Annual Cabin John Cleanup on Saturday, April 25

By Burr Gray

The annual Cabin John Creek cleanup will be held Saturday, April 25 from 9:30 a.m. til noon. We will meet at the usual place—the playground/swing set next the Cabin John Bridge. Please join us in helping to make our creek beautiful again. Cleanup will take place going upstream of that location. After the presentation, we will ask for a few volunteers to start at the Creek location near the Cypress Grove/Seven Locks entrance.

Refreshments and gloves provided but bring your own gloves if you have them. Wear clothes that you don’t mind getting wet. Children ages 12 and under need to be accompanied by an adult. The cleanup will proceed unless it is raining. This event is being organized by the Friends of the Cabin John Creek (FOCJC) in coordination with CJCA. The point of contact for this event is Burr Gray (burrgray@aol.com, 703-607-2740 or 240-753-5918). —BO

Locals Attend Rainscapes Meeting

By Burr Gray

A number of Cabin John residents attended the Montgomery County presentation on rainscapes that was held March 22 at the Carderock Springs Citizens Association meeting. Handouts from the meeting included descriptions of the types of property improvements that can be made to reduce storm water runoff including rain gardens, conservation gardens, driveway improvements, and roof gardens. Information was shared on how to apply for rebates from the county for these improvements and on local landscape companies that are trained in how to install these improvements according to county requirements. Cabin John residents can find out more at www.rainscapes.org. The grant awarded to Friends of the Cabin John Creek is intended to promote mitigation of stormwater impacts. —BO
Neighorly News

by Judy Brookes

Shelley Rae Rudick and James Richard Taft of Spring Road report that their daughter, Marielle Anna Rudick Taft, who grew up in Cabin John, attended Pyle and Whitman, will graduate from University of California at Berkeley this May. She is also in the esteemed Berkeley Choir and performing the Bach B Minor Mass next weekend. Her parents are quite proud.

Please send news about your family and/or Cabin John residents (present, past or future!) to Judy Brookes at judy@brookes.com or call 301.537.4165. Births, deaths, moves, graduations, accomplishments, ongoing club meetings, etc!

Neighborly News

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A few of the 40+ “Definers” in the Clara Barton’s Center’s Body Sculpting Class celebrating member Margit Meissner’s 93rd birthday. Margit (center, in front of the whiteboard next to the woman underneath the balloon) is a Holocaust survivor and United States National Holocaust Museum Guide—a living testament to “never forget” and “never stop moving”.

MICKIE SIMPSON

If you are thinking about selling your home, either soon or in the future, let’s talk. I have a resident’s understanding of the unique Cabin John market.

Associate Broker | Green Designation

msimpson@ttrsir.com
202.906.9865 mobile
linkedin.com/in/mickiesimpson

Friendship Heights office
301.967.3344
www.ttrsir.com

© Juliet Rodman
A few of the 40+ “Definers” in the Clara Barton’s Center’s Body Sculpting Class celebrating member Margit Meissner’s 93rd birthday. Margit (center, in front of the whiteboard next to the woman underneath the balloon) is a Holocaust survivor and United States National Holocaust Museum Guide—a living testament to “never forget” and “never stop moving”.

Community Calendar

25 ................................ CJ Creek Cleanup
CJ Bridge Playground
9:30 am to noon (see p. 1)

29 ............................ CJCA Meeting
Clara Barton Center
7:30 pm (see p. 6)

30 ................................ Take Me to the River
House of Sweden, Georgetown
6:30 to 8:30 pm (see p. 13)

2 ............................................. Family Day
Glen Echo Park
11 am to 4:30 pm (see p. 7)
Donna Zeigfinger: Vegetarian Travel Agent/Animal Activist

by Catherine Orme

Vegetarians and Vegans are a growing global culinary group, but that doesn’t mean it is easy to follow your dietary preferences when you travel. Making do with bar peanuts for dinner or steamed sides from the cruise buffet can take the shine off any vacation.

Donna Zeigfinger is both a vegetarian and a travel agent. She opened her Green Earth Travel Agency in Cabin John in 1997 to design great vacation trips with delicious veg meals at every stop. An upcoming trip to Sorrento on the Amalfi coast includes lunch in a lemon grove, a pizza night guided by Colleen Patrick-Goudreau, a communal dinner prepared with local produce picked up in Padula as well as tours of a restored villa, the Monastery of Padula, a UNESCO World Heritage Site, the caves of Castelcivita, and a wine tasting in the national park of Cilento. It’s an itinerary that could lure anyone into a week of veg diet. Her trips now include veg chefs from all over the world who give dietary guidance and demos on the trips.

