Annual Potomac Canoe Trip Launches June 28th

by Burr Gray

The 17th Annual CJ Canoe Trip is set for June 28 (a Sunday). We will continue to rely on Calleva for general organization and canoes. Kayaks and kayak guides will be provided by Liquid Adventures, a Cabin John company run by CJ Gardens resident Tom McEwan. Last year we got about 11 kayaks out on the water, and hope to do so this year as well.

As usual, we will put in at Old Anglers Inn in the morning (probably around 10 am) and take out at Lockhouse 10 in Cabin John in the mid-afternoon (probably between 3 - 3:30 pm). The trip is generally limited to Cabin John residents and friends, but we can usually fit in outsiders. Fees are $15/head (maximum of $30/canoe), and there is a separate charge of $30 if you rent a canoe or kayak. These fees, along with the CJCA subsidy, pay for the

Grateful Shred at Clara Barton Center June 6th

by Burr Gray

The Grateful Shred—a shredding party—will be held on June 6th (a Saturday), 9 am til noon, at the Clara Barton Community Center. It’s an opportunity for residents to clean out home files and avoid fraud or identity theft. Bring those no-longer needed bills, statements, letters—anything with private, confidential, or sensitive information that you want to get rid of—securely! Clean Cut Shredding will provide a mobile shredding truck. Inside it is a cross-cut shredder that cuts your pages into tiny paper chips (confetti-sized) while you watch. The paper chips are then baled and sent to a recycling facility.

You are asked to donate $5 per box of paper to be shredded (that means a one-cubic-foot storage box or the equivalent). Don’t have quite a box full? You can have a half-box or the equivalent shredded for $3, or a quarter-box for $2. The event is sponsored by the nonprofit Friends of the Clara Barton Community Center, a registered charity, and all profits from the shred go to support programs at the Clara Barton Community Center. Donations can be deducted as either charitable or business expenses. Receipts will be available. For more information, call the Center at 240-777-4910 or -4911, or visit the Friends’ website at www.FriendsCBCC.org.

Note that Clean Cut Shredding has no problem shredding (along with home office papers), paper clips, staples, rubber bands, folders, binder clips, hanging folders (even with metal strips), and labels. But they don’t do newspapers, cardboard, heavy plastic, heavy metals, 3-ring binders, boxes, trash, floppy disks, CDs, or X-rays.
Meryl and Joey Governski of 81st Street and big brother Noah, 3, welcomed a little Valentine, Zoey Georgia, into the world on February 13, 2015. Weighing in at 5 pounds 3 ounces, Zoey has been a little angel from day one and is looking forward to meeting all of her Cabin John neighbors this summer.

On March 21, Amy and Gwendolyn Arbetman of 76th Street celebrated their Bat Mitzvahs at Beth Chai Congregation. Amy’s topic was synagogue architecture and Gwen presented her discoveries about the lives and opinions of Israeli teens. Friends and family came from Colorado, Chicago, Florida and New Jersey to join them.

Linc and Judy Brookes of Riverside Drive are delighted to announce that their son David graduated from UC Berkeley in May with a degree in Computational Biomedical Engineering. He will be working at Berkeley after a fun trip to Europe.

Richard Hopkins has taken responsibility for beautifying the bikepath area along MacArthur Blvd in front of his house. Plants, flowers, and protective posts. Neighbor Barbara Martin writes that it would be great if we all made it our job to spruce up that portion of the roadside in front of our houses.

Stitch n Bitch. Cabin John’s crafting group meets every Monday at 7 pm at the Market on the Boulevard. Come join in the fun and relaxation—lots of laughter, crafting help, exciting stories, (actually no bitching so far!), and new/old friends await!

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!
Jan Smith—Psychotherapist, Hands-On Healer

by Stephanie Smart

Jan Smith is both a psychotherapist and a hands-on-healer, using both her skills to help alleviate pain for her clients. “There are many different ways in which people suffer,” Smith explained, “and many different ways of having been traumatized.” She said that it’s important to remember that it is not what happens to a person that matters, it is what the person does with that experience. “People need to learn to trust themselves and their own intuition,” she explains, “learning to live with their own feelings and learning to achieve a better outcome for themselves.”

Smith was born in Washington, DC. Both her parents were originally from Baltimore, but her father became a pharmacist in DC. He was diagnosed with cancer and died just after Smith turned two years old. Her mother then moved back to Baltimore so that Smith’s maternal grandmother could help take care of her. She never knew her father’s family.

