The June 10 Council meeting was a small affair with the Mayor, the Town-Clerk, and three out of four Council Members present; Council Member Spealman was absent. There were just four residents in attendance.

**Town Hall Maintenance**

It’s been a busy month a Town Hall! The floors of Town Hall were refinished last month costing the Town around $6k. Ms. Boa, the new Town-Clerk, is now getting quotes for painting the interior of the building as well. The elevator continues to be officially out-of-service until a state inspection can be completed. And a new pipe has been put underground in front of Town Hall to address the pond of water that collects there most rainy seasons.

**Town Business**

There will be some tree work coming to the pocket park on the MacArthur side of University Avenue. And next-step meetings will be taking place in the upcoming month regarding the Town’s next audit and its record retention plan. Resident Nancy Long made clear that she would like to take any papers that the Town deems unnecessary-to-save.

The Council passed the ordinance and resolution introduced at the May meeting regarding the Town’s one-time fee for gas line installation.

**Vassar Circle**

The Mayor reported that a portion of the silt fence around the construction site has been compromised, most likely bent by a truck. He has been in touch with resident and developer Aaron Hirsch about this. The Town has granted a permit for water and sewer pipe construction, but that hasn’t begun yet. Town engineer Joe Toomey submitted his report, which noted that the house framing, which has begun, should move ahead quickly and that the rough grading for the road widening should begin soon according to Mr. Hirsch.

The framing of the first house in Vassar Circle began in June.
Letters to the editor are welcome. They must be signed. Articles for publication are also solicited. Please send comments about The Echo to the editor, the Mayor, or any Council Member. Volunteer reporters are always needed.

Odds and Ends
Ms. Boa has made a map for the English country dancers that use Town Hall Wednesday nights suggesting they park on Harvard Avenue, behind Town Hall, in the Clara Barton House parking lot, and across MacArthur Boulevard in Bannockburn. Our Northern neighborhood was also mentioned in the continuing dog poop discussion. A word was put in to the Bannockburn HOA president about reminding dog walkers to pick up their droppings when passing through Glen Echo. Other updates: a query has been sent to Goode (our trash pick-up provider) about the cost of adding a few receptacles around town; some neighborhoods in the County use Gladiator Stations, $375 for installation and $500 for a year of weekly pick-ups (estimated figures); the Council will begin by ordering and attaching some friendly reminder signs to be placed on telephone poles around town. The Mayor also reported that Hughes Landscaping will be giving him an estimate for creating some sort of barrier and pea gravel along the bottom of Columbia Avenue, which has been given over to poison ivy and the above mentioned droppings.

Resident Raya Bodnar-chuk asked if the Livable Town Committee would like to be involved in the Town-wide yard sale, typically held in October. Historically, it has been run by a handful of dedicated residents, but they are hoping for some new blood. If you would like to be involved in the yard sale, email Diana Hudson-Taylor, who will be overseeing it this year, dhudson_taylor@yahoo.com. SSL hours may be available for student volunteers (see page 10 for details).

Town Expenses
In May, the Town paid $6,467 to Bolt Legal, $4,478 to Exquisite Floor Enterprise, and $3,164 to Goode Companies.

—EMILY PARSONS
New to Town

The DeSilva family didn’t travel far to their new home in Glen Echo. They spent the past seven years just down the road in the Wood Acres neighborhood. With two middle schoolers, they came to Glen Echo in search of a bit more space. They found it at 7315 University Avenue; the welcoming and friendly neighbors came as an added bonus.

Jen, Sophia, William, and Guy DeSilva

Jen works in business development for Government Executive magazine, which is owned by The Atlantic Company. Her work involves a fair amount of travel to connect with those (many) government executives who are not inside the beltway. Guy works for a small nonprofit that represents state human services agencies.

Their daughter Sophia, 12, is entering seventh grade at Pyle. She recently decided to take a break from playing soccer to try her hand (and feet) at dance, sparked by her devotion to the television show Dance Moms. Jen connected with Dia Costello at a neighborhood gathering, and Sophia now has summer dance classes lined up with Candace Sheppard Dance Academy, where Dia’s daughter Téa danced for many years. Jen is still weighing her future prospects as a true “dance mom.”

Son William, 14, will enter Whitman as a freshman in the fall. He is a soccer and basketball player; he plays on the same soccer team as Glen Echo neighbor Willem Macy.

The family dog, Casey, is a very extroverted addition to the Town’s canine scene. He’s been known to amble over to nearby houses and even hopped into the open hatch of our SUV as we packed for a camping trip. Casey appears delighted with his new home and all of the appealing scents of Glen Echo.

In addition to the predictable demands of jobs and driving active kids around, Jen and Guy enjoy entertaining, and Guy is an avid cook. They also enjoy traveling — this summer they’ll head to Costa Rica and to visit family in Florