Glen Echo Park
Report
The rehabilitation of Clara Barton House, a two-part project involving fire suppression and the replacement of the roof, has been postponed. The fire suppression portion of the project was delayed, so instead of trying to do the project in two phases, an attempt will be made to do them at the same time. National Park Service representative Aaron LaRocca says they hope the contractor can meet the original goal of finishing the project in a year.

The biggest impact will be on the parking area known as the dogleg, where several parking spots will be closed. U.S. Park Police report that there have been no car break-ins since January. Mr. LaRocca called that "huge news" since several cars parked in the lot nearest MacArthur Boulevard were broken into during the fall and the winter.

Glen Echo Park is getting a new permanent employee who will provide visitor services. Mr. LaRocca says the hiring comes after the loss of a lot of the interpretive staff over the last six to eight months. He also says that the Park Service has hired several seasonal park guides who will provide visitor services in the North district of the George Washington Memorial Parkway, which includes Glen Echo Park and the Clara Barton National Historic site.

C&O Canal Update
In response to a request by the Mayor for an update about what is being done to bring water back into the C&O Canal, Kevin Brandt, the superintendent at the C&O Canal National Historic Park, addressed the Council. A representative from Montgomery County Councilman Roger Berliner's office also attended as well as several concerned Cabin John residents.

Mr. Brandt explained that the canal is dry in many areas, because it won't hold water. The canal has sinkholes at multiple locations, and when it does fill up with rain, it "develops more sinkholes." While several areas of the canal are failing or on the verge of failing, he says the concern is greatest in an area known as the "log wall." It is a masonry wall just above Carderock that Mr. Brandt says is 1,000 feet long and 30 feet high. The wall, he said, probably is moving because of the sinkholes and a laser scan will be done to find out for sure. If the wall is moving, it could impact an 8-foot diameter sewage line that was installed in the 1960s and is at the bottom of the canal in some areas. "If the log wall fails and the pipe fails, you have 50-60 million gallons of raw sewage a day flowing across the national park into the Potomac River," he said. The pipe is the responsibility of the DC water utility, Mr. Brandt...
One potential remedy is to excavate down to a liner that was installed at the same time as the pipe. Unfortunately, the sinkholes have failed to reveal the liner. Mr. Brandt says it is unclear what happened to it. Re-establishing the liner is paramount, because that would create a solid base on which to rebuild the canal floor, thereby providing a strong base for the log wall.

The NPS and Montgomery County might join forces in submitting an application to the state for money to deal with the situation.

Drew Morrison, Councilman Berliner’s aide covering transportation, infrastructure, and environment, said there is not much time this year, since the funding cycle is in May and a lot of design work needs to be done. He also cautioned that there is a lot of competition for limited funds, but added that another application could be submitted next year when presumably much of the design work would be finished.

Superintendent Brandt also said that if budget forecasts for the upcoming federal fiscal year hold, there should be a good amount of money to do repair work in a variety of areas.

Mayor Debbie Beers noted the canal is in the top ten of National Park Service locations visited nationwide.

Town Business

The Town Council has approved the memoranda of understanding with Montgomery County allowing Comcast and Verizon to operate cable franchises in the Town.

The Town Council has set Tuesday, May 31, for its annual budget hearing. The Council will meet right after that hearing to formally adopt the budget.

The Council took no action on a request to allow Praline, the new operator of the cafe next to the park’s playground, to put up a sign on the Town right-of-way at Oxford Road. Resident Aaron Hirsch asked the Council to approve the sign, at least on a temporary basis. He said the Town is “starved for options” where people can walk to get something to eat and should do all it can to support Praline. Council Member Nancy Long said the Town has a history of opposing commercial development and doesn’t want to set a precedent by allowing commercial signs on its property. She added that Praline has a “fine reputation” and doesn’t need to depend on roadside signs. Mr. Hirsch said the resistance to commercial development needs to be re-examined, calling Praline a “real opportunity.” Mr. Hirsch said Katey Boerner, the executive director of the Glen Echo Partnership for Arts and Culture, was con-
cerned about the survivability of Praline. But there was no answer when Council Member Dia Costello asked what Praline’s position is on the sign. Mayor Beers said she doesn’t think Praline is behind the effort, believing GEPPAC is pushing for the sign. She also noted that you could put a sign up on MacArthur Boulevard after getting a permit.