Smith’s mother remarried when Smith was six, and her stepfather, a widower, had twin daughters with whom she grew quite close. “They were 12. And they were very kind to me. I was awestruck by them. I thought they were goddesses,” she said.

Beginning when she was a very young child, Smith served as her mother’s “emotional rock” because her mother never really got over her husband’s death. “I’ve always been a caretaker and a helper because of that early experience,” Smith said. For several years, when she was 10 or 11, Smith had visions, while awake, of a man standing at the foot of her bed. When she finally asked him, “Who are you? What are you doing here?” the vision went away. Years later, she realized, after seeing a picture of her dad for the first time, that the image was her father. She believes that he was trying to contact her. This began her interest in esoteric, New Age experiences, she said.

Though she had always expected to go to college, when the time came, Smith’s mother did not want her to go, and did not want to give her any money. So, Smith made it clear to her mom and stepfather that she was leaving the house, whether they’d pay for college or not. Her mother, Smith said, “was holding on way too tight,” and was still very dependent on Smith for emotional support. While in high school, Smith learned at a college-prep assembly that she might be due some Social Security benefits and she could use them to help pay for college. (Her mother had been receiving Smith’s death benefits for years, but never told Smith about this.) In those days, Social Security death benefits were given until the child turned 22, or completed college. Smith had the death benefits transferred to herself, and earned the rest of the money she needed by working a full-time job while also attending college full time.

She had many jobs back then, working every summer and all available vacation times. For the last two years of college, she worked as an editorial assistant at the National Journal. It was the time of Watergate and the Vietnam war. “It was absolutely fabulous!” Smith said, because she had a “ringside seat” to the Watergate scandal. She said it was particularly exciting when she met Elliott Richardson, the attorney general who resigned in protest over “The Saturday Night Massacre,” implemented by President Nixon. On the Monday after that incident, Richardson came in to the National Journal office to meet with the editor, and the entire staff came out.

continued on page 4
of their offices and gave Richardson a standing ovation, she remembered. “It was incredible,” Smith said.

Smith graduated from George Washington University in DC with a degree in psychology. Smith chose to do her “externship” at St. Elizabeth’s Hospital in DC. It was then a world class, highly-renowned hospital for psychological study and training. There, she found a real chance to learn about people with problems so severe that they could not function in society. Her training, Smith said, “was scary, but it was wonderful.” She learned psychodrama there, and after graduating with a psychology degree, she qualified for a year-long program in psychodrama where she received a stipend for her training. Psychodrama, a type of group psychotherapy, has some shared ideas with the more widely-known Gestalt therapy.

After GW, Smith spent 5½ years as a psychodramatist in a partial hospitalization program for a community mental health system in Fairfax County. While there, she learned the basics of American Sign Language. Her mentor at that job encouraged her to get a masters degree in clinical social work, which she did at Smith College in Northampton, MA, finishing her degree in a fast-track system that took 15 months, instead of the usual 27.

A brief stint helping out in a two-week seminar led to a full-time job with a private clinic where she stayed for 7½ years. She started studying a self-actualization training system called Lifespring, which was was popular at the time, along with another well-known training called EST. At Lifespring, Smith met her husband, Stan Schaper, and a life-long friend, Mary Branch. It was Branch who eventually introduced Smith to hands-on-healing. Later, Smith trained in a two-year specialty program for family and couples therapy.

Smith and her husband, Stan Schaper, have been married 25 years. When they first moved in together, they lived in Takoma Park. Then, they moved to Cabin John, first to the corner of MacArthur and 80th Street, renting there for almost four years. They married, and then bought a house on 78th Street, which they’ve been in since 1990. They have not had any biological children together, but helped raise all five of his children, all of whom have lived with them. Some of the children lived with them a few weeks; some for years. Smith’s stepdaughter, Krista Taffel, and Krista’s daughter, Samantha Kasten, lived with Smith and Schaper for nine years. Samantha attended Bannockburn, Pyle, and Whitman.

Being a stepparent can be challenging,” Smith said. “Sometimes you can do all the right things and still not get respect. It’s because the children have their own problems related to their parents’ divorces or their parents dying, or whatever it may be. I know that from my own growing up and now, from the other side—being a stepparent myself.”

