The Village News

SERVING THE PEOPLE OF CABIN JOHN AND BEYOND

April 2026 | VOLUME 60 | ISSUE 4

CELEBRATING THE BETHESDA CO-OP AND SHAPING WHAT COMES NEXT

by Susan Shipp and Heidi Lewis

After 51 years in operation, 43 of those in Cabin John, the beloved Bethesda Co-op will close at the end of **May 2026**. To show appreciation to the Co-op for its many years of service to the Cabin John community ***please shop generously*** over the next two months. This will help the Co-op to meet its obligations to staff and suppliers, and bring operations to an orderly close. Supporters can also show appreciation by posting messages of thanks on the Co-op's social feeds: https://www.facebook.com/bethesdacoop and https://www.instagram.com/bethesda_coop/. Longtime manager **Helen Atkocius** shared with the *VN* that the Co-op is planning a community celebration for mid-May -- details TBD.

Help Needed to Shape What Comes Next

There is a great deal of community concern about what business will occupy the space being vacated by the Co-op. In the recent Cabin John community survey, respondents overwhelmingly named the Co-op as the #1-visited shop in MacArthur Plaza.

Our local retailers bring our community together, make Cabin John a more walkable neighborhood, and provide vital accessible services for the many Cabin Johners that are aging in place or looking to save time by shopping locally.

At the March 25 Cabin John Citizens Association (CJCA) meeting, the main concern of attendees was the need to bring another full-service grocery store to Cabin John. CJers in commercial real estate stated at the meeting that Garrett & Smith, the owner of MacArthur Plaza, is asking for a high rent, significantly more than grocery stores can typically pay. Grocery stores have low margins but high throughput as

See GROCERY on pg. 2

RESULTS FROM 2026 CJ COMMUNITY SURVEY

What is your favorite thing about Cabin John? What shop do you wish we had? What do you use the CBNRC for? Find out what your neighbors said in this first installment of results from the 2026 Community Survey.

See story on page 4

THE MACARTHUR BLVD BEAUTIFICATION MULCH PARTY NEEDS YOU!

Saturday, April 28, 2026

Meet @8:30 am at corner of 79th St. and MacArthur



Volunteers at previous mulch party

Scott Hoffman and **Susan Roberts**, who lead this event, are looking for many friendly and able-bodied volunteers to have fun spreading mulch and keeping our main street beautiful. Email Susan to let her know you are coming to help: susanroberts487@gmail.com.

MOCO COUNTY EXECUTIVE CANDIDATE FORUMS

by Jeff Shipp and Scott Lewis

CJCA is contacting candidates for Montgomery County Executive encouraging them to come to Cabin John to discuss their platforms, answer questions, and hear community concerns. Two candidates so far have taken the initiative to schedule forums:

- **Evan Glass** (D) – **April 27**, 7:30 pm at Clara Barton Neighborhood Recreation Center (CBNRC)
- **Andrew Friedson** (D) – **June 8**, 7:30 pm at CBNRC

Will Jawando (D), Peter James (D), Mithun Banerjee (D), Shelly Skolnick(R) and Esther Wells (R) have been contacted but have not yet scheduled forums as of the time the April *VN* went to print.

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GROCERY *Continued from pg. 1*

many people shop for groceries a few times a week. Landlords typically give grocery stores a lower rent because they draw customer traffic that helps other tenants.

MacArthur Plaza leasing agent **Brad Klinedinst** of Klinedinst Management informed CJCA officers that he has received several proposals for the space from different types of businesses, including three grocers.

One of the businesses that submitted a proposal is local grocery chain **Rodman's**. CEO **Nolan Rodman**, who grew up in Cabin John and has family living here, attended the March CJCA meeting to share his vision for a store in CJ and his passion for serving the neighborhood that shaped him. With three locations in the DC region (the flagship store on Wisconsin Avenue as well as stores in Rockville and Wheaton) Rodman assured the group that he is in a strong position to be responsive to the grocery needs of Cabin Johners and nearby neighbors.

CJCA asked Klinedinst to invite other grocers who have submitted proposals to contact CJCA to possibly secure our support. At the time the ***VN*** went to print, none had. At the conclusion of the March CJCA meeting, attendees voted to mobilize CJCA and our neighboring communities to advocate for a grocer and pursue any and all methods to persuade the owners/landlords of the long-term benefit to their bottom line of meeting the community's demand for a grocer.

CJCA is encouraging everyone to write to property owners **Bob Smith** and **Mike Garrett** and their leasing agent to let them know how supportive we are of the businesses in MacArthur Plaza and how critical we believe it is to have a grocery anchor in this space. Please share information of this letter writing campaign with your friends in nearby neighborhoods. (*See **Lynn Hopkins**' open letter to owner Mike Garrett on page 12*).

Please email/send your letters BY APRIL 25th to:

- Mike Garrett, Owner, Garrett & Smith Companies mike@garrett-smith.com
- Bob Smith, Owner, Garrett & Smith Companies bob@garrett-smith.com
- Brad Klinedinst, Vice President, Klinedinst Management Inc. 4405 East-West Highway, Suite 211, Bethesda, MD 20814 (301) 656-7252 Brad@KlinedinstMGT.com

Questions, comments, concerns, or interest in supporting other potential next steps can be directed to **Susan Shipp** at jsjshipp3@verizon.net or 202-297-8718 or **Wendy Putnam** at jtputnam10@msn.com or 301-922-9289, neighbors who are coordinating the letter writing and community advocacy efforts to bring a grocer to Cabin John. ~*VN*

CJCA News

by Scott Lewis

The March CJCA meeting was held on Wednesday, March 25, 2026, at CBNRC. The primary topic was the closing of the Bethesda Co-op. The balance of the meeting included approval of the February meeting notes and a reminder that it is CJCA dues season. Residents are invited to pay their dues via the return envelope enclosed in the recent CJCA letter or to use the QR code for Cheddar-up. Lastly, CJCA announced it is joining CLEAR Potomac (Coalition for Long-term Environmental Accountability and Restoration). CLEAR Potomac was established as a multisectoral coalition to unify and strengthen the response of public health, outdoor recreation, community, and environmental organizations, to the Potomac Interceptor sewage spill in January 2026. This coalition exists because a crisis of this scale demands a coordinated, science-driven response. By aligning our short- and long-term goals, we can be more effective in ensuring a full recovery for the river and the communities that rely on it.