It’s been tough to find a place to park near Town Hall on Wednesday nights. Representatives of the English country dance group acknowledge that people attending their dances use many of the available spaces, making it tough for residents to park near their homes. They said they are willing to work with the Council to deal with the problem. They also plan to redouble their efforts to get dancers to park elsewhere, including posting signs outside the building.

Police Report
Between March 7 and April 3, one off-duty police officer issued 23 warnings and 4 citations to drivers failing to heed the stop sign on Oxford Road. The Town paid $400 for this service.

Town Expenses
During the month of March, the Town paid $8,526 to Knopf & Brown, $4,072 to Waste Management of Maryland, and $802 to Pepco for streetlight repair.

—JERRY BODLANDER

The number of international languages spoken within Glen Echo increased substantially with just the addition of the Gillberg family, owners of the new house at 37 Wellesley. Between the two parents—Natalie and Oskari—and 3-year-old son Niklas, they speak half a dozen languages. “Baby babble” is added by 1½-year-old daughter Stella. And who knows what baby #3 will introduce after her expected birth in late August?

Natalie was born in Estonia but grew up and went to school in Finland. She spent her senior year of high school in Indiana through a student exchange, and later did her hotel management internship in California. Prior to moving to the U.S., Natalie worked as a flight attendant in private aviation and travelled around the world. Currently she is enjoying being a stay-at-home mother. She is looking forward to play dates with other mothers and kids in Glen Echo.

Although born in Finland, Oskari’s family lived in Holland and Germany where he attended international schools. He went to college in York, England, studying for a bachelor’s degree in engineering, returning to Finland for a master’s in Helsinki. Oskari is from a long line of engineers, which is a popular degree in Finland, like business degrees in the U.S. Natalie and Oskari met in Finland but always knew they would live abroad. They moved to the U.S. five years ago, when Oskari’s employer—a large global (serving 150 countries), Finnish family-owned company—assigned him to the Baltimore/Washington area. He is in a specialized trade: sales and installation of elevators and escalators. Oskari also chairs the Finnish American Chamber of Commerce which promotes business in and with Finland, in collaboration with the Finnish Embassy in Washington.

Oskari works from an office in Beltsville, a 25-mile commute from Glen Echo. Before moving here, they lived in apartments in Northwest DC (M St. and then Van Ness) and Pentagon City, Virginia, and last in Hyattsville, Maryland, in a townhouse. They searched extensively in and around Bethesda for a unique, newly constructed home. They like the architecture of their new home, the peaceful neighborhood, and the surrounding beautiful nature.

The family is currently looking for a school for Niklas as well as a babysitter. With the addition of their third infant in the fall, they could use some help. Fortunately their parents will travel to the U.S. this summer (and are expected to visit frequently in the future).

The Gillbergs have been encouraged by the warmth of their Wellesley neighbors’ greetings and have felt right at home from the beginning. The timing of the Gillberg’s move to Glen Echo is especially fortuitous, since the Town is currently researching the installation of a new and larger elevator in the Town Hall. Oskari has volunteered to assist the Town in its assessment of elevator options—an offer readily accepted.

—GLORIA LEVIN

NEW TO TOWN

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SUNDAY MORNING SCHEDULE
Holy Eucharist, Rite II 8:00 a.m.
Adult Forum 9:15 a.m.
Nursery Care 9:15 a.m.
Holy Eucharist, Rite II 10:30 a.m.
Church School for All Ages 10:30 a.m.

