by Giant Foods.

The Keeping Seniors Safe (KSS) program presents Walter Houser on frauds, scams, identity theft, using 911, and much more. Lots of Q & A. Wed, February 8, from noon to 2:00 pm

7426 MacArthur Blvd., Cabin John | 240–777–4910
OPEN: Mon - Thurs 9 am – 8 pm ▯ Fri 9 am–3 pm ▯ Sat-Sun - rentals only
Closed Jan. 16, 2023, and Feb. 20, 2023



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NEXT ISSUE DEADLINE: 5 pm Jan 25, 2023

CLASSIFIED ADS/NEIGHBORHOOD SERVICES

COMPUTER SERVICES: DC/PC Computer Support offers friendly, personalized computer and electronic services to area residents. Services include maintenance, repairs, upgrades, tune-ups, new PC setups, virus and spyware removal, networking and training. In person, remote and telephone support are available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim at 202.841.0873.

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SENIOR FITNESS: Do you or a loved one need improvements with functional movement such as mobility, strength, flexibility and balance? I am a trained ACE Senior Fitness Specialist. I design and implement training programs to help adults achieve their personal fitness goals. Everyone can improve. Everyone can get stronger at any age! Please connect with me if you are interested in a free consultation. Juliet Rodman RDN, NBC-HWC, Senior Fitness Specialist Julietrodmanrd@gmail.com 301-385-3488

FOR RENT IN BROOKMONT: Large 2 BR unit on ground floor of 3 story house. Own side entrance + 400 sq. ft. deck with storage shed facing Canal and River. Call or text for more information: 301-512-7040.

CALLING ALL VOLLEYBALL PLAYERS!: Our co-ed recreational volleyball group is looking for new members. We are a group of 40+ "B" players who play pick-up games (nearly) every Monday or Thursday nights in the Bannockburn Elementary gym. Some experience necessary, but we're happy to help out with someone's game (or get tips ourselves). Please reach out to Mark Wolf at mkwolf@mac.com for more information.

Classified Ads are 30¢/word – email vnbusinessmanager@gmail.com

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