The Village News

SERVING THE PEOPLE OF CABIN JOHN | NOVEMBER 2023 | VOLUME 57 | ISSUE 10

New Crosswalks on Seven Locks

By Gail H. Marcus

Anyone walking or driving on Seven Locks Road on or after October 16 will have noticed the construction work for the installation of crosswalks at several intersections. This project is the culmination of over five years of effort by a number of Cabin John residents and provides a textbook example of the need for persistence and the benefits of having multiple advocates for a cause. It may be worthwhile to recount the journey so others may benefit from our "lessons learned."

As many local residents know, Seven Locks Road is a hilly commuter road with a sidewalk for pedestrians on only one side. Persimmon Tree Lane and MacArthur Boulevard are also commuter roads with a sidewalk on only one side, but Seven Locks Road has the unhappy distinction that most of the homes are on the side of the road without a sidewalk. Furthermore, most of the side streets do not have other outlets—Seven Locks is the only way to come and go. In addition, it provides foot and vehicle access to the shopping center at the corner of Seven Locks and MacArthur Blvd. and to Palisades Pool and neighboring Seven Locks Park. Hence, there has been a long-standing concern about pedestrian safety on Seven Locks Road.

We are fortunate that Cabin John is a walkable community, but we are also situated along busy commuter roads, and pedestrian safety is a real concern. CJCA leadership, along with a number of local community members, have been lobbying for crosswalks at a number of key locations on Seven Locks, MacArthur, and Persimmon Tree for years. Residents who have raised this issue include **Andrew Strasfogel**, and myself on Cypress Grove Lane; **Jaime Montoya** of Thornley Court; **Kelly Banuls** and **Jessica Blake Hawke** of the Persimmon Tree neighborhood, and probably others behind the scenes. Between all of us, we have been in contact with the Montgomery County Department of Transportation (MCDOT), Montgomery Planning, and several of our elected officials (especially Councilmember Andrew Friedson and Delegate Marc Korman). See next page

Work off That Extra Helping of Stuffing in Advance at the 6th Annual Cabin John Turkey Trot

By Scott Lewis

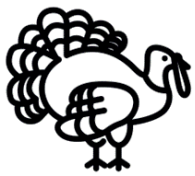
There can be no finer way to start a crisp Thanksgiving morning than by bringing yourself, your family, your visitors, and your furry friends to the 6th Annual Cabin John Turkey Trot!

The always widely-attended and free Turkey Trot will be held **Thanksgiving Day (November 23) at 10:00 am**.

The 2.5-mile run/walk starts and ends near the parking lot at the Cabin John Local Park, making a loop via MacArthur Blvd., 79th St., the C&O Canal towpath, and back up to MacArthur at the Union Arch Bridge.

FOOD DONATIONS:
Give thanks by giving back – we ask everyone to bring a few **non-perishable grocery items** to the Turkey Trot for donation to Manna Food Center's Smart Sack program. The Smart Sack Program provides backpacks of food each weekend to some 2,850 Montgomery County school kids. Popular food items include jars of peanut butter, boxes of granola bars, instant oatmeal, and canned vegetables and fruits.

REGISTRATION AND VOLUNTEERING:
The Turkey Trot is free, but please register online at **https://bit.ly/476g6hA** so that we can plan accordingly. When registering, you also will have the opportunity to buy event T-shirts and to volunteer to put up course signs before the event or to be a course monitor to keep our runners/walkers safe. Questions about registration or volunteering? Contact cjcapresidents@gmail.com.





NEW CROSSWALKS ON SEVEN LOCKS (CONT.)

Progress was slow and uneven. The 2019 requests for crosswalks resulted in some signage along Seven Locks Road but no crosswalks. We were told that requirements set by the Americans with Disabilities Act (ADA) required ramps wherever there were crosswalks. This, of course, added to the cost and complexity of such a project. Another criterion for the installation of crosswalks and ramps was the level of pedestrian traffic, but the occasions when county employees monitored the flow of pedestrian traffic were not times of peak usage. Thus, our requests for crosswalks were rejected several times.

But we persisted. And found new allies. In 2021, members of Palisades Pool indicated a need for a crosswalk at the access road leading to the pool and Seven Locks Park. Later, the county announced plans for pedestrian safety upgrades farther north on Seven Locks, prompting us to renew our request for support for our part of the roadway. These efforts grew towards the end of 2022, when Korman's and Friedson's offices both got actively involved. They connected us with a very helpful staffer in the MCDOT office, and things started to move.