UPCOMING SPECIAL EVENTS
Sunday, May 1, 5:00 p.m.
Eya and Divisio in Concert: “Zehyr”

Sunday, May 15, 5:00 p.m.
Inscape Chamber Orchestra: “Light”

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I thoroughly enjoy wonderful and interesting teas, whether it is a warm chai masala in winter or a cool iced tea in the heat of summer. The right tea at the perfect time and place can be a delightful experience. I make teas for a variety of reasons: for pleasure, of course, but also for the health benefits. I use materials from my garden as well as spices for certain teas, and I buy others such as fresh ginger and turmeric root at Whole Foods or Mom’s Organic Market. Many herbal teas are an excellent source of beneficial vitamins and minerals.

You might be surprised to know that I make my own tea from stinging nettles (Urtica dioica)—the stinging plant we see (or get stung by) along the canal. Nettles are considered a nutritive herb because they are loaded with vitamins, minerals, trace minerals, and potent phytonutrients. I steep the leaves for two to four hours, making an infusion, so I can maximize the health benefits. Blended nettles are also great. A popular combination is nettle, oat straw, horsetail, red clover, and lemon grass.

I make a healthy tea from the organic fresh roots of turmeric (Curcuma longa). Curcumin is the active ingredient. According to Dr. Andrew Weil, a well-known holistic health guru, turmeric improves memory and is also an anti-inflammatory. In a medium saucepan, place thinly sliced roots and add 4 cups of water (be careful because turmeric is a potent natural dye). Bring to a boil and then simmer for 2 to 4 hours. I add some cinnamon and ginger when making it to improve the flavor and nutritional benefits. Strain the liquid and add honey if desired.

With summer coming, my favorite tea ingredients include fresh ginger root (Zingiber officinale), red-stemmed apple-mint (Mentha x gracilis “Madalene Hill”—my peppermint-spearmint blend), lemon verbena (Aloysia triphylla), beebalm (Monarda didyma), and fennel seeds (Foeniculum vulgare) from the garden. As with other food, tea ingredients are best if they are fresh (or recently dried) from local sources. They should be of the highest quality. Old tea has a poor taste and needs to be composted. I buy fresh organic ginger root and then bruise it using a mortar and pestle. Place the ginger in a medium saucepan with 2 cups water and bring to a boil. Simmer for 20 to 30 minutes and then add ¼ cup of fresh mint leaves and heat for 2 to 4 minutes. Strain and add honey to taste or add it to lemonade for a refreshing drink.

Be sure to try making sun teas. They are easy and fun. Use washed leaves and flowers from beebalm and pour them into a clean jar of filtered water. Set the jar in the sun for 3 to 4 hours. Try this with lemon balm (Melissa officinalis) or make a blend with the beebalm. You can also make sun teas with a variety of mints and basils.

I always have plenty of sweet fennel plants that I love for both their distinctive anise-flavored leaves as well as for their delicious seed. These make a superb tea alone or in combination and are a good digestive aid. My all time favorite tea is Masala Chai which has fennel seed as an ingredient.

---

Masala Chai (Spiced tea)

**INGREDIENTS:**

- 1 Tbsp. crushed fresh ginger root
- 8–10 peppercorns
- 1 tsp. fennel seed
- 6–8 green cardamom pods, crushed
- 1 Tbsp. clove crushed
- 2 cinnamon sticks, broken/crushed
- 1 star anise
- 3 cups milk
- 3 cups water and honey to taste

In a medium saucepan, add 3 cups of water, ginger, peppercorns, fennel, cardamom, clove, cinnamon, and star anise. Bring to a boil. Simmer for approximately 10 minutes. Add milk, and continue to simmer for about 5 minutes or until the desired taste is achieved. Add sugar or honey to taste. Remove from heat and add 2 tsp. black tea. Let it steep for 3 minutes, strain, and serve. Note: Amounts of spices can vary depending on personal preferences. —HOLLY SHIMIZU
THE DISH