The April CJCA Meeting will be held on **Wednesday, April 29, 2026,** at the Clara Barton Neighborhood Recreation Center at 7:30 pm. Two interesting topics will be featured:

Clive Harris, Cabin John resident, longtime birder, past president of the Montgomery Bird Club, and a member of the Maryland-DC Bird Records Committee, will give a talk on **spring birds**. Each spring, our resident bird population is augmented by migrant birds who arrive in April and May and spend the summer here to raise their young before returning south in late summer and early fall, to Mexico, the Caribbean and Central or South America. Clive will tell us about these migrants–how they get here, what they look and sound like, where you can find them and where they spend their winters–with a talk featuring his photos.

Greg Gurley of **Friends of Cabin John Creek** will give a community update on the health of the creek. and discuss how volunteers monitor macro-invertebrates, chemicals, and bacteria in Cabin John Creek and its tributaries. They will share what this data tells us about the creek's health, highlight some interesting monitoring results, and explain why stormwater runoff from our neighborhoods is the biggest threat to our local creeks.

If you would like to attend virtually, please join the Zoom link at https://tinyurl.com/CJCAmtg
Meeting ID: 862 6001 2468 Passcode: 671191

~*VN*

Minnie's Island
Community Conservancy

Rivers are easily wounded,
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-Robert MacFarlane,
Is a River Alive?

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CABIN JOHN CITIZENS ASSOCIATION ANNUAL OFFICERS ELECTION

Wednesday, May 20, 2026
7:30 pm, CBNRC

by Scott and Heidi Lewis

The annual CJCA officers election will be held at the May CJCA meeting, **Wednesday, May 20, 2026**. Officers are elected each year for 1-year terms running June - May. Interested candidates are welcome to contact any current CJCA officer to learn about serving the community and express interest in standing for the election. E-mail cjcapresidents@gmail.com.

Announced candidates currently include:

- President:
  - **Pete Cousté** (currently serving 1st term as VP)
- Vice-President:
  - **Marcy Harrison** (running for 8th term)
  - **Carrie Stokes**
- Treasurer:
  - **Gil Schwartz** (running for 2nd term)
- Secretary:
  - **Leslie Myers**

In addition to the newly elected officers, the immediate past president also serves as an officer to advise the president and provide institutional continuity. **Heidi and Scott Lewis** will transition to the immediate past president position post-election.

While officers fulfill key responsibilities, **the real vitality of CJCA is the many volunteers** who help run events and provide energy and manpower for the advocacy and outreach efforts. It's fun, it's a great way to meet new people, and it helps make Cabin John the truly unique and wonderful place that it is (as shown in responses to the CJ survey beginning page 4). If you have never volunteered--the Crab and Chicken Feast in September is always in need of new volunteers--**make this the year that you give it a try!** *~vn*

LISAN MARTIN THERAPY



Lisan Martin, a psychotherapist with 35 years of experience, provides counseling to individuals, couples, and families. A Cabin John resident, Lisan is licensed in DC, MD, and VA and sees clients virtually and in person at her Cabin John office.

www.lisanmartintherapy.com
202.537.6614

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RESULTS OF 2026 CABIN JOHN COMMUNITY SURVEY

by Heidi Lewis

In January 2026, the Cabin John Citizens Association (CJCA) asked citizens to provide thoughts and ideas on a number of topics of interest and importance. 107 neighbors participated in the survey via Google forms and e-mail. The responses provide a snapshot of sentiment and opinion about Cabin John. We will share graphs, tables, and submitted comments in the next few issues so everyone can enjoy learning what our town as a whole thinks. For open-ended responses, CJCA used Google Gemini to help aggregate submissions into table form; any data presented with AI assistance will be noted.

What I Like About Cabin John

The survey started by asking respondents to share things about Cabin John that are important to them, what they like about our town. (*See page 14 for tabulated responses.*) Individual responses included:

"The great sense of community...via a newsletter, family events, community events, neighbors helping neighbors!"

"I love being next to the canal, river, and wildlife. I also feel an affinity for the people who chose this neighborhood."

"A true 'what a neighborhood SHOULD be' feeling. People who care about one another, respect each other, and are truly invested in the beautification, preservation, AND modernization of one of the more treasured communities of the DC area, if not the world. Proximity to DC, proximity to national parkland, commitment to constant improvement."

"Tight knit community but not overly structured- 'Cabin John weird'- thoughtful and concerned citizens but not uptight about things like how yards look, etc."

"The community of mostly progressive, educated, fun-loving and active people; the beautiful trails and creek and Potomac; the rituals and events like Trivia Night, the holiday party for kids, Chicken and Crab Feast and the Turkey Trot; and the care and concern for others/civic issues/social justice and the environment. And the center points of CBCC and the rec center. "

"I love that we have so much nature around us. CJ is special for its sense of community, its diversity of residents, its retail and the Clara Barton community center. Also love its location vis a vis DCA and Dulles as well as downtown DC."

"As a fourth generation Cabin Johner, I have never pictured living in a different place to raise my own family - this one is perfect. Though the houses have gotten bigger (my own included), the annual traditions have shifted, and the businesses along MacArthur Blvd have changed, the spirit, kindness, and sense of community from the people of Cabin John are what make it special and unique."

"Knowing our neighbors as our children grow together, bringing the community together as we do for July 4 and other events."