One issue throughout the process was where to install the crosswalks. Having crosswalks at all the intersections was clearly untenable, but everyone who made a request proposed a somewhat different mix and number of crosswalks. A key breakthrough came thanks to a suggestion to put crosswalks at the same intersections where signs had been installed a few years ago. The logic behind the location of those signs was never completely clear, but it proved to be a recommendation that the county couldn't challenge. Indeed, the final list of approved crosswalks was exactly the list we submitted based on the existing signs.

Not every advocacy story has such a happy ending, but in this case, the effort was undoubtedly helped by a combination of factors: a number of people advocating for the same thing, which must have helped convince the powers-that-be that the need was real; persistence over several years and continued efforts even when we got negative responses; and the assistance of vigilant staffers in the offices of our elected officials.

Charlotte Troup Leighton, CJCA's Co-Vice President, reports that we should stay tuned for additional progress updates, saying, "The new crosswalks on Seven Locks are a win for Cabin John, but CJCA will continue to advocate for additional pedestrian crosswalks and other safety improvements in our community."



Evergreen neighbors gather to celebrate and test out the new crosswalk at the intersection of Seven Locks Road and Cypress Grove Lane. Pictured: Gail and Michael Marcus; Gladys Vaughn; Marcy Harrison; Ruham, Khalid, Mohsin (peacefully asleep in the baby stroller); and Isra Usmani; Cindy Miller and her granddaughter, Reese.

IMPORTANT UPDATE

Susan Shipp reports a Cabin John resident was struck by a car on October 26 while crossing in the crosswalk at Seven Locks and MacArthur Boulevard. The car was traveling southeast on MacArthur, and the driver supposedly did not stop at the stop sign before making a left turn onto Seven Locks. The male victim, who was walking his two dogs, struck the windshield and was thrown in the air. He suffered a severe concussion and other injuries. Thankfully, after a few nights in the hospital, he is recuperating at home. One of the two dogs also was injured. Both are expected to make full recoveries. Despite the new crosswalks, **please be vigilant when crossing our busy streets**. Unfortunately, drivers are not always attentive, even with crosswalks.

CJCA News

By Scott Lewis

Minutes from October 25, 2023 CJCA Meeting
The Cabin John Citizens Association held its October meeting at 7:30 pm Wednesday, October 25, 2023, at the Clara Barton Neighborhood Recreation Center. The well-attended meeting included a visit from our State Delegate Sarah Wolek, and a presentation on the Cabin John History Committee by Rachel Donnan. After the May meeting minutes were approved, the following items were addressed:

Update from Maryland District 16 (our district) Delegate Sarah Wolek – Sarah Wolek attended our meeting in person. Delegate Wolek was appointed in April 2023 to the seat that was vacated when Ariana Kelley was appointed as District 16's state senator. Delegate Sarah Wolek serves on the Appropriations Committee and the Education and Economic Development Subcommittee. The Appropriations Committee reviews legislation related to the state operating and capital budgets and is currently chaired by Delegate **Ben Barnes**. This includes legislation on collective bargaining, fiscal procedures, higher education institutions, state and local agency procedures and programs, and social services, among others. Twenty-six delegates serve on the committee and its five subcommittees. The Education and Economic Development Subcommittee is chaired by Delegate **Stephanie Smith** and is responsible for legislation related to primary and secondary education, community colleges, scholarships, and economic development. Additional members of Delegate Wolek's staff include Claudia Fess, chief of staff, and Anna Saderholm, legislative staff. Constituents can contact Delegate Wolek via email at **sarah.wolek@house.state.md.us** or by phone at 410-841-3642, 301-858-3642, or toll-free at 1-800-492-7122, ext. 3642.

Update on the History Committee – Rachel Donnan provided an update on the formation of the CJCA History Committee, which she will chair. The goals of the committee are to:

- Undertake an effort to survey and catalog materials related to CJ history held by community members and others
- Develop ideas how CJCA could house physical artifacts and documents
- Develop ideas for digital archives of CJCA artifacts, photos, and information
- Develop programs and events to make historical information available to CJers in ways that are interesting and engaging
- Encourage people to get involved in learning about and preserving CJ history

Anyone interested in participating in the history committee should contact **Rachel Donnan** at rachdonnan@gmail.com.

After the main agenda items were concluded, 81st Street resident **Nathan Canestaro** shared news regarding the development of a wooded lot bordered by MacArthur Boulevard, 80th Street, and 81st Street. Nathan provided background on the lot, current known development plans, and bordering property owners' concerns. He invited neighbors who are interested in staying informed and assisting in efforts to limit negative impacts to contact him at nathan.canestaro@gmail.com to be put on a mailing list. More information can be found in Nathan's letter to the community in this issue of the *Village News*.