Schaper, now retired, enjoys carving carousel animals. He makes a wide range of items, including horses, dragons, and letter openers out of wood. He started making carvings in order to make a carousel horse for granddaughter Samantha. He exhibits his scroll saw work at Clara Barton’s craft show each December and also frames pictures for friends and family. Before he retired, Schaper sold commercial office furniture at Maryland Office Interiors and residential furniture for Scan, a Scandinavian furniture store.

Smith often goes back to Baltimore to see her two sisters. While she remains close to them and their families, she says she never felt that she belonged in Baltimore. At 17, when her parents didn’t support her plan to go to college, she realized she’d never been told anything meaningful about her father. She had never even seen his picture. Her stepfather had adopted her, and her name was changed from Pressman to Smith. “When my mother and stepfather got married, in an effort to form an immediate family, they discarded everything else,” she said. At 17, she wanted to visit her father’s grave, an important tradition for Jewish people. Her mother discouraged this. But after threatening to ask her mother’s sister to take her to the cemetery, Smith’s stepfather agreed to help. “I spent the next ten years crying my eyes out every year at his grave. I had so much stored-up trauma, and hadn’t been able to deal with any of it,” she said. After opening up those wounds, and without support from her family, Smith did what she could to help herself. “It was very therapeutic for me to be able to do that,” she said. Her own therapy helped to put her life experiences into positive order, she said.

Her childhood and adolescent trauma propelled her to try to treat her own trauma and to try and help others do so. “We all have wounds,” Smith explained. “There is no one who was not wounded,
New Crab Feast Organizer Needed, Will Train

by Tina Rouse

CJCA is looking for someone to take on the oversight of the 2016 Cabin John Crab (Chicken) Feast. It could be one person, a couple, or a few good (wo)men, looking for a way to feel really good about themselves and their community.

Top Ten Reasons You Should Become the Next Crab Feast Organizer

10) Funds raised by the Crab Feast support other great CJCA and local activities, like the Holiday Party, Creek Clean-Up, and Fourth of July Parade.

9) It takes place on the second Saturday after Labor Day, when Cabin John weather is at its best.

8) It’s been a roaring success for 45 years, so you won’t be starting from scratch.

7) There’s a cadre of experienced crew chiefs to back you up, with long lists of volunteer crew members already recruited.

6) To see and be seen at the most happening musical event of the season.

5) You can apprentice this year, and take over next year.

4) All the collard greens you can eat!

3) Your idea of happiness is a trunkload of Kirkland paper towels.

2) You ♥ Cabin John!

And the number one reason why you should become the next Cabin John Crab Feast Organizer:

1) We need you!

To find out more, please contact Tina Rouse (cjrabfeast@aol.com or 301.229.6532).

who didn’t suffer some pain growing up,” she said. The problems occur, she said, when the trauma is great and the person is treated poorly. “If people around are helpful and there are resources, then a person can recover, having grown, learned and developed,” Smith said. “We grow because of challenge.”

Smith’s friend, Mary Branch, introduced her to the hands-on-healing process. Smith took a three-year training program to learn how to use the various techniques. The program helped her learn ways to allow people to take in energy so that their bodies and minds can heal. “I’m not doing the healing, I’m the person with techniques who helps the person’s body get healed,” Smith said. “I’m a conduit for energy. There is energy that exists all around us.” We each have an energy body, she says, and quantum physics tells us that everything is either light or matter. Her job as a hands-on-healer is to help a person get the healing they are looking for by Smith using various techniques to influence the way their body operates. Since she is also trained in psychotherapy, Smith can help her patients deal with what can be a very emotional experience as they handle their physical frailty. “Thinking is great, but without feeling it is a little hollow, and feeling without thinking is messy,” she said. “Without spirit and body and all of it combining together, you don’t have the wholeness that people are seeking,” Smith explained.

Smith is also an ordained mininster in the church of the Association of the Spirit of Gaiabriel. This ordination happened as a result of her completing the three-year training. The church was formed by a psychotherapist who also wanted to do hands-on-healing, Smith said. Only for about ten years, have psychotherapists had some leeway in touching

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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

Julia Child Play at Clara Barton Center June 27

A play, Julia Says “Bon Appetit!” about noted chef, author, and television personality Julia Child will be presented Saturday, June 27, at the Clara Barton Community Center, 7425 MacArthur Blvd., Cabin John, MD. Julia Child is portrayed by actress Linda Kenyon, who has appeared on film and stage, and has narrated national and media presentations. (Linda performed in CJ a year ago as Eleanor Roosevelt.).