In my ongoing attempt to trick myself into eating salad by hiding it under something tasty (and meaty), I came up with this **ham-and-apple couscous** dish. It’s light and doesn’t require an oven, so it makes sense for these late spring days. Fry up a ham steak in a spot of butter, cooking it through and browning both sides. Set the meat aside and add a large chopped apple to the pan with a little more butter, if needed. Sauté for a minute or two and then add some apple cider or sherry or white wine. Scrape the brown bits off the bottom of the pan and let it simmer until the juice becomes syrupy. Cut up the ham into bite-sized pieces and add it back to the pan along with some chicken stock. Let that simmer a few minutes and then add some couscous, stir, cover, and remove from the heat. After the couscous is cooked, serve it over salad greens.

I added to the plate boiled carrots dressed in butter, honey, and cumin. And the result is one tasty main course salad. It’s always a good sign when the salt and pepper sit untouched on the table. —*EMILY PARSONS*

LIFE AQUATIC

We especially love it when zoos or, in this case, aquariums celebrate the locals. While there is a lot to learn about the world when visiting the exotic creatures at the zoo, it is surprising how much there is to learn about the wildlife in one’s own backyard. And it is the locals who are in the spotlight at the new Glen Echo Park Aquarium. When Andrew Wilson opened the aquarium in August 2015, a life-long dream of his came true, and an amazing resource was bestowed upon us.

The Glen Echo Park Aquarium (GEPA) is a place where adults and kids alike can see, touch, feed, and learn about the amazing life in our backyard waters as they flow to the Potomac, into the Chesapeake Bay, and finally out to our Atlantic ocean. Visitors can get up close and personal with some of the Chesapeake’s most famous critters (think blue crabs and oysters) as well as its strangest creatures like the frog fish—a slimy skinned sit-and-wait predator that breaks all the rules of what a stereotypical fish should look like.

The intimate, interactive experience at this aquarium is quite different from the vast expanse of colorful fishes at many larger aquar-

LET’S GET PHYSICAL

Summertime, and the living is... easy? Not really, when you’re trying to keep kids entertained over the course of ten long, hot weeks. My goal this year is to stick to camps that are within a couple miles of the 20812. I’m really excited that Steve and Kate’s Camp is coming to St. Barts School this year. This west coast camp franchise is new to the area and a welcome addition. It runs for the whole summer; its days start early and run late, and you can show up anytime—there are no prescheduled dates or week-long commitments. You buy daily sessions, and the more you buy, the cheaper the rate. The thing that makes it kind of unbelievably great is that you always get the best rate. If you add days later in the summer, all your days are recalculated to the cheapest rate. If you have unused days at the end of summer, they refund you. The activities range from crafts to cooking to computer animation to squirt gun wars, and there’s a gourmet, international themed lunch every day. Like I said: kind of unbelievable. Of course, it’s also kind of expensive. But especially if you work part time or have part-time childcare, it’s pretty great. It serves kids age four and older.

More traditional summer camps abound at Glen Echo Park. In addition to the terrific arts, music, drama, and dance camps, the Glen Echo Park Aquarium is expanding its offering of nature camps with half days for younger campers and full days for ages 7–12 for most of the summer. An added bonus for all camps at the park this year: camp lunches (with cookies) from the soon-to-open Praline Bakery.

For the youngest campers, many of our neighborhood nursery schools offer camps. Bannockburn Nursery School’s summer camp never fails to delight with its magic mix of activities, slip-and-slides, and daily popsicles, under the fun direction of Mr.
Daniel and lots of teen helpers. Clara Barton Nursery School’s camp offers more flexible (that is, longer) hours and plenty of fun indoor and outdoor activities. The new Goddard School also offers camp for ages 2–8, with a different theme each week.