CJCA's Family Events For Hometown Holiday Fun – Plans are well underway for the **Turkey Trot, Thanksgiving Day at 10:00 am** on the field behind the Clara Barton Center (aka Cabin John Local Park); and the **Annual Holiday Party**, **5:00-7:00 pm, Sunday, December 10**. Can you lend a couple of hours to help? Please contact **cjcapresidents@gmail.com** to let us know which event you can help out with. CJ student helpers are always welcome and can earn **SSL hours** at both events!



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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.
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PUBLIC WORKS CORNER

Periodic updates on all public works in and around CJ.
By Scott Lewis

American Legion Bridge And 270 Corridor Program
Perhaps the biggest update for public works is the rebranding of the "Beltway Expansion" project. With the demise of the Transurban Public-Private Partnership, the expansion plans were rebranded as the American Legion Bridge and the 270 Corridor Program (**https://americanlegionbridge270.com/#about**). As this is somewhat of a reset, there will be a number of information sessions–called "Open Houses." The nearest one will be at **Bethesda-Chevy Chase High School** on **Monday, November 13, from 6:30-8:30 pm**. This session will be an opportunity to learn more about the program and provide feedback. CJCA will attend this meeting and report back to the community.

Stabilization of the Drylaid Stone Wall at Mile Marker 11 (Log Wall) - C&O National Park plans to stabilize an approximately 1,015 linear foot long historic drylaid stone wall, which varies in height up to 35 feet tall. A drylaid stone wall is a wall that is constructed without the use of mortar or concrete to hold the stones in place. The wall was originally constructed between 1828 and 1831 and is often referred to as the "Log Wall," as found in an 1890 engineer's report. This portion of the canal was altered in the 1960s by the installation of the Potomac Interceptor Combined Sewer, which is operated and maintained by DC Water. Currently, water is being pumped out of the canal, and there are detours and closures in the area. For up-to-date information, check online at: **https://www.nps.gov/choh/ planyourvisit/stabilize-drylaid-stone-wall-at-mile-marker-11-log-wall.htm**.

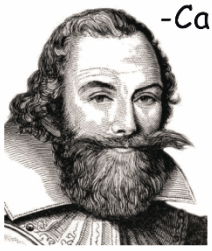
Sewer Work Below the One-Lane Bridge - As reported in the September *Village News*, the metering work below the Union Arch bridge was completed earlier in the fall. Now, all equipment and related materials have been removed. This was a DC Water project.

Union Arch Bridge Cleaning - Many will have noticed that rainwater is not draining well from the bridge, in particular toward the Glen Echo side. As a result, the Army Corps of Engineers closed the bridge and cleared the drainage over the weekend of November 4 and 5.

Recent Line Painting along MacArthur - It's hard not to notice the poor line painting along MacArthur Boulevard–squiggly lines, tire-tracked wet paint–overall, it is a sloppy job. CJCA will reach out to the appropriate authorities to attempt to rectify this situation.

Minnie's Island
Community Conservancy

"History is the memory of time.... and the happiness of the living"
-Capt. John Smith



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Letter to the Community

From Nathan Canestaro, 81st Street

Dear Cabin John Neighbors,

As many of you may know, Evan Mater died two years ago, and ownership of the large lot between 81st Street, 80th Place, and 80th Street (see map) passed to his sister, Maud. She has sold the property to Bethesda Heritage Homes, who plan to build four homes there. Sadly, this will require the bulldozing of much of the forest on the property, destroying the green space and wildlife that our neighborhood values so much. Moreover, removing the forest will significantly increase the run-off from this 2-acre lot--resulting in greater flow into the creek and culvert that runs beneath MacArthur Blvd. This could have significant implications for properties located downstream from the development site.

The developer has not yet received approval to build and must go through an extensive permitting process, which requires the county to solicit community views. The 80th-81st Street neighborhood is rallying together to try and limit or prevent construction. We could use community help! If any Cabin Johners would like to know more about what is going on or to be kept updated on this issue, please email **nathan.canestaro@gmail.com** to get on our mailing list.



The Village News welcomes commentary from citizens on topics of interest to the Cabin John community. Send comments to **vneditorial@gmail.com**. Please include your name, street, and email so the writer can be reached for verification.

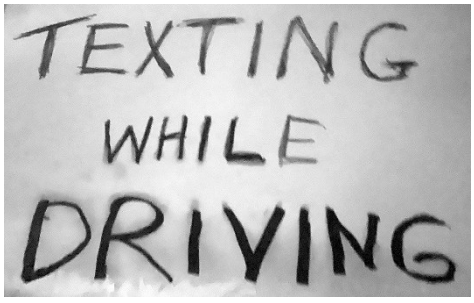
A "SPOOK-TACULAR" TIME AT THE 17TH ANNUAL HAUNTED HOUSE

Cabin John residents big and small enjoyed a frightfully fun evening of Halloween festivities at the 17th annual haunted house at Clara Barton Neighborhood Recreation Center on October 29. If they dared to enter the dark and foreboding space, children were guided through a scary route where they met ghouls, goblins and dismembered bodies. Adults who followed behind were equally frightened by posterboards conjuring up distressing memories, such as "online school" or scary possibilities, such as "your child driving."

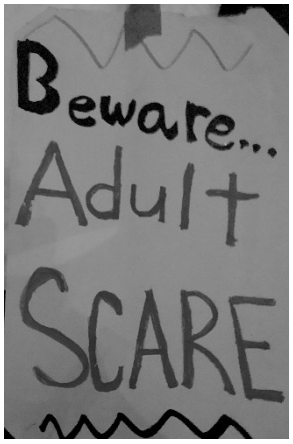
















Giving Tree - Deadline December 10

By Lori Rieckelman

This marks the fourteenth year that the Cabin John community has supported **So Others Might Eat** (**SOME**), a local, DC-based nonprofit that fights poverty and homelessness by providing housing, healthcare, training, and social services. Cabin Johners have been generously providing resources and love-in-action to the 200 families in SOME's transitional housing and this joint effort by the communities of Brookmont, Glen Echo, and Cabin John has become the largest source of holiday season support, empowering parents to put gifts under the tree for their children on Christmas morning and provide basic necessities for parents. Last year, we raised over $7,500. It is always so heartwarming to see how many of our Cabin John families participate each year.



How to Give:

Gift cards - As with the last couple of years, gift cards in $50 increments to stores such as Amazon, Target, Walmart, and Macy's as well as gift cards for Visa and Mastercard would be most appreciated. Purchase the cards yourself and drop them off at Lori Rieckelman's house (6423 79th Street) or order them from the merchant online and have them sent directly to Lori. Text her (301-655-4404) when you have left cards in the bin on her porch so that she can quickly retrieve them. Please write the amount on the gift cards in case it is not already printed on the card. You may also give the gift cards to Lori at the CJ Holiday Party on December 10.

Venmo/Zelle

You can send your donation to Lori by either Venmo (**@Lori-Rieckelman**) or Zelle (**rieckell@aol.com**) and she will purchase gift cards in your name.

Pick a Family from the Giving Tree

We will once again have specific wish lists from SOME program children so that CJers can provide the items to make their Christmas wishes come true. **We have 10 families with** specific lists this year, so if you want to do some shopping on behalf of one of these youngsters, pick a name off of the giving tree outside CBNRC. Tags will be hung on Thanksgiving weekend. Gifts can be dropped off at Lori's house or she can pick them up from you.

Questions? Contact Lori either by email or text/phone.

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3pm prizes, refreshments (bring a blankie and grampy)
3:30pm movie, 4pm live jazz trio, popcorn, animated dancing

Sing-Along-The-Sound-of-Music
6:30pm trivia, costumes, intermission, beer&brats, etc

CANDLELIGHT LATE SERVICE on Dec 24
9:30pm prelude, 10pm eucharist

Also open Sunday.

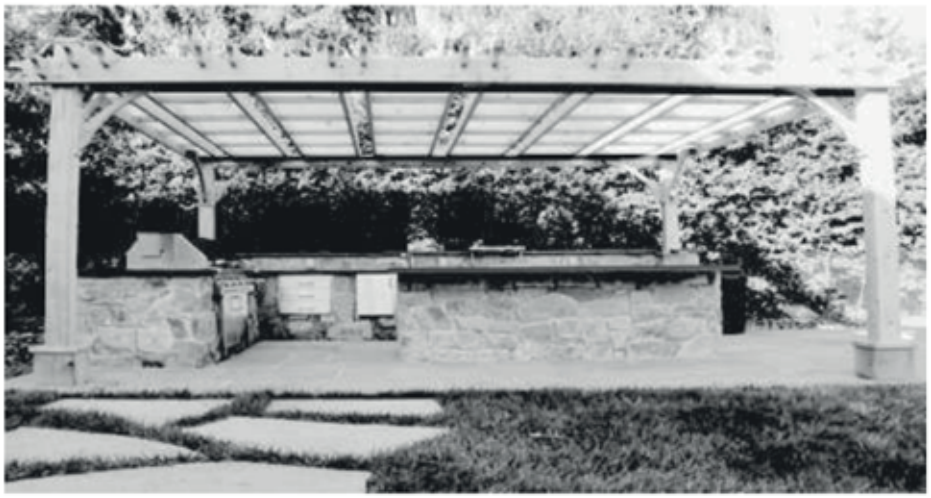
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Sunday, December 3, 2023
from 1:00-5:00 pm