Doors open at 7:15 p.m. for purchase of tickets—$20 per person—and socializing. The performance is from 7:45 to 8:45 p.m., followed by a short question-and-answer session with “Julia.” Refreshments will be served before and after the event.

While Julia was known for her familiar voice and public face, Linda Kenyon notes that this play focuses on her private side: “…especially the relationship with her husband Paul Child. Our play is a love story!” Julia was born in 1912 and died in 2004.

Written by Clay Teunis and directed by Ed Starr, the play is sponsored by the Friends of Clara Barton Community Center, a nonprofit 501(c) organization created to support the Clara Barton Community Center. For more information, call 240-777-4910 or see the website at http://friendscbcc.org.

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www.manionandassociates.com
Calleva and Liquid Adventure guides and associated costs. On the trip, you will definitely encounter herons and ducks and possibly ospreys and eagles. We’ll likely have lunch on the Virginia side by Scott’s Run creek, which has a nice waterfall that some of the more adventurous can sit under. Expert guides and instruction will be provided. Canoe/kayak paddling instruction is strongly recommended for all and begins at the River’s edge about 10 am. Expect to get wet in some fashion during this trip. People do tip over on occasion, usually unexpectedly. We will avoid Yellow Falls, which can be somewhat difficult, but expect to have fun going through Stubblefield Falls, just upstream of the Beltway Bridge. It’s wavy and bouncy but no rocks. We’ll get some pictures of you in your canoe/kayak as you go through, so it’s an opportunity of a lifetime to get yourself in an action photo.

Bring your own canoe/kayak or let us know that you will need to rent one. You will need to bring your own lunch/sodas/water/sun tan lotion. As always, the mystery dessert is provided by CJCA. Past participants are sworn to secrecy regarding the mystery dessert.

If you are planning to participate, it is very important that you notify Burr Gray (burrgray@aol.com) as soon as you know you will be coming but no later than June 21 so that we can plan on how many guides to get and provide you in advance with other instruction and the specifics of the trip. Please indicate the following: 1) number of canoes or kayaks you will need to rent or will bring yourself, 2) number of people in your group, plus the ages of any kids, and 3) level of expertise. State in particular whether you will rent or bring your own canoe/kayak, and give a phone number where you can be reached the morning of the trip and an e-mail address. We will send out some detailed information as we finalize the list of Cabin John adventurers. This event is sponsored and subsidized in part by CJCA.

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**CANOE**
cont. from page 1

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**SUNDAY MORNING SCHEDULE**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Holy Eucharist</td>
<td>8:00 a.m.</td>
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<tr>
<td>Adult Forum &amp; Bible Study</td>
<td>9:15 a.m.</td>
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<tr>
<td>Nursery Care</td>
<td>10:15 a.m.</td>
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<tr>
<td>Choral Eucharist</td>
<td>10:30 a.m.</td>
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<tr>
<td>Church School for All Ages</td>
<td>10:30 a.m.</td>
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**WEEKDAY WORSHIP**

First Monday of the month (October–June), 7:30 p.m.
Contemplative Service in the Style of Taizé

Wednesday, 11:00 a.m.
Morning Prayer

Wednesday, 12 noon
Holy Eucharist

6201 Dunrobin Drive at MacArthur Boulevard
Bethesda, Maryland 20816
301.229.3770 • office.redeemer@verizon.net
www.redeemerbethesda.org
Next CJCA Meeting Agenda—1) Election of Officers. Proposed slate: Burr Gray – Pres., Greg Pawlson – VP, Clare Amoruso – Treas., Amy Elsbree – Sec; 2) Recognition of certain long time Cabin John volunteers: Tina Rouse (Crab Feast Organizer), Lorraine Minor, Mike Miller, Tim Weedlun and Barbara Martin (Village News), John Fiegel (Tax preparer for CJCA, FOCJC, FCBCC), Karen Melchar (Blood Drives), Dave Murphy (Flags on MacArthur), Roy Seidenstein (Friends of Cabin John Creek co-founder), Drew Engelson (CJ Website), Judy Welles (CJ Historian), Susan Roberts - 2015 CJ Directory, Ritch Kepler (trash pickup along MacArthur Blvd), Pete Couste - Head Crab Cook, Richard Hopkins - Head Chicken Cook.

Meeting Minutes from April 29, 2015—1) Cabin John Cleanup Day on April 25th was a great success, with 39 volunteers plus one dog. See photos below.