Perennial outdoorsy favorite Calleva is way out in Darnestown, but the camp bus picks up in the Glen Echo parking lot (and the bus ride is a blast). There are dozens of camp options, a lot of which take advantage of the natural beauty and excitement of the Potomac River.

Don’t dally though—a lot of sessions are already full. If Calleva is booked, or just too much for younger campers, check out the offerings at Locust Grove Nature Center. We’ve heard great things about the half- and full-day camp offerings there.

With so many nearby camps, Glen Echo kids and their parents will be home with plenty of time in the long summer evenings to ride bikes, get slurpees, and splash in Minnehaha Creek. Now that’s easy living. —ANGELA HIRSCH
TheEchoActive@gmail.com

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The Echo

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“Let’s talk about real estate along MacArthur Blvd.”
Susan and Howard Gruenspecht are moving in May from their home of nearly 25 years at 6006 Princeton Avenue. After raising four children in Glen Echo, the couple are relocating to Silver Spring. In a nice bit of continuity, they’ve sold their house to a childhood friend of one of their sons. The Asian fusion Indigo House restaurant in Cabin John has closed. The same owners will reopen it soon as an Italian bistro called Sal’s Italian Kitchen. They are the owners of the nearby Wild Tomato which does brisk business. The other popular Cabin John restaurant, Fish Taco, has opened a new branch at the Wildwood Shopping Center on Old Georgetown Road. If you’ve been interested in joining a CSA (Community-Supported Agriculture) to receive fresh produce all summer and fall, but have been waiting for it to be convenient, your time to join one has arrived! Second Spring Farm, in Wheatland, Virginia, will have its CSA pick-up right here at the Church of the Redeemer. Boxes of six to eight varieties of “staple” produce harvested at their peak can be picked up each Friday from June 24 to Thanksgiving. You can still sign up at secondspringcsa.com. The cost for 22 weeks of veggies is $470. David Giusti, the farm’s proprietor reports that Glen Echo must have great word of mouth, because seven of your neighbors have already joined up! Another fun fact: David Giusti has been coming to Glen Echo for contra and English country dance for 15 years.

We wish all the Glen Echo graduating seniors the best of luck in their next endeavors! Go Vikings!

Ian Costello is looking forward to attending the College of Wooster in Ohio this fall. Although he is not sure what he will major in, he will explore subjects such as environmental science, physical therapy, psychology, communications, music, and philosophy.

Ben Malmgren is still weighing his options for after graduation.

Hannah Niles is looking forward to attending Loyola University Maryland in the fall and joining their Division I women’s basketball team. She is currently interested in international business and management.

Bryna Steele will be going to University of Edinburgh, Scotland, this fall to study landscape architecture—an interest that was fostered by her neighbor (and The Echo’s gardening columnist) Holly Shimizu.

Bram Wilson plans to attend Indiana University in Bloomington, Indiana, in the fall.

Have You Heard?

Have You Heard?

6006 Princeton Avenue

CLASS OF 2016

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The Echo around, the hope is that there will be some ash trees genetically predisposed to survive. There is a chemical treatment available to protect ash trees from the emerald ash borer, but the cost makes it prohibitive for large-scale use like the NPS would need. It is, however, an option for treating individual trees in our yards.

In other botanical news, there’s an ongoing battle against garlic mustard weeds in the region. If you want to help eliminate this invasive plant, try to pull them up when they are flowering, before they go to seed, and pull up the entire root. Do not leave pulled plants on the ground! They will still seed. Put them in a bag and dispose as garbage OR bring them into your kitchen. Young tender leaves can be torn right into a salad; or you could sauté the leaves in oil or bacon grease with garlic, a little water or stock, and a dash of vinegar; or make a pesto with the leaves, garlic, chives, olive oil, walnuts, and parmesan cheese.