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See SURVEY on pg. 14

View From Minnie's Island

by Joe Saliunas

LOOKING BACK: OUR RESTORATION ROADMAP

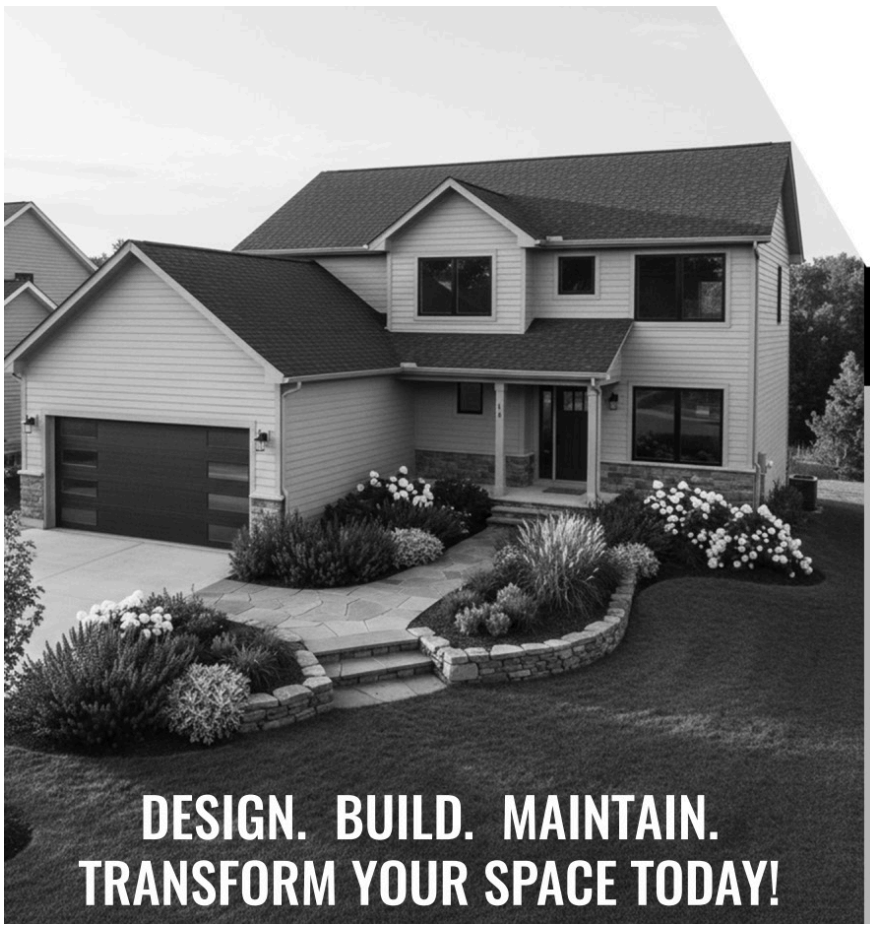
It's been hard the last couple of months writing a "timely piece" about what's going on along the river. My January article focused on spring wildflowers, and was published several days after the start of the spill. My February article talked about "sewage still flowing in the canal" and was published several days after the sewage was redirected back into the Potomac Interceptor. I'm taking a safer approach this month. I'll share the roadmap we followed to manage the invasive plants and re-establish expected native plant communities on the island. This roadmap has applicability to restoration of any piece of land in our area–including your yard. While the steps below imply sequencing, many of them can be carried out concurrently.

1. **Do No Harm** – As an all-volunteer organization, we frequently had inexperienced weed warriors working on the island. We needed to carefully balance allowing the volunteers to work while providing enough oversight to avoid unintentional killing of desirable native plants.
2. **Save the Trees** – In 2021, every tree on the island was being strangled by oriental bittersweet vines, sometimes up to six inches in diameter. These vines can weigh down the trees and block light to their leaves. Our first priority was killing the largest vines by cutting them at the base and applying herbicide to kill the roots. Porcelain berry and English ivy were also addressed.
3. **Stop Fruiting Invasives** – The next priority was stopping the spread of invasive plant seeds by killing the larger fruit producers, such as bush honeysuckle, wineberry, and bittersweet and porcelain berry vines that were not yet climbing trees. Their seeds can persist in the ground for years, so the sooner you stop fruit drop, the better.
4. **Know Your Natives** – Once the larger invasives were under control, we could start to see the rich blanket of native plants covering the island. The island has a rich seed bank due to frequent flooding, and the native plants quickly developed when freed from the shade and competition of larger invasives.
5. **Establish Safe Access** – Once we became familiar with the island's vistas and desirable plant communities, we expanded the network of trails on the island to access high-quality areas. We also removed known hazards, such as the many standing dead ash trees killed by the emerald ash borer.
6. **Fill Gaps in Expected Natives** – Re-establishing the tree canopy remains a priority, as is repopulating gaps in shrubs and herbaceous plants. In 2023, we planted a large number of tree saplings obtained from the Maryland Tree Nursery. In 2025, we added a number of larger oak trees funded by a grant from the Chesapeake Bay Trust. We are adding more trees and shrubs this year, also funded by the trust. Before adding any plant, we check with definitive sources, such as iNaturalist and the Maryland Biodiversity Project to ensure the plant is specifically native to the Potomac Gorge. The sandy soil of the island dries out quickly, so frequent watering of newly-planted trees is often required.
7. **Protect From Animals** – On Minnie's Island, we need to worry about deer browse, buck rubs, and beaver cutting. We install wire cages around all the trees we plant, often upsizing the cages as the plant grows. At some point, the leaves will be above the browse line, and the tree diameter will be too large for buck rubs. At that point, we only need to protect the bottom of the tree from beavers.
8. **Address lower-priority invasives** – Our ultimate goal is to free Minnie's Island from all invasives. This year, a special focus is on control of stilt grass and vinca/periwinkle. While these plants are not the biggest threats, control will be challenging.
9. **Educate and Appreciate** – Once the trail network was established, one of the first actions was adding a small, metal name plate to some of the best specimens of each species of tree on the island. We also maintain pictures of common plants, birds, and animals found on the island on our website. We encourage visitors to use readily available apps such as Merlin and Seek to identify birds, plants, and insects, and we maintain island records in eBird and iNaturalist.
10. **Follow-up** – The island is always evolving, with changes to the tree canopy, new ground cleared by invasives removal, weather variations, flooding, and human use patterns. We will likely have to continue invasive plant control, at some level, forever, as bird droppings will always bring in new seeds.