2) The slate of CJCA officers (as described above) for the next year was approved to be voted on at the May meeting.

3) The main activity for the meeting was a presentation from Robin Zanotti, the new President of the C&O Canal Trust. Robin is the first woman to head the Canal Trust. She is an experienced fundraiser and non-profit leader. She lives in Martinsburg, WV, and works at the Canal Trust headquarters in Hagerstown. The US Park Service hosts the Canal Trust offices. The Canal Trust is the official non-profit partner of the C&O National Historic Park. The purpose of the Trust is to raise funds and engage the community in support of the Park.

Overall, the Trust has several main components:
A) Stewardship: The Trust has raised significant funds for Canal improvements including $100,000 to help repair the breach at Angler’s Inn and $150,000 which will be matched by another $150,000 from the National Park Service to repair the Marsden Tract Bridge and to expand the Canal Classrooms program to Great Falls.

B) Canal Classrooms: The Trust runs an education program that provides thousands of school-aged
children with the chance to use the Park as an outdoor classroom. They learn through experiential opportunities that teaches science, technology, engineering, arts and math concepts as well as history lessons.

C) Canal Quarters: The Trust operates six lock houses as overnight accommodations. The lock houses have been restored to their historic period and offer an interpretive experience for visitors.

D) Canal Pride Days: The Trust organizes spring clean up projects at various locations in order to get people involved in stewarding the park. In 2014, one thousand volunteers participated in forty different events.

E) Canal Towns Partnership: The Trust has formal relationships with a handful of towns that have chosen to market their offerings to canal visitors and in turn find ways to support the Canal. Much of this relationship is organized through the towns’ convention and visitors’ bureaus.

Several Cabin John residents, including Judy Welles and Ned Goddard, support the Canal Trust by serving as Quartermasters for the Canal Quarters program at Lock 10. The Quartermasters check the accommodations periodically and report any breakages or repairs needed. More volunteers are needed at both Lock House 10 and Lock House 6.

Discussion ensued about whether and how CJCA should support the Canal Trust. There was general agreement that CJCA should make a financial contribution to the organization since it is a vital support to the Canal that so many CJCA residents enjoy so much. A motion was passed for CJCA to become a $1,000 sponsor of the Canal Trust’s biggest yearly fundraiser called “Park After Dark,” which occurs in the fall.

4) One last piece of business was a presentation by new CJCA resident Warren Goddell of a Facebook page he has made for Friends of Seven Locks. His intention is to create an identity for the many folks who use the area with the ultimate goal of getting the locks repaired and that section of the Canal filled with water.

Next Local Blood Drive—The next community Blood Drive will take place on Sunday, June 27 at the Clara Barton Community Center. Please contact Cabin John resident Karen Melchar (cjblooddrive@gmail.com) if you are willing and able to donate blood. Time slots start at 10 am, with the last slot at 3:45 p.m. Call 1-866-236-3276 (Red Cross nurses station) if you have any questions regarding eligibility to donate.

Palisades Pool Open to Cabin John Residents—Over the summer, Cabin John children and an accompanying adult are admitted free of charge to the Palisades Pool on Tuesdays and Thursdays from 11 am to 1 pm. Children age 7 and under must be accompanied by a supervising adult. Children age 8-14 who will be left by themselves at the pool will be asked to satisfy the swim test - swimming one length of the pool and treading water for one minute. Please sign in at the pool - some proof of residency (such as being listed in the CJ Community Directory, an ID with address, or mail received at a Cabin John address) may be required for admission. The Palisades Pool (301-229-2598) is located off Seven Locks Road between Carver Road and Cyprus Grove Lane. The Cabin John Free Swim was part of an agreement between the Cabin John community and the founders of the Palisades Pool to gain neighborhood approval of the zoning variance that permitted the pool to be constructed. —

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Then and Now

Finding the Past

You never know what you might find in some of the older houses in Cabin John. Resident David Epstein decided it was time to replace the old oil furnace in his house and convert to propane gas. During removal of the furnace, he discovered and salvaged a large roll of brown paper buried behind and beneath it. Sensing the rolled paper might hold a fragile piece of art work, he enlisted the help of local framer Ritch Kepler to unwrap the contents. What they found led to surprises and more sleuthing.