Some mysterious things have been going on recently in Glen Echo. First a green and white flag appeared on the flag pole at the Town Hall. It was hard to see under the U.S. flag, so you may have missed it. About a week later, it disappeared. Also around that time, Town residents received hand-delivered envelopes containing two bumper stickers of the same flag design. The Echo did a little investigating and discovered that two residents hatched a plan to create a flag for the Town of Glen Echo. The sycamore leaf represents the official Town Tree, and the four quadrants nod to the Maryland flag. While the rollout “went over like a lead balloon; almost nobody noticed,” says one of the anonymous flag fliers, they hope that residents like the idea and the design of their proposed Town Flag. Any chance we could adopt it and let it fly at Town Hall officially?

The construction that you see from MacArthur Boulevard just before crossing the one-lane bridge to Cabin John is a WSSC project. Most of the sewer pipes in Montgomery County were built in the late 1940s and early 1950s and are nearly at the end of their useful life. The restoration of the sewer and stream in this particular valley includes a reconstructed sewer line, the planting of native grasses, plants, and trees, a restored (continued from page 9)
walking path, and a repaved parking lot at Bannockburn Pool. The cost is estimated at $3.7 million, and completion is expected this month.

After just six months in operation, MedGen, the urgent care facility at Glen Echo Center, has closed. They are moving their staff to their other clinic location in Old Town Alexandria. While this is sad news, it might not be so grim. They “hope” to reopen their Glen Echo office in the fall after they have had time to recruit additional staff. If you would like to learn more about future staffing opportunities at MedGen, contact Bill Walters at walters@medgencare.com.

There will be a shredding party at the Clara Barton Community Center on May 14 from 9 AM–12 PM. The mobile shredding truck from All Shred can handle papers with 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. The paper chips will be sent to a recycling facility. They ask for a $5 donation for each full box and all proceeds go to the community center. (Note: You will be asked to take your box/case holding the papers back with you.)

GOINGS ON

Glen Echo Town Hall Events
FSGW English Country Dance, Wednesdays, May 4, 11, 18, 25
8–10:30 PM, free to Town residents
May 31 7:30 PM, Town Council Budget Hearing, open to residents

Local Events
May 5–7 & May 11–14
Bannockburn Spring Show at the clubhouse, for tickets: bannockburncommunity.org

May 7 12–5 PM, Bethesda Coop celebrates its 40th anniversary with bands, snacks, and a moon bounce
May 13 5–8 PM, Bannockburn Elementary School Mayday celebration; food and fun for all ages
May 14 9 AM–12 PM, Grateful Shred: shredding party at the Clara Barton Community Center

Glen Echo Park Activities

Dentzel Carousel $1.25 a ride
May–August: Weds.–Fri. 10 AM–2 PM; Sat.–Sun. 12–6 PM (Carousel also open during concerts and other events.)

May 6 6–8 PM, Art Walk in the Park, open studios and artist demonstrations the first Friday of each month in the summer

May 14 6 PM–12 AM, Gala at Glen Echo Park, tickets available at GEPPAC headquarters, $200 per person

May 21 12 PM and 2 PM, the founding of the American Red Cross in 1881 will be celebrated with two performances of Clara Barton, Red Cross Angel. The performances by Mary Ann Jung, a first person interpreter, will be held at the Bumper Car pavilion.

The Puppet Co. www.thepuppetco.org; 301-634-5380
Sleeping Beauty through May 29
Tiny Tots select Weds, Sats, and Sundays at 10 AM

Adventure Theater MTC www.adventuretheater-mtc.org; 301-634-2270
Emperor’s Nightingale through May 30
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Real estate professional and Glen Echo neighbor

MedGen Urgent Care
is proud to be serving the Glen Echo community’s urgent health care needs.


Find us on the Second Floor of the Glen Echo Center, Suite 200
7307 MacArthur Blvd | Bethesda, MD 20816
Mon - Thu 8am-8pm
Fri - Sat 8am-6pm
Sun 11am-6pm
X-ray and Lab On Site

TEMPORARILY CLOSED
SEE PAGE 10