We are still on our restoration journey, and I expect we'll have additional steps and lessons learned to share in the coming years. For now, we are keeping the island closed until results from sediment testing show it is safe.

~vn

Joe Saliunas is certified as a Maryland Master Naturalist and is Board Chair of Minnie's Island Community Conservancy.



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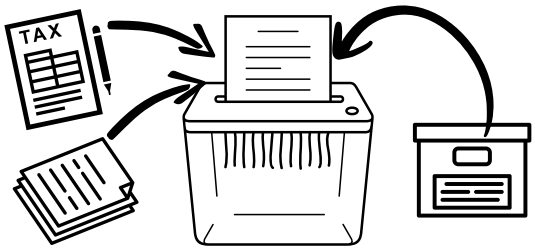
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Our Town

by Annemarie Economou Gormley

DYNAMIC AND DARING: GUDI KREISEL'S LIFE

When I was interviewing **Tina Eck** for the January edition of the *Village News*, she recommended I meet fellow Cabin Johner, **Gudi Kreisel**. Tina and Gudi had bonded over their shared heritage, both recounting childhood memories in Germany. Both have had lives filled with hard work, sometimes laborious, other times extremely fulfilling; abundant travels; daring adventures; and love. Tina encouraged me to call Gudi and hear her story, so I did. And oh, what a life she has lived!

Gudrun Charlotte Kreisel, born in 1941, grew up in East Germany, where food was scarce and life was hard. Shortly after her birth, her father was drafted for World War II and stationed in Belgium. In 1945, when the war ended, her father was taken to Russia as a war prisoner.

"Thank God he never went to Siberia. All four prisons that he worked at were around Moscow." When he returned, Gudi remembers how much he loved her and how he explained that the photograph he kept of his family got him through difficult times during captivity.

Gudi remembers the war torn countryside and sometimes eating nettles for a meal, which was how many Germans survived after the war. "The time after the war was terrible. We were starving. Basic foods were rationed; there was never enough for us. I still feel the pain of hunger to this day, I can never forget it."

After WWII, East Germany became a socialist country under the control of East Germany until 1990. Police, called Stasi, like the KGB in Russia, used mass surveillance, intimidation, psychological harassment, and more, to eliminate dissent, monitor anti-regime activity and suppress opposition.

"I knew that there was more to life than what was shown and told to me in school and in newspapers. We could hear about the outside world secretly through the radio from the West called Radio Luxembourg," remembers Gudi. Her childhood was not without fun. She remembers the joy of building snowmen, tobogganing down hills, swimming, gymnastic and acrobatic lessons, and playing a recorder. During her teen years, for fun, she learned dances, went camping, modeled for a sculptor, and dreamed of escaping East Germany. At 14, Gudi had a choice to learn a trade or continue with her education, and she decided to learn a trade. In 1959, she completed her apprenticeship in steel and bridge construction. She also studied German and Russian for two and a half years to become a high school teacher, but because of her escape, she never finished. "Before the construction of the wall, it was still possible to go to the West. It became more and more restricted as too many East Germans were going to the West," explained Gudi.



Gudi's motto is "Live Well, Laugh Often, and Love Much."

On August 13, 1961, the Berlin Wall was erected, divided Germany and restrictions were placed on travel. Citizens were limited to visiting other Eastern Bloc countries, such as Czechoslovakia, Hungary, Romania and Bulgaria, and were prohibited from traveling to western countries. Those who tried to escape to the West paid a high price, and many of them lost their lives in their quest for freedom.

"I heard the news: a wall was being built right through the center of Berlin, dividing Germany! It came as a shock. I immediately rushed to see Gisela, my closest girlfriend and fellow student, to discuss the event. She had already heard the news herself and was deeply depressed. We had often talked about going to 'the other world,' weighing numerous

See KREISEL on pg. 9



FARM TO TABLE MEALS

By Cory Lewis, Professional Chef

Stock your fridge and pantry with farm to table meals & snacks for your for home and work. Made with ingredients from local farms and producers. Small batch soups, salads, snacks, entrees & more...



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KREISEL *Continued from pg. 7*

possibilities of realizing our dream, but we never came up with a viable solution."

In 1962, when Gudi was 20 years old, she met a 19-year old Austrian named Rudi who offered a plan to help her escape. It was dangerous and daring, but she was willing to trust him and attempt to leave East Germany immediately. You can read about Gudi's perilous escape online. "Cabin Johner Gudi Kreisel's Harrowing Escape to Freedom," written by Stephanie Smart, ran in the October 2010, issue of ***The Village News*** and can be accessed at cabinjohn.org. Navigate to "***Village News*** Archive" and then select the month and year. Gudi is flying to Vienna, Austria, to visit Rudi again this month. Rudi, and his wife, have remained close to Gudi over the years. She is extremely excited.

During Covid, Gudi wrote her autobiography, ***To Reminisce is to Live Twice***, for her family and friends to read. She wrote it in German, and it was recently translated into English. I wanted to read what happened after her escape, and discovered that she has lived an exciting life. I thoroughly enjoyed her book. I laughed, I cried, and I related. Our lives are different in so many ways, such as she never had children, and I have seven, she has traveled extensively, me, not so much, but the lessons learned, the values embraced and the desire to have meaningful relationships are the same.