In the travel business you have to have a niche, Donna explains. Especially after the Internet made everyone their own travel agent. Planning where you want to go and booking flights is as close as your keyboard. But where do you eat when you get there? Where are the travel nuggets off the beaten track that can make your trip a special one? Enter the travel agent who has been there and found them. (Check out her site: www.greenearthtravel.com)

The Washington Post travel section featured a story on Green Earth Travel in 1994. Vegetarian Times did a story on her business that same year. Both articles “went global” and Donna gleaned a larger clientele from the publicity. She has since been featured in the Los Angeles Times and the New York Times.

Donna became a vegan in 1983 after working in an animal shelter for several years under the director of animal control in Washington, D.C. who later became the head of PETA. She has been an animal activist for 30 years. The family dog, Rudy, a piebald (tri-colored) dachshund, is a rescue dog, who came from a puppy mill, as is...
Letter to the Editor

RE: Answers on Water Levels in the Canal, Village News, April 2015

Many thanks to Larry Heflin for sharing the reply he received from Kevin Brandt, Superintendent of the C&O Canal National Historical Park, which explained that the fluctuating water levels in the canal stemmed from a lack of funds to make even temporary repairs.

In answer to our own recent inquiry, John Noel, the Deputy Superintendent, noted that public support is crucial and one way to help maintain the canal park is to support its official non-profit partner, the C&O Canal Trust http://www.canaltrust.org/trust.

Perhaps we who live so near the canal will find additional ways to lend more support to its upkeep as a community.

—Steve and Marie France, Cabin John MD

Shown here is a photo I took on April 1 from the bridge at Lockhouse 8 looking up the Canal towards Great Falls. The canal has water in it. Could this be the Park Service’s version of an April Fool’s trick?

—Burr Gray
the family cat, Doolin, a massive ball of calico fur named for one of Donna’s favorite Irish towns.

When Donna adopted Rudy she took him to obedience classes, “but it wasn’t working for him and I couldn’t figure out why,” she said. Donna was frustrated because she could not get the right kind of training to help Rudy through his behavior problems. So she started a group for people who had adopted puppy mill dogs and dogs from boarding facilities. There are now 200 adopters in the group and they meet once a month on the phone.

“We used to meet in person, but the group grew too large and in person meetings were difficult,” Donna said. “We have a trainer that meets with us and discusses all our issues and helps us with the training problems, which range from peer aggression to shaking to potty training.”

During the 1990 and 1995 March for Animals in Washington, D.C., Donna did all the travel booking for the event. She helped swell the ranks of participants and also expanded her veg travel clients list.

Donna recently testified at the Montgomery County Council in favor of a new law which would prohibit pet stores in the county from selling dogs and cats purchased from pet mills. Most of these animals come from out-of-state breeders and often end up in rescue shelters. If it passes it will be the first law in Maryland restricting puppy mill sales.

Donna, a Bethesda native, went to the Maryland School of Art Design after graduating from Walt Whitman High School. She studied dog grooming at the Maryland School of Dog Grooming. “I was a dog groomer for 15 years, she said. She also went to Cal Simmons Travel School in Virginia (which has since closed) to become a travel agent.

When she was working at Sea and Ski Travel, located in the second story of the Glen Echo Shops, Donna used to see Jeff Kirk pulling into the parking area in his van. “I thought, I’d really like to meet him,” she said. “I was visiting Glen Echo Park and forgot my purse. Jeff found it and brought it back to me. He’ll tell you I left it there on purpose so I could meet him, but that’s not true,” she laughed. The couple were married in 1994 and went to South Africa on their honeymoon. They moved into the Cabin John Gardens on Froude Circle.

Jeff Kirk is the Executive Director of Glen Echo Pottery. He has taught there for over 40 years. He studied ceramics at Montgomery College and Anderson Ranch in Colorado. He has won numerous awards, and his works can be viewed at pottery shows at the park. The studio has a large number of dedicated potters continuing their craft under his guidance.

Jeff’s son and Donna’s stepson, Bryan Kirk, is one of the three top free-style kayakers in the world. He lives in Fayetteville, WV. If you want to see an amazing video of Brian skipping and somersaulting over some rapids go to www.kayaksession.com/bryan-kirk-freestyle-kayaker.

Donna was an avid gardener until she fell and shattered her knee cap. Now she is the garden designer and Jeff does all the heavy lifting. Earlier, she started a plant sharing site for Cabin John on Yahoo.com.