Free admission. A great opportunity to buy holiday gifts: jewelry, art, fiber arts, wood crafts, honey & bee products, books, crocheting, and much more!

Looking to keep active or learn a new skill?
Winter registration opens Monday, November 13.

Check out theses classes offered at CBNRC
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Rewilding Cabin John

By Eric Dinerstein

The tranquility of a late August day evaporated with the whine of a landscaping crew's gasoline-powered lawn mower. The noise drowned out the songs of the Carolina wrens in the yard, one of our loudest singers. A month later, the same landscaping team had shifted to leaf-blowing the few sycamore and black walnut leaves that had fallen on a cool morning. Shutting the windows and even putting on headphones failed to block out the noise. When the landscapers finally stopped their racket, I felt my sanity creep back. What have we become? Across Cabin John, we are surrounded by an unwelcome ensemble of noisy machinery dedicated to propagating one of the worst inventions of modern suburbia—large lawns of grass.

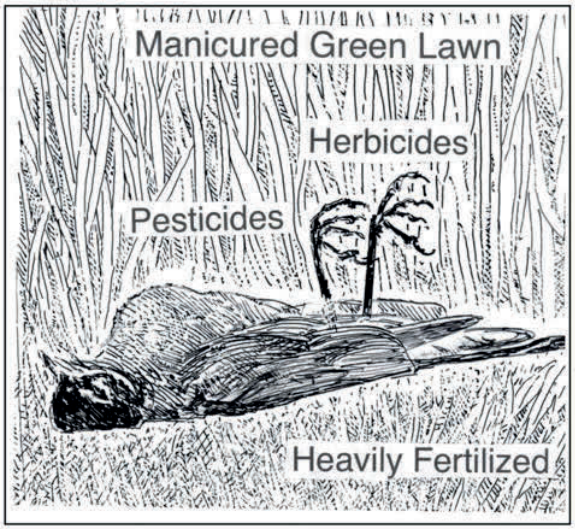
If you polled residents for the reasons they moved from an urban environment to Cabin John, the most common responses would likely be: a) for the peace and quiet; b) living closer to nature; and c) living near the Potomac. For me, it was to wake up to birdsong every morning instead of the jarring sounds of sirens around Dupont Circle. I wanted to hear the nocturnal hoots of owls instead of car alarms going off. When relatives visited us from New York City, they were startled by the explosion of bird song and then would proclaim the place paradise.

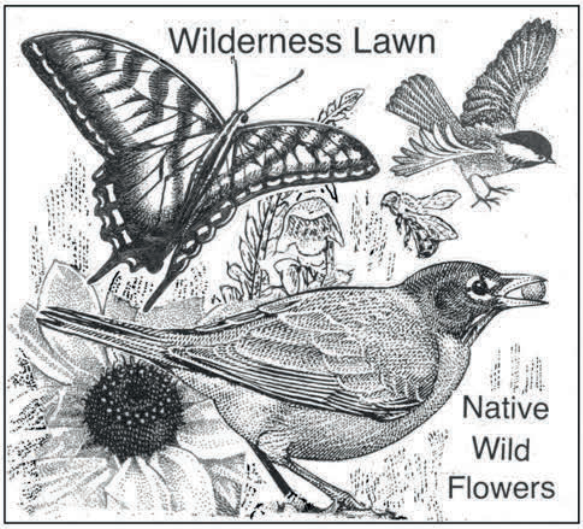
This column is part lament to our "Paradise Lost" and part how-to guide to regain our little stretch of paradise. Let's dispense with the lament. With increasing frequency, I see the telltale yellow signage on freshly mowed lawns warning that the grass has been sprayed with chemicals that could be toxic to pets.

and children. But what about the birds and butterflies that make our neighborhood such a pleasant place to stroll? Rachel Carson, a local who birded along our towpath in her spare time, alerted us to the perils of spraying chemicals–DDT in particular–in her classic *Silent Spring*. Yet, decades later, somehow, the chemical and lawn care companies have convinced the average homeowner and citizens' associations to think that the epitome of civilization is a green lawn populated by non-native grasses. It is not. A green lawn maintained by chemicals and fertilizers is not natural, it is a green desert. Nor are our exotic shrubs natural. Our native creatures did not evolve with these species of plants and so, often, do not pollinate them. Nor is it natural or ecologically appropriate to continue pumping more greenhouse gasses from gas-powered lawnmowers and blowers into the atmosphere to keep our green monsters "tidy."