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After Gudi left East Germany, she lived in Vienna, Austria; Rochester, New York; New York City; San Francisco, California; Florida; Vail, Colorado; Madrid, Spain; and Pennsylvania to name a few locations. Each city provided new opportunities to experience cultural events, visit museums, enjoy shows, make friends, participate in various outdoor activities, including skiing, and earn money. Gudi's spirit of adventure far exceeds anyone I have ever met.

Four years after Gudi became a nurse in New York City, she was diagnosed with cancer. After chemo and radiation, she went into remission and was able to work 22 years at Mount Sinai Hospital in Queens, New York.

During her time in New York, Gudi visited her friend Erna Bruestle in Cabin John. She admired the Potomac River, the canal, and the beautiful nature around the town. Years later, Gudi says, "I had the desire to buy my own condo near urban centers." Gudi remembered visiting Erna where cycling and hiking paths were abundant and Washington D.C. was nearby. She asked her friend to tell her if a 2-bedroom apartment came on the market.

Here is an exciting excerpt from Gudi's book:

"November, 1989. The day seemed like any other day. Late in the afternoon the phone rang and I heard a friend yelling: 'The wall is falling; the wall has fallen!'

'Are you drunk?' I answered.

'No, no, the wall is falling,' she continued.

'Turn on the TV!'

An incredible scene! The crowd was cheering at the Brandenburg Gate, the people saluted each other on the wall with champagne...There were poignant scenes. Everyone hugged, cried, laughed, cheered. For many, an unforgettable moment. I sat in front of the TV, sobbing, laughing, talking to myself. I thought this could not be true, unbelievable, just overwhelming! I watched all night long with no desire to sleep. Something unimaginable had happened...I was overjoyed. Everybody was impressed how it happened without violence or bloodshed. An overwhelming, joyful feeling; the wall had fallen!"

When a condo became available in Cabin John, Gudi bought it and rented it out. Eventually, she moved here. Gudi has been in Cabin John for 18 years. Recently, she bravely faced cancer again. She credits the beauty of her nature walks and the warmth and support of her friends for her healing. A recent PET scan showed the cancer is most likely in remission. She says she is doing fine. "I love living in Cabin John. It's a lovely, lovely place. I am alone, but never lonely. I have so many friends. You've got to make friends. But you've got to give also. You've got to keep the friendships."

See KREISEL on pg. 11



REAL ESTATE ACTIVITY IN CABIN JOHN

Courtesy of Cabin John Realtor Rachelle Cherol

ACTIVE

7630 Tomlinson Avenue #15
List Price $350,000
2 BD, 1 BA, 0 GAR
763 sq. ft.

7630 Tomlinson Avenue #L-16
List Price $379,900
2 BD, 1 BA, 0 GAR
846 sq. ft.

5 Ericsson Road
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832 sq. ft.

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6 BD, 5/2 BA, 2 GAR
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KREISEL *Continued from pg. 9*

Gudi has been to Africa, Southeast Asia, and all over Europe and America. Gudi is an engaging, dynamic person, so it comes as no surprise that many men around the world have fallen in love with her. One particular man truly stole her heart! She long ago had to part ways with this one special love, Jose Luis, but nearly fifty years later, in 2013, he found her in Cabin John, and they rekindled their romance. Much of the next six years they spent together in Spain, or on various trips.

In an email Jose Luis wrote to Gudi, he said, "You should know that my life changed when I met you. You are the woman I would have always wanted to be with. You are cheerful, kind, and always in a good mood. Life becomes a celebration when you are near."

Gudi gushes when she speaks of Jose Luis. "I always feel a deep sadness when I think of Jose Luis. His charm, his kindness, his unconditional love for me, his connection to me, whether we were together or separated, his loving nature, his generosity, his inspiration, all this will always be present to me. It is so amazing that he has never forgotten me since we met and contacted me after almost half a century. I fell in love with Spain, the beautiful country and the Spanish life that I was able to get to know thanks to him. I can be grateful that I was able to experience a deep, beautiful romance for 6 years at an older age. He is always with me; I love and adore him. His son thanked me for making his father happy for the last years of his life."

Gudi walks over to the Cabin John Neighborhood Recreation Center several times a week to exercise. She spoke highly of the rec center's programs that include classes and trips. She strolls through the neighborhood in the afternoon for exercise and loves meeting people. A compliment to a neighbor about their addition might lead to a cup of tea and a new friendship. A visit to an open house may lead to a wonderful conversation about the amenities in Cabin John.

"Gudi has a smile everyday she walks in and takes the time to check on the staff. She is truly a wonderful person to be around and brings joy to the participants," shared Barry Jones, Recreation Specialist at Clara Barton Neighborhood Recreation Center.

I am so happy I shared an afternoon with Gudi. Her spirit of adventure is alive and well. I asked her for words of wisdom for those who sometimes experience melancholy and might struggle to get out of bed occasionally. "If a gloomy day creeps into my life, I remember the many wonderful events I have experienced, and soon contentment dominates my feelings." She explained that even on days when she doesn't have something planned to look forward to, she knows there will be opportunities to talk to people throughout the day.

"Often when I wake up in the morning, I sense a wonderful feeling, a feeling of happiness within me and then I wonder what the new day will bring. Even if it's just a routine day, there could be special moments, such as a good conversation or something enjoyable. Before going to bed, I always read something interesting or funny until I fall asleep." *~vn*

If you have a story to tell, or a suggestion for a story, please reach out to me at annemarie.gormley23@gmail.com.

Poems For Passersby

Presented by Meredith Griggs

Time Does Not Bring Relief

Time does not bring relief; you all have lied
Who told me time would ease me of my pain!
I miss him in the weeping of the rain;
I want him at the shrinking of the tide;
The old snows melt from every mountainside,
And last year's leaves are smoke in every land;
But last year's bitter loving must remain
Heaped on my heart, and my old thoughts abide.
There are a hundred places where I fear
To go—so with his memory they brim.
And entering with relief some quiet place
Where never fell his foot or shone his face
I say, "There is no memory of him here!"
And so stand stricken, so remembering him.