Cabin John wildlife must know Donna is an animal lover. She has a barred owl that hangs out in her backyard from November until February every year. He sits on a tree branch above their shed for a brief time almost every day. “One night I was up late and I heard what sounded like flying monkeys above the house,” Donna said. She searched for it on YouTube found out it was part of the barred owl’s repertoire, not visitors from Oz. ☺️
Next CJCA Meeting Agenda—1) presentation of new Facebook page - Friends of Seven Locks, 2) possible presentation by Canal Trust President or Board Chair.

Meeting Minutes from March 25, 2015 CJCA Meeting—The main order of business for the evening was a discussion of the planned new Cabin John Directory. Susan Roberts is leading the project with assistance from a handful of other folks. She welcomed ideas and input from Cabin Johners who were at the meeting. Susan shared that the work to bring in advertising revenues was going very well. They have sold 55 ads to include four pages back and front of full-page color ads. Virtually all of the money for these ads has already been collected, which will help with the publishing costs. So many many thanks to our loyal local merchants.

The attendees discussed a number of improvements to the Directory including:

- Tabs will be added to better identify five sections: Cabin John history; local business phone numbers and local talent; residents listings; the “reverse” directory allowing identification of CJ residents by street address; and sponsor ads.
- The directory will now accommodate the listing of two phone numbers for those residents who want to include both a landline and a cell number. In addition, area codes will be listed for all numbers.
- New images/photos will be included of the most recent Cabin John activities.
- A new cover will be provided.
- Information on the Community Center and the activities that take place there for the community will be added.

CABIN JOHN CITIZENS ASSOCIATION
1/1/2014 - 12/31/2014

BALANCE on 12/31/2013 $13,377.43

EXPENSES

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TOTAL EXPENSES $21,662.99

INCOME

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TOTAL INCOME $22,574.64

BALANCE on 12/31/2014 $14,289.08

Submitted by Clare Amoruso
Treasurer, Cabin John Citizens Association

LISAN MARTIN THERAPY

Lisan Martin, MSW, a psychotherapist with over twenty-five years of experience, provides counseling to individuals, couples and families. A Cabin John resident, Lisan sees clients at her offices in Cabin John and Woodley Park, DC.

7707 MacArthur Boulevard, Cabin John, MD 20818
2607 Conn. Avenue, N.W. Washington, DC 20008
www.lisanmartintherapy.com
202-537-6614
Summary of Dues Payments for Calendar Year 2014—CJCA thanks the 310 households to date that have paid their dues for this year. To date $6,131 has been received as 2015 dues, plus additional donations of $1030 to CJCA. These amounts are roughly the same as the previous year at this time. There were also a number of donations made to two entities that directly benefit Cabin Johners. The donations made to the Friends of the Cabin John Creek (FOCJC) ($981) allows the group to operate and to successfully apply for a $42K grant from Montgomery County. Contributions to the Friends of the Clara Barton Community Center (FCBCC) ($825) allow that group to continue to support the Center’s programs and events and certain other needs. Cabin Johners are a generous bunch. Acknowledgement letters will be sent to those who made donations to FCJC and FCBCC. Dues and donations paid to CJCA (a 501(c)(4) entity) are not deductible as charitable expenses but may be deductible as a business expense. Check with your tax advisor.

If you have not paid dues yet for 2015, we would like to hear from you. The dues are $20 a year payable to “CJCA” and can be mailed to CJCA, P.O. Box 31, Cabin John, MD 20818. You can also pay online through PayPal by going to www.cabinjohn.org and clicking on Pay Dues Online. The dues collected are used to support the efforts of the CJCA to include funding for: a new CJ Directory this year, the printing and mailing costs of the Village News, the Red Cross blood drives, the flags along MacArthur Boulevard, the Holiday Party, 4th of July Parade, summer canoe trip, and much more.

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2014 BEST OF BETHESDA AWARD WINNER
WASHINGTONIAN AWARD WINNER
The Crystal Pool

It’s been a long winter and a delayed spring which may be why I’m wishing for summer. That thought as I walked through Glen Echo Park made me want to know more about the now-closed and abandoned Crystal Pool. Over a period of 30 years, Cabin John residents made their way to the Crystal Pool at Glen Echo Park to cool off, socialize, and swim in the summer. In a way, it was like going to the beach. Even though Cabin Johners could swim in Cabin John Creek, the canal or the river—despite the hazards—they could also take a walk across the Cabin John Bridge to a sandy beach at the Crystal Pool.

Built in 1931, the pool cost over $200,000 to build and was designed to accommodate 3,000 swimmers. The pool included high and low diving platforms, a large water slide, a refreshment stand, and locker rooms. The general swimming area featured an electric water fountain with rainbow lighting at night, and blue-white flood lights. The pool also had an early filtration system that filtered the entire 500,000 gallons of pool water every eight hours.