So, what would be a safer, more beautiful, and ecologically sensitive alternative? What about a lawn or section of lawn devoted to native species that attracts birds, bees, butterflies, moths, and other creatures, that turns it into a vibrant ecosystem right at our doorstep? In 2022, I devoted ten columns to lovely native plants that could replace chemically maintained green lawns. This year's columns have focused on the fascinating insects that help maintain a sustainable biosphere and attract birds to our yards. This column tries to put it all together. As citizens of Cabin John and more importantly, as citizens of Earth, I believe, we need to do the right thing and explore how to think globally but act locally by re-envisioning our yards as an opportunity to sequester carbon and grow plants as if Mother Nature was our landscaping guide. Climate breakdown is upon us, and we are leaving most of the ecological and financial bills to those who follow us. But we can start to clean up our act now—for the sake of the present as well as the future.

Illustrations by Trudy Nicholson





Here are some simple things you can do:

- The single most useful action you can take, even if you want to keep your lawn, is to plant a native oak tree (or better yet, two). I have covered oaks before, but no single group of species feeds more kinds of caterpillars than oak trees, estimated at 350-426 species. The next most useful group includes native (not Japanese) black cherries (Prunus serotinus), choke cherries, river birch, box elder, maples, and blueberries, which all feed more than 150 species of caterpillars.
- If you have space in the sun for a garden of helpful herbs, you might try out: goldenrods (82 species of caterpillars); native sunflowers (58 species of caterpillars); wild native strawberries as a ground cover (48 species of caterpillars); native hibiscus (but not the commonly planted Rose of Sharon) (37 species of caterpillars); Joe-pye weeds (31 species); native geranium (25 species of caterpillars); or false indigo (24 species of caterpillars). We grow false indigo, and in addition to producing some of the most beautiful wildflowers in our area, the insect pollinators love them. Do your bees a favor and plant false indigo. Milkweeds: give them a try in sunny spots.
- There are many other natives: Indian pink, ironweed, and turtlehead, to name a few. These species don't attract as many species as the above-mentioned plants but attract specific species of insects many ecologists suggest we should include in our efforts to bring back native species, or to use the term in vogue, rewild. For example, the Baltimore Checkerspot, the state butterfly of Maryland, lays its eggs only on white turtlehead plants, a kind of wild snapdragon.
- If you want to learn more about which natives to grow, an excellent guide, prepared for Tennessee but applicable to our area, offers some great suggestions.

https://blog.wfsu.org/blog-coastal-health/2023/10/bang-for-your-caterpillar-buck-which-plants-host-the-most/?ref=blogemail

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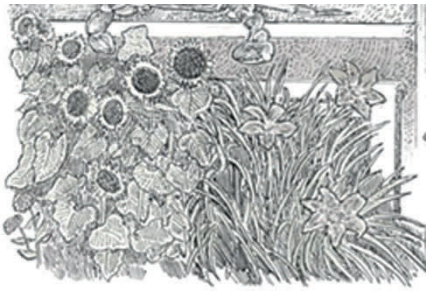
You can obtain many of the suggested plants at local native plant nurseries in our area, as well as advice on how to prepare your lawn for an ecological makeover, or by mail order.

Think of it this way: if there were a referendum nationally to create new wildlands the size of the state of Florida, most Americans would probably vote for such an initiative. Rewilding is now taking root around the world. Perhaps the best example, although controversial among scientists, is the reintroduction of wolves to the Greater Yellowstone ecosystem. We don't need to bring wolves back to our front yards, but endangered bumblebees wouldn't be a bad thing, or a Baltimore Checkerspot in a damp area full of turtlehead. Ironically, geographic information specialists estimate that currently, an area estimated to be equal to the size of Florida is devoted to maintaining suburban lawns. If we could only give an area the size of Rhode Island, let alone Florida, back to nature the rewilding of suburbia would be an ecological triumph.