Edna St. Vincent Millay

Edna St. Vincent Millay (1892-1950) was a lyrical poet, playwright, and feminist in the 1920s and beyond. April is National Poetry Month.



A regular reader of Poems for Passersby on upper 78th Street, Jean Johnson (and Sprocket) of Tomlinson Terrace stop by before a storm to look at the latest posting.

"Neighborhoods along the canal are my specialty - I live there and love it!"



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Letters to the Editor

The Village News welcomes letters to the editor on topics affecting life here in Cabin John. Letters may be edited for length or clarity.

To the Editor:
Please share this open letter to Michael Garrett, one of the owners of MacArthur Plaza.

Dear Mike,

How are you these days? How is your son? My son, Dangerous Dan (of your county little league team for years, thanks Coach!) is doing fine. He has been working for us as a food service designer for many years. Sadly, my husband, Richard, has become disabled with a neurological disease that affects his ability to walk, has impaired his speech, and paralyzed his right hand. Daniel stepped into his shoes and has kept the business going since 2024.

I'm telling you this because I am very grateful to you for the astounding effect that you, albeit unknowingly, had as an instrument of God who guided our family years ago. It started in 1989 when the owner of our rental house said we couldn't run our business there and called the county on us. We had told the leasing agent that we were going to use the house for work too, but she never told the landlord!

Meanwhile, you and Bob had recently purchased the shopping center. I came to see if we could rent office space and you showed me a 1400 square foot office with magenta carpeting, pink walls and great windows in one room. I couldn't imagine how we could ever come up with much more money each month than we paid for our rental house. But you made us a deal. You said we could start by paying $500 a month, but it would balloon to 2K a month over time, totaling about 100K for 5 years! Yikes! Beyond my imagination, but we were desperate. Deal! Turned out to be a win-win!

Hopkins Foodservice Specialists was your office tenant for 10 years. When you reminded me that our lease was up in 1998, I replied that business was great and to sign me up for another five years! You kindly said no because the economy was so good that you wanted space available for larger tenants. But you never forced us out.

Instead, you sent me classified ad clippings and did what you could to help us find other space. I looked and looked, but every opportunity fell through. I remember more than once coming into your office crying because I was having such a hard time. Meanwhile, you were patient with me and I was so grateful. Hearing of our plight, Tom Manion called me to see if I wanted to buy the historic house a few doors down, along with a house that he would be constructing behind it. We were thrilled at the idea and let you know right away that we had a plan to move out! Unfortunately, that fell through too. Almost a year had passed since you first said we couldn't renew our lease!

On March 7, 1999, when Richard and I walked out of the meeting with Manion, I asked my realtor to show us the yellow spec house across the street. Months before, we had talked to the builder to see if we could design it to fit our needs, but they said they already had a design and the price was way too high at about $650K.

The house was still under construction with no front steps. We had

See LETTERS, next page

DID YOU KNOW?

Several key points to consider if you're wondering whether we're in a buyer's market or staying in a seller's market:

- Inventory is going up, but we're not in a buyer's market yet. Still, demand is higher than supply with less than two months of homes available.
- Houses are taking more time to sell now. For buyers, this is a positive change, giving added time to make better informed decisions.
- Mortgage rates are affecting the market. Many homeowners who locked in very low rates are holding off on selling, so fewer new listings are coming up.
- Home prices are still going up, but not as fast as before. Sellers might need to adjust their price expectations, while buyers can feel confident knowing that equity remains strong.

While these are some of the trends we're seeing, every market is unique and certain neighborhoods might be different.

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

Rachelle Cherol
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LETTERS *Continued from pg. 12*

to heave ourselves onto the porch to enter. It was amazing! I couldn't imagine being able to live in such a big, beautiful home where light flooded into the family room and the neighborhood views out the windows gave me the feeling of Thanksgiving Day! Six months later we had designed and built the office space we needed. WOW! God can move fast when He has the better plan!!

The neighbors were shocked that such a big house would go up in Cabin John. In fact, there was an article in The Washington Post *telling the sad story about the ruination of Cabin John because of our big yellow house. The neighbor behind us in a tiny house had fast-growing pine trees planted so he wouldn't have to see our monstrous building. Our neighbor, Uva Cable, wondered why the big house wasn't enough and that we had to build even more! I've come to realize how it all worked out perfectly. It was great to be right across the street from our old office so that we didn't have to change our phone number or P.O. Box.*

But the best thing about our home and office has been living across the street from the co-op. I could be cooking, realize I needed an ingredient and just walk across the street to get it. Uva could call and ask me to get her something, and it was at her door in minutes. Maybe even faster when she wanted the ingredients to make me her famous 7-Up salad.

For over 10 years, Richard grilled the chicken at the CJ Chicken and Crab Feast. All the spices for Richard's rub came from the co-op. We just gave Helen Atkocius at the co-op the recipe for the rub (she promised not to divulge it!) and she would gather all the ingredients. Each Christmas, Richard would make dozens of his delicious fruitcakes for our clients. All the ingredients came from the co-op. The simplicity of shopping there was calming compared to Whole Foods, Safeway or Giant.

The value of the co-op hit me the hardest when Richard and his caregiver could simply walk across the street and go shopping together. Who knew how important it would be for Richard to be in the world and semi-independent? When I read in the co-op's email that they would be closing I was crushed! The co-op has been my main grocery store! What would I do without it?

I fretted a lot, wept a little, and tried to plan. Last Sunday Juliet Rodman told me that her son was negotiating with you to put a grocery store in the space. I was thrilled. I think that a Rodman's is ideal, for its positive brand recognition and interesting variety of foods. I like their produce department a lot!