Adjoining the pool was a huge sand beach, covering more than 10,000 square feet, complete with umbrellas and chairs. A shaded
observation platform gave spectators a place to watch the swimmers and divers. During World War II, servicemen on leave or stationed in the metropolitan area were offered a special rate of 25 cents to swim in the pool.

While the admission prices were moderate at first, they still made pool visits something to plan for and not do all the time. Uva Cable, then a Worsham, remembers going to the pool in high school. Later, she went to Crystal Pool’s sandy beach with her children. Some Cabin John children learned to swim at the pool, changing in the big dressing room that had lockers too.

“It was a long walk to Glen Echo and cost a bit so we didn’t go too often,” she said. By contrast, Cabin John Creek was a short walk on a path that led from Tomlinson Avenue before many houses were built.

The Crystal Pool closed, along with the amusement park by 1968. Most of the pool complex had to be demolished in 1982 for safety. Left behind was the façade and the First Aid building in hopes of a future restoration. The façade was restored in 2011.

While it doesn’t have a sandy beach, Palisades Pool on Seven Locks Road does have grassy areas and a playground. And Palisades Pool is open for Cabin John free swim on Tuesdays and Thursdays between 11-1 pm during the summer.
**Local Nature**

**A Taste for Tree Bark**

The banks of the Potomac can be a peaceful setting for a picnic on a warm spring evening. As my wife and I were taking in the view of the river from one of the sandy Potomac beaches below Lock 8, something caught my eye. A large headed object was breaking the surface of the river and headed straight towards us. It wasn’t until the creature crawled onto the bank that I identified our visitor from the Virginia shore—a beaver.

The beaver shook the water off its dense coat and walked closer. It turned sideways so we could make out its distinguishing feature, a broad flat tail that is used as both a powerful oar and rudder and a way to communicate danger by slapping it on the surface of the water before diving below. A good-sized beaver can reach 55 pounds, making it the largest rodent second only to the massive capybara of South America, another river-dweller. This was a big fellow, or maybe a female, for unlike in most of the other 5,200 mammalian species, beaver females are often larger than males.

We remained motionless while the beaver approached our blanket. It came within a few feet and then stopped and headed off into the riverbank forest, ready for another evening of work.

Beavers are nocturnal, like most mammals. But it is in the bright light of day, when they are safely asleep in their lodges, that we see the extent of their creation, or destruction, depending on your perspective. Along the trail bordering upper Cabin John Creek between River Road and Bradley Boulevard, for example, fresh signs of beaver are hard to miss. Here, groups of trees have been reduced to the tell-tale pointed stumps that can turn the riverbank into an otherworldly landscape.

Beavers take down trees and stems to construct dams and lodges. The purpose of the dam is to flood an area around a lodge—like a wide, deep moat—and make it difficult for its predators to reach them. In the safest spot they build their lodge with sticks and mud that becomes a shelter—impregnable from above and only accessible through an underwater entrance. The large interior is highly functional: there is one platform where a wet beaver can shake off the water from its coat, and another perch where the now dry beaver clan can cuddle and sleep.

The inside of the lodge has attracted the attention of architects, but it is the landscape architecture surrounding the lodge that garners the interest of ecologists. Simply put, next to humans, the North American beaver is the most influential landscape engineer north of Mexico. Through its networks of dams, beavers change water levels, create swamps and breeding areas for local fish and the fish predators that hunt them, draw in other species like muskrats, and mink, otter and fisher. And they don’t take Sundays off. Beavers are relentless builders and handymen; if their lodges or dams are damaged one night, they will be back repairing them the next night. In fact, the influence of beavers on the habitats of so many other species—from fish to frogs to aquatic plants, nesting birds and other mammals, some of which are listed as endangered species—is so pervasive that ecologists consider this landscape engineer a “keystone species.” A keystone species is one whose effect on the ecosystem is disproportionate to its actual abundance and whose removal would
lead to dramatic changes in the local surroundings. Beavers also help maintain water quality and availability. The wetland networks they create through damming soak up floodwaters, and release water more slowly in times of drought. Beaver infrastructure also reduces erosion, raises the water table, and even purifies water. The silt collected above old dams sequesters toxic pesticides and other harmful compounds where they can be broken down by microbes.

Beavers have also played a central role in U.S. history. Some authors argue that the settlement of North America was driven in large part by pursuit of beaver fur. In Cabin John as in Canada and much of the lower 48, beavers were virtually wiped out by the early 1900s by pelt hunters. The European Beaver, a different species, was completely extirpated over most of its range. Thankfully, extensive recovery efforts and protection from over-exploitation has led to a recovery here in the U.S., although beaver still have reclaimed only about 10% of their historic range.