And how can residents of Cabin John and Montgomery County help out? Well for starters, those leaves falling from the maples and oaks and sycamores in your yard? Let them be. Overwintering caterpillars that fall from the trees as they become inactive for the winter, for example, lay dormant under the protective cover of fallen leaves. When you walk through the park or the Cabin John Creek trail, the trail and the forest floor are covered by the copper-colored leaves of beech trees, or the light browns of chestnut oaks, or the yellow of tulip poplars. The fallen leaves, as they turn to mulch, naturally re-fertilize our forests. The same, on a smaller scale, could be true for our yards if cared for with nature in mind.

Just imagine, if you planted natives, and left the fallen leaves to enrich your gardens and give habitat to our overwintering creatures, in these new circumstances, the relative quiet in the absence of gas-powered lawnmowers and blowers would restore paradise, through rewilding.

So, please neighbors, join the movement.



DID YOU KNOW?

Fall is the perfect time to focus on your home and get it ready for the colder months ahead. It is also a good idea to keep a record of your home maintenance routine to pass on to the new owner of your home when you sell it. Below are a few tips to keep you comfortable and protect your home from harsh winter weather.

– Shut off outside water faucets and drain any remaining water from the line to help keep pipes from freezing
– Clear gutters and downspouts to prevent water back-ups into your basement
– Change your furnace filter at least every 2 months to improve furnace efficiency
– Reverse ceiling fan blades in the winter to clockwise rotation on the lowest setting to push warm air down
–Trim low-hanging branches as snow can cause limbs to snap or bring the entire tree down damaging your home or causing injury

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

Rachelle Cherol
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Renovations | Additions | New Homes

Meet Joan Roskosh

A Community of Volunteers

The Village News is staffed by a community of volunteers. Joan Roskosh took over the layout and design earlier this year; her first issue was the March 2023 newsletter.

When Did You Move to Cabin John, and What Brought You Here?

I moved to Cabin John in October 2015 after living in DC's Palisades neighborhood for 21 years. My children and I discovered Cabin John when a friend invited us to the Palisades Swim & Tennis Club. This visit felt like coming home–a vivid connection to all the fun summers I spent growing up in New Mexico. I love that CJ retains its welcoming small-town feel with an eclectic and vibrant artistic vibe. It has great shops, spectacular views of the Potomac River, terrific walking trails, and, best of all, a night sky that still allows me to see lots of stars. Cabin John is my oasis, and a calmness washes over me once I cross that one-lane bridge.

Tell Us About your Family Members (Including any Pets)

I have two wonderful children, Magdalena (25) and Luca (23). Lena is an assistant account executive at GMMB focused on her work with global health nonprofits. Luca works in cyber security for a contractor with the Department of Veterans Affairs, helping keep our veterans and the world safe, one computer at a time. Our beloved dog, Deuci, passed away on August 4, just shy of her 17th birthday. We adopted her as a young pup in 2007 from the Washington Humane Society on New York Avenue. Deuci is a big reason why we know so many of our neighbors.



With Deuci at the Blessing of The Animals, October 2022. Deuci helped my children, and me be more outgoing. Neighbors would often stop us to talk and ask us for doggie playdates!

What Keeps You and/or Your Family Busy - What Are Your Hobbies/Interests/Activities?

Outside work, you can often find us at Level Fitness taking one of their many terrific group fitness classes and working out in their unique gym or at MacArthur Plaza for a bite to eat. We also enjoy Glen Echo for dancing and listening to music. Most of all, we loved walking with Deuci throughout Cabin John, meeting new dogs (or chickens), and talking with neighbors who would stop to say hello.

Where Did You Grow Up? Where Else Did You Live?

I was born and raised in Albuquerque, New Mexico. It is a breathtakingly beautiful place with an incredible diversity of cultures, distinct architecture, stunning vistas, cuisine refined by generations of abuelas, and the best green and red chile grown anywhere.

My parents ensured my siblings and I spent lots of time outdoors: boating, hiking, skiing (snow and water), and swimming. Two favorite memories: harvest moon hikes down the Sandia Mountains on a 7.5-mile trail that overlooks the city's lights. And nighttime visits to Kasha-Katuwe Tent Rocks near Cochiti Pueblo. The blanket of stars in the night skies was spectacular – the moonlight so bright there was no need for flashlights.

After moving to DC, I spent 20 years traveling extensively, producing television documentaries, and in each locale or project, I fully immersed myself enough to feel like I had lived there.

Have You Volunteered with CJCA (Or Other Organizations) Before?

My children and I often volunteered at A Wider Circle, Iona Senior Center, and Meals on Wheels. For two seasons, our dining room, basement, and garage were full of Girl Scout cookie boxes when I volunteered as the Girl Scout Service Unit Cookie Manager, assisting more than 100 troops throughout Northwest DC.