Mike, I know it's not about me. Personally, I don't think it's about you and Bob either, or about money alone. I look at life from a very broad perspective, as I seem to have been guided to do. At the CJCA meeting last night when Nolan Rodman spoke to us about what Cabin John means to him, his commitment, his mom, I knew without a doubt that life is about love, kindness, commitment...God.

In closing, I want to thank you from the bottom of my heart for being such a kind man to me and an instrument of God to our business. Keep up the good work. (Hint-Hint Rodman's is a win-win for everyone.)

Gratefully yours for a story in which you were a hero Mike,

Lynn Hopkins

SUSHI N YOU MARKS TWO YEARS IN CABIN JOHN

by Leilia McCabe

Sushi N You moved into Cabin John at the intersection of MacArthur and Tomlinson in November 2023. They have now been open in Cabin John for over 2 years, and have supported the CJCA in several events, including the December holiday party. Interested in the story behind the restaurant, I interviewed Sushi N You owner Bonggeun Youn to learn about his background, his business, and his aspirations for the store.

Youn has an extensive background as a sushi chef—he has worked with Japanese restaurants, embassy events, large church lunches, and more in the last few decades—but was inspired by his love of sushi to take the next step and open his own restaurant. He told me, "I wasn't satisfied with just eating it, I wanted to make my own sushi."

It wasn't easy, however, to turn that dream into Sushi N You: Youn personally took care of all the permits, interior design, and concepts required to open his store. When I asked him about the process of setting up in Cabin John, he responded that he had known about the store's location for eight years before opening. In addition, after opening, he was tasked with accumulating data on the characteristics of the area and the types of sushi that sell well.

Nowadays, after acclimating to Cabin John, his day-to-day at the store is still just as busy. Youn visits three or more markets every morning to shop for fresh ingredients and prepare them in the best possible manner. Explaining that "the taste of sushi depends on the fresh fish and ingredients, the ratio of sushi vinegar, and how deliciously the sushi rice is made," Youn told me that he takes pride in personally preparing every batch of sushi rice, which he believes is the most important part of sushi.

Ultimately, Youn's goal is to provide high-quality sushi to the Cabin John community, so that nobody has to "travel far to find a famous sushi restaurant." The "Toro Power Roll" Youn shared, is one of the most popular options right now, and the restaurant makes specials from time to time with locally and seasonally available ingredients.



Sushi N You features indoor and outdoor seating, and carry-out orders.

SURVEY *Continued from pg. 4*

Attributes of Cabin John

Attribute Category	Included Descriptions	Number of Mentions
Sense of Community & Neighbors	Friendly people, neighborliness, caring neighbors, knowing everyone, connection, spirit of kindness, involved citizens, "Cabin John weird," lack of anonymity.	74
Nature & Outdoor Recreation	Proximity to the C&O Canal, Potomac River, creek, forest, hiking trails, towpath, wildlife, natural beauty, and green space.	62
Location & Proximity	Convenience to DC, Virginia, Bethesda, and 495; strategic location; "close in" but feels "away."	41
Small Town / Village Vibe	Small town feel in a big city, tiny village atmosphere, non-standard layout, not a "generic burb," bucolic, quiet, and "out of the way."	19
Local Retail & Services	Neighborhood shopping center, Bethesda Co-op, local restaurants (Fish Taco, etc.), post office, and local businesses.	18
Walkability & Biking	Pedestrian friendly, walkability, biking on MacArthur Boulevard, bike paths, and ability to walk to errands and nature.	17
Community Events & Traditions	Holiday Party, Bingo, Trivia Night, Chicken & Crab Feast, July 4th parade, Turkey Trot, and active Citizens Association (CJCA).	16
Eclectic Character & Architecture	Diverse/unique homes, eclectic architecture, not "cookie-cutter," diverse styles, and avoiding "monster mansions."	12
Safety & Tranquility	Low crime, feeling of safety, quiet, peaceful, tranquil, and "safe for children."	11
Trees & Greenery	Tree canopy, lush surroundings, "tree-covered streets," and gardens.	10
Schools & Community Center	Great local schools and Clara Barton Neighborhood Recreation Center.	8
Diversity of People	Socio-economic diversity, diverse groups/backgrounds, and progressive/educated population.	5
History & Heritage	Stewardship of history, Moses Hall, Gibson Grove, and multi-generational residency.	4

Open text responses grouped and tabulated by Gemini.

As has been discussed recently in the ***VN*** and at CJCA meetings, CJ's commercial spaces are under pressure from changing demographics and shopping patterns, and county initiatives to increase housing. The survey asked a few questions related to commerce in CJ, including one about shops and services we would like.

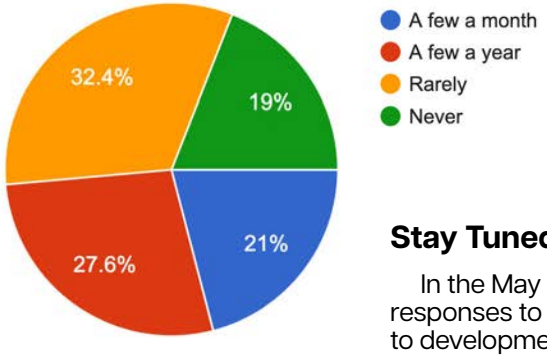
The responses show that though we do have some vendors, there is a high desire for a "real" coffee shop/bakery, improved grocery options, and specialty dining, and ideas for specialty retail and arts/maker spaces. MacArthur Plaza currently has several available spaces -- maybe you or someone you know would like to open a business to meet the demand for these wanted services and shops!

What shops and/or services do you think Cabin John should try to attract?

Retailer Category	Included Types	Number of Mentions
Coffee Shops & Bakeries	Coffee shops, bakeries, bagel shops, tea shops	35
Grocery & Markets	Co-op improvements/replacements, markets, bodega, farmers market	19
Dining & Specialized Food	General restaurants, pizza, ice cream, beer garden, breakfast spots	17
Fitness & Wellness	Gyms, fitness centers (Level Fitness replacement), yoga/pilates studios	14
Specialty Retail	Bike shops, bookstores, toy stores, clothing/boutiques, pharmacy	11
Professional Services	Banks, dry cleaners, nail salons, postal services	7
Community & Arts	Maker spaces, community centers, art galleries, music venues	4

Open text responses grouped and tabulated by Gemini.