Rolled inside the brown paper were four World War II naval art posters, each labeled with a name for the scene and with a copyright 1944 and 1945 to the Electric Boat Company, “New York.” It wasn’t hard to find information about the company that, in fact, was founded in 1899 in Groton, CT, and continues to operate there. Still, the connection between a boat company and art posters was murky.

The Electric Boat Company produced a submersible vessel purchased by the U.S. Navy that is considered the start of the U.S. Submarine Force. During WWII, the Electric Boat Company produced 74 submarines and 398 PT boats. Later in the 1950s, the company produced the first nuclear submarines. Still producing advanced naval vessels and now owned by General Dynamic, the Electric Boat Company continues its shipyard in Groton and has added an automated hull-fabrication and outfitting facility in Quonset Point, RI, and an engineering building in New London, CT. The current workforce is more than 11,000 employees.

What do art posters have to do with a boat company? It turns out the company printed posters during the 1940s to support the war effort. The posters themselves were part of a large advertising campaign that appeared in many popular magazines of the day. Today, these vintage art posters are valuable to collectors and fans of military history.

The set of four colorful and vibrant posters are in better than average shape, considering they lay hidden under the oil furnace for more than 70 years. One of the posters has an image printed in lush deep greens labeled “The ‘Green Dragon’s’ Lair.” With the name of the artist O.F. Schmidt, the poster depicts the PT motor torpedo boat called the “Green Dragon” in the jungle with men working on it and a monkey overhead. An identical copy of the poster, albeit matted, is currently for sale on Amazon priced at $225.

Another poster, labeled “Barge Busters” and with the name of the artist “Leason,” shows the crew of a PT boat destroying a barge carrying Japanese troops.

The third poster labeled “Knights of the Sea” shows a PT boat releasing a torpedo while a knight with pointed lance rides a galloping horse in the clouds above the boat.

The final poster, dated 1945, is labeled “Heirs to the Fame of John Paul Jones.” It shows a speeding PT boat crashing through waves with an image of John Paul Jones with sword drawn overhead. The poster also has the name of artist O.F. Schmidt.

The rolled brown paper was addressed to Lt. Daniel G. Pfoutz at 7802 MacArthur Blvd, Cabin John, MD. And, indeed, Daniel and Shirley Pfoutz bought the house in 1950 (information generously researched by Lorraine Minor). They moved to
Cabin John when Lt. Pfoutz, who had served in WWII, was called back into the Navy for the Korean War. The Pfoutz family had four children, Daniel, Mark, Jeffrey and Kristen. However, the parents divorced in 1958, and Shirley, who married John Yarnall in 1963, continued to live in the house with the children. She became a college professor of English and creative writing at American University and, clearly talented, she also had several novels published.

With help from Lorraine Minor in locating descendents, current owner David Epstein reached out to the Pfoutz children and will be giving the posters to Mark Pfoutz. Hearing about the posters have brought back many memories of living in Cabin John. Mark remembers riding his bike on 78th Street from MacArthur Boulevard and rolling along directly to the C&O Canal and Potomac River without even pedaling. More stories from the Pfoutz family will be in the Village News.

Note: I’m still looking for anyone who is interested in writing occasionally about Cabin John’s interesting past. There are many stories and much history. Contact me at judywelles@verizon.net.
The Eureka Moment!

As a bat researcher, I used to think that there were two kinds of people in the world: those terrified by bats and those odd few who adored them. My own baseless fear of bats throughout adolescence and into early adulthood kept me rooted among the first group. I confess to killing harmless pipistrelles—bats no longer than my index finger—that dared to nest in the thatch roof of my hut in Nepal; I still cringe at the memory. In graduate school on a tropical biology course in Costa Rica, I was introduced by an enthusiastic bat biologist to the wonders of these flying mammals, the only group capable of this feat. I met bats that pollinated flowers and dispersed fruits, and bats that scooped fish out of the water with their feet, those that homed in on singing male frogs or katydids and carried them off, and even bats that ate birds or other bats, the tigers of their kind. I now found them beautiful, graceful, and exquisite designs of nature. I had been converted.

I reflected on my late transformation as I sat on my Cabin John veranda watching some little brown bats and one big brown bat swoop and swivel above my garden in the twilight, catching insects on the wing. These are the proletarian bats that do the bulk of the mosquito, moth, and beetle eating in our neighborhood. Some day, I hope to see the king of the local bat community hawking insects at night or hiding in the day amidst the foliage of a tree in the backyard, the poorly named “hoary bat” (*Lasiurus cinereus*), one of the most beautiful mammals in the world. The “hoary” characterization refers to the frosted appearance of its pelage. The bat’s reputation would have fared better if a clever taxonomist had called it the “fashionable bat” or the “exquisitely furred bat.” Hoary will have to do.