Before Lena and Luca were born, I volunteered by creating videos to bring awareness to causes and organizations. Among the many I helped produce: the impact of caring for loved ones with Alzheimer's, *Thanksgivings Forgotten*, for KNME (PBS NM), the importance of organ donation with New Mexico Lions Eye Bank, and the work of eye doctors in Haiti through *Art for Eyes.*

Continued Next Page

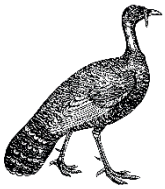
I spent many years working with NBC4, creating community specials, including *One Block at a Time* (a Drug-Free Zones series) and *Every Day A Hero* to highlight individuals across the DMV for their positive impact on their communities. I even accompanied Patch Adams and his merry band of clown doctors and nurses to El Salvador as they ministered care in hospitals and orphanages for the *Heart of Healing* series.

WHY HAVE YOU AGREED TO SERVE AS THE LAYOUT DESIGNER FOR *THE VILLAGE NEWS*?

I enjoyed reading *The Village News* long before I saw the notice for a Production and Layout Editor. I had some free time and a few of the skills needed to put together a newsletter. Getting to know the many dedicated neighbors who work so hard to keep Cabin John such a special place has been an incredible experience.

A Romance for the Wild Turkey

Cabin Johners are reminded of the poetry corner on 78th St., where resident Meredith Griggs maintains a spot for passersby to enjoy a moment of respite. This month's offering is a seasonal selection by American poet Paul Zimmer.



They are so cowardly and stupid
Indians would not eat them
For fear of assuming their qualities.

The wild turkey always stays close to
If alarmed, then falling out again.
When shot it explodes like a balloon
Full of blood. It bathes by grinding
Itself in coarse dirt, is incapable
Of passion or anger, knows only
Vague innocence and extreme caution,
Walking around in underbrush
Like a cantilevered question mark,
Retreating at the least hint of danger.



I hope when the wild turkey
Dreams at night it flies high up
In gladness under vast islands
Of mute starlight, its silhouette
Vivid in the full moon, guided always
By radiant configurations high
Over chittering fields of corn
And the trivial fires of men,
Never to land again nor be regarded
As fearful, stupid, and unsure.

PETS OF CABIN JOHN: MEET STELLA

By Sarah Craven

Stella, aka Stella Luna Reinisch, was a rescue who came to the Reinisch/Martinson family as "Sugar" in 2013, reportedly at age 2-1/2 (although, through DNA testing, they now know she's a bit older), and settled into her new name and new home on 81st Street. She's primarily Border Collie but also has some Chow and a little of German Shepherd among her antecedents. Stella likely had a rough start in this world, as she's a bit timid and stays close to her humans, Linda Reinisch, Isabel and Cecilia Twanmo, and Alan, Erik and Lukas Martinson. Stella is soft and sweet and, although she's not too keen on typical fetching games, she loves being scratched unendingly from snout to tail. She can be picky in choosing her canine friends, especially if they are as picky as she is, but Stella is a loyal friend to next-door neighbor Toby, as well as Sidney and Buddy from up the street.





Neighborly News

Neighbors Kerry Mustico, Crista Gibbons, and Sally Allain of 75th Place gathered to celebrate Jeanelle Johnson of Tomlinson Terrace, who was named one of Washington's Most Powerful Women by ***Washingtonian Magazine*** (October 2023). Congratulations!



From left: Kerry Mustico, Jeanelle Johnson, Crista Gibbons, and Sally Allain.

CLASSIFIED ADS

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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Thank you for giving us the opportunity to meet you and your furry family. We look forward to working with you!

Real Estate Activity in Cabin John

November 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.





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.

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, December 27, 2023
CJCA, P.O. Box 31, Cabin John, MD 20818

INSIDE THIS ISSUE

New Crosswalks – pg. 1
Thanksgiving Turkey Trot – pg. 1
CJCA News – pg. 3
Public Works – pg. 4
Giving Tree – pg. 7
Local Nature – pg. 10
Poems for Passersby – pg. 14
Pets of Cabin John – pg. 14
Neighborly News – pg. 15
Real Estate Activity – pg. 15

COMMUNITY CALENDAR

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

NOV. 23
6th Annual Cabin John Turkey Trot
10:00 am

NOV. 29
CJCA Meeting, **7:30 pm**

DEC.3
Annual Craft Show
1:00-5:00 pm

DEC.10
CJCA Holiday Party
5:00-7:00 pm