Does your family attend MoCo Recreation events at the Clara Barton Neighborhood Recreation Center (classes, senior events, Club Friday, etc.)



Stay Tuned.....

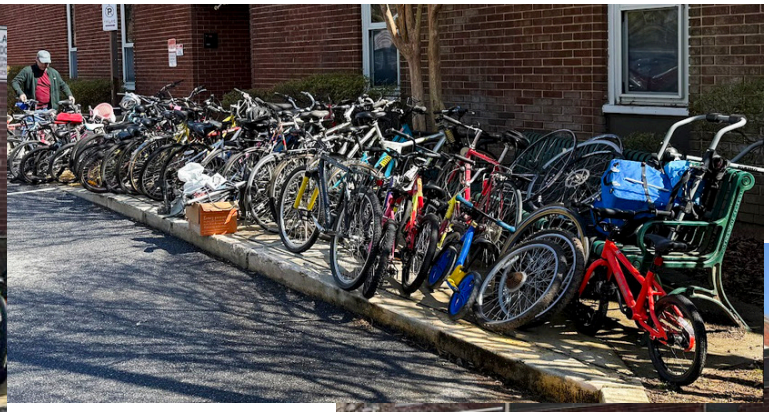
In the May ***VN***, we'll feature responses to questions related to development in CJ, and the CJCA initiatives that residents value the most. ~*VN*

CJCA HOLDS SUCCESSFUL BIKE DRIVE

On Saturday, March 21, 2026, CJCA collaborated with **Bikes for the World** to collect bicycles and bike accessories for use in less-developed nations. Event organizers were elated at the number of bikes collected–over 70–in addition to helmets, pumps and other accessories. Bikes for the World collects donated bicycles and distributes them to partner organizations in developing countries and under-served communities. To date, they have improved over 870,000 lives and donated more than 217,000 bikes. Their outreach efforts have included the countries of Rwanda, Kenya, Ghana, the Philippines, El Salvador and Costa Rica. Rather than simply providing transportation, Bikes for the World aims to transform communities–their partner organizations repair, maintain, and sometimes sell bikes to fund their broader missions.

Many thanks are due to CJ residents for donating bikes and equipment, and thanks also to CJCA VP Pete Cousté and Co-President Scott Lewis for arranging the event. ~VN







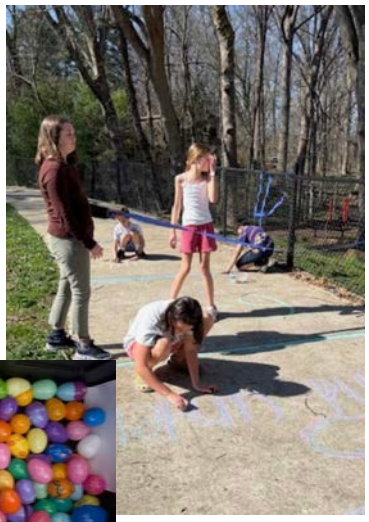
Cabin John resident Zara (R), with her mother Ayana (L), who live off Seven Locks Road, and Simon of Bikes For the World. Zara decided to donate the bike she's outgrown in preparation to ride her new big girl bike!

SPRING EGG HUNT

Almost 60 children, aged 2-12, gathered for a festive (frantic?) egg hunt hosted by CJCA on March 22, 2026, at Cabin John Local Park. It took the hustling hunters about 6 minutes to collect 600+ eggs expertly hidden by SSL volunteers Ani, June, Nima, Sarah, Julie, and Bas. Our youngest citizens enjoyed a beautiful afternoon created just for them. Thanks to everyone who came out and braved the sugared-up event. ~VN









Photos this page by Pete Cousté, Scott Lewis, and Heidi Lewis



The Village News is a monthly newsletter published since 1967 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. Reach CJCA leadership at cjcapresidents@gmail.com. You can contact *The Village News* by mail at Village News, P.O. Box 31, Cabin John, MD 20818.

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Shelly McKenzie, editor; **Heidi Lewis**, layout designer (interim); and **Marcy Harrison**, business manager.

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NEXT ISSUE DEADLINE:
5pm, April 25, 2026
CJCA, P.O. Box 31, Cabin John, MD 20818

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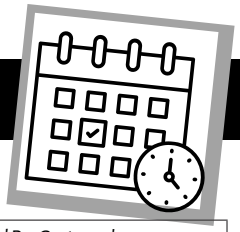
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EARTH DAY EVENT, NATIVE FISH RELEASE
Help restore river life from our environmental disaster. Participate in a hands-on release of hundreds of Bluegills and Minnows, certified and licensed for release in the Potomac at Lock 10 for the purpose of sewage spill restoration. **Saturday April 25 at 4pm.** Lock 10 C&O, at rivers edge.

Classified ads are 30¢/word. Please email ads to vnbusinessmanager@gmail.com

Community Calendar



APR	*All events at Clara Barton Neighborhood Rec Center unless otherwise noted*
21	CJ Creek Cleanup, 2pm-4pm Meet at playground below tennis courts
25	MacArthur Beautification Mulch Party; 8:30am, 79th & MacArthur
27	Candidate Forum 7:30pm Evan Glass
29	CJCA Mtg. 7:30pm; Clive Harris on Spring Birds&Greg Gurley on CJ Creek
MAY	
16	Grateful Shred 9am-12pm
20	CJCA Mtg. 7:30pm; Elections
23	Cabin John Creek Challenge Hike; see https://www.facebook.com/FOCJC/events
31	Blood Drive 10am-3pm