Looking over the markings left by a working beaver, it’s a marvel that their teeth don’t wear down quickly and result in a short life and a mouth full of splinters. Just the opposite is true. Beaver can live to be 25 years old and their chisel sharp incisor teeth never stop growing. Rather than being rooted like our teeth, they are rootless. Beaver love to eat water lilies and fruit, but their meat and potatoes is the soft green tissues of trees.

The shores of the Potomac have been shaped by beavers for eons but for a short period of several hundred years when we drove them to local extinction. Now they have regained lost territory. The same cannot be said for their extinct distant relatives, the Giant Beaver of North America, which may have roamed Cabin John until about 10,000 years ago. Biologists assume they disappeared before early hunters arrived. The giant version probably wouldn’t have lasted long anyway, standing seven feet tall and weighing close to 300 pounds; its fur and meat would have made it a desirable target. I still would have liked to have seen one cross the Potomac. —Eric

If you have any questions about local wildlife or ideas for future topics, you can contact Eric at ericdinerstein@gmail.com.
Real Estate Activity in Cabin John Mar - Apr 2015
Courtesy of your neighbor and realtor Patricia Ammerman.

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| 6527 78th St    | $980,000   | 6  | 3  | 1  | 3   | 1   | 0   |
| 6635 81st St    | $995,000   | 4  | 3  | 1  | 4   | 1   | 0   |

| SOLD:          | | | | | | | |
| 6512 81st St   | $805,000   | 3  | 2  | 1  | 3   | 1   | 0   |
| 6529 77th St  | $860,000   | 3  | 3  | 0  | 3   | 1   | 1   |

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CABIN JOHN DOG WALKING: Midday walks to keep your pets happy and healthy. Many happy Cabin John and Carderock pet owners and their pets will happily give their recommendations. Call Carolyn 240-204-2953.

CABIN JOHN ORGANIZING. Professional Organizer and Daily Money Manager. Call 301-263-9482 or e-mail Melanie@dorsetwest.com for help with your home and home office. Member NAPO, AADMM.

Classifieds

PSYCHOTHERAPY IN CABIN JOHN: Lisan Martin, MSW provides individual, couples and family therapy at her Cabin John office, as well as in Woodley Park, D.C. More about Lisan can be found on her website, www.lisanmartintherapy.com, or contact her at 202-537-6614.

PET CARE. YOUR PET WILL THANK YOU! Daily walks, play dates at my home with new friends, overnight stays at my home or yours—fenced-in yard means lots of playtime. I will pick-up and return your pet for play dates! Many neighborhood references. www.licksandleashes.com. Lauren Nicholas cell 808-286-6556.

Apr. 30 Potomac Conservancy Fundraiser

Potomac Conservancy will be holding its annual fundraising event on Thursday, April 30 from 6:30-8:30 pm at the House of Sweden, 2900 K Street, NW; Washington, DC 20007. This spectacular venue in Georgetown provides outstanding views of the Nation’s River as it winds its way past Teddy Roosevelt Island and the Kennedy Center. Ticket prices range from $60 to $125. Your ticket purchase is one of the easiest ways you can fuel the Conservancy’s clean water initiatives across the Potomac watershed. For more information, visit http://potomac.org/pc-events/take-me-to-river.

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From our Pantry to Yours since 1975!

Happy Spring!

Gourmet Organic & Natural Groceries
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Wine Tastings: April 17, 18 & 25
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Alpine Veterinary Hospital
Full Service Animal Hospital
Mon-Fri 7:30 am - 7:00 pm
Sat 8:00 am - 2:00 pm
7732 MacArthur Boulevard
Cabin John, MD 20818
301/229-2400
IS THERE ROOM FOR ONE MORE ON THAT PICNIC BLANKET? Consider being a host family for the Fresh Air Fund. The Fresh Air Fund is a not-for-profit agency that provides free summer vacations in the country to New York City children from disadvantaged communities. Many Cabin John residents have hosted a child through The Fresh Air Fund for a week or two. If you would like more information please contact Diana Carter acnde5@gmail.com or 301-229-5117.

LOOKING TO RENT: Seeking basement apartment or similar (private space with private bath). Long-time Cabin John renter with Cabin John and Carderock references, quiet, responsible. Please call Carolyn (240) 204-2953.

COMPUTER SERVICES—DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons and evenings. Telephone and e-mail support is also available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim at 202-841-0873.

To place an ad in the Village News classifieds, send us your ad and payment of $0.25 per word by the deadline. If you have questions, call Lorraine Minor at (301) 229-3515.