This small bat that weighs no more than three twenty-five cent pieces is migratory and one of the most widespread mammals in North America, although never common anywhere. Bats as a group, however, are everywhere and, with over 1,200 species named, they are second to rodents (with c. 2,000 species) as the most diverse among the 5,200 species of mammals. Bats are often the most abundant mammal at any site in the tropics, and it is when you visit tropical islands that their significance becomes plain. The hoary bat is the only native mammal in the Hawaiian Islands besides the Hawaiian monk seal and, in the Galápagos archipelago, it is one of the few native mammals (along with four species of rice rats and a second bat species, a close cousin of hoary bat). On the island of New Caledonia, about 2,000 miles off the Australian Coast in the Coral Sea, the only native land mammals are bats. A pattern emerges here and an interesting tale of biogeography—the branch of science concerning the ranges of plants and animals. Why did only rice rats and bats make it to the Galápagos and only bats to other islands? Rice rats rafted over from mainland South America on floating mats of vegetation, but the bats flew the 600 miles or were assisted by the tropical winds. The reason that no other land mammals make it on their own to most islands is that we land mammals—Diana Nyad notwithstanding—are terrible long-distance swimmers. And even English Channel adventurers can’t drink seawater. That is the rub—most mammals would die of thirst before reaching the shore of an island more distant than a few miles from the mainland.

In Costa Rica and Panama, I studied fruit bats for my doctorate, not just because I found them fascinating, but because they provide such a vital role in pollination and seed dispersal. Bats are known to disperse the seeds or pollinate the flowers of some 450 plant species. Bats pollinate bananas, cocoa, and agave—the latter producing that college party staple—tequila. Evening bats in Southeast Asia are the only natural pollinators of durian—the world’s most expensive fruit, which has been described as tasting like heaven but smelling like the sewer.
But it is the group of hoary bats that gave me the thrill of a lifetime as a biologist. Those plying my trade all hope for the sighting of something new, something you were the first to find in a lifetime of fieldwork, when you can literally shout “Eureka!” My Eureka moment came one windy night on the Continental Divide in Costa Rica, at about 5,500 feet elevation. I had strung monofilament nets across a low point on a trail that served as a mountain pass. Bats began arriving and after catching, identifying, and releasing them, I came upon one I had never seen before—a yellow version of the hoary bat—a first for my area and Costa Rica. And then another bat flew into the net, sporting the most luxuriant fur I had ever seen on a mammal. It looked just like a hoary bat but its rich red, chestnut, and black fur convinced me I had found something entirely new. It turned out to be *Lasiurus castaneus*, a first for Costa Rica and Central America and rarely seen anywhere in the New World. This species is so rare it has no formally recognized common name, but I propose the “chestnut-robed bat.”

The chestnut-robed or yellow version of the hoary bat will never visit my backyard, but my bat house is up, and I keep a vigil. You never know when the next Eureka moment will strike.—*hawk*
Real Estate Activity in Cabin John Apr - May 2015
Courtesy of your neighbor and realtor Patricia Ammerman.

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clients, because there were many problems related to inappropriate touching, or client interpretation of touch. Touching was prohibited to psychotherapists so they needed a way to branch out into offering this mind-body experience. The only way they could figure out to make it OK to touch clients and do hands-on healing was to become ministers, Smith explained. “Ministers have the leeway to touch anybody. At least being ordained meant that I could protect my psychotherapy license, which is precious to me,” Smith said, “and also be able to do the hands-on-healing.”

As a minister, Smith has married many people, including her stepdaughter and two nieces. She’s also married two of her best friend’s children and other people she has met through friends and family. In her free time, Smith plays bridge, does needlework, reads, and enjoys living in Cabin John. She particularly likes the sense of community she has found here. Also, she said, “I love where we’re located. The location is so perfect, having the canal a five minute walk from our house.” She likes having a widely diverse group of people who live in the community. Smith said, “We have so many people who write, and do art of various kinds – jewelry, woodwork, fabric, painters, and engravers. In such a small community we have psychotherapists, engineers, TV producers, lawyers. We have everything here in this small community. And I love that!”

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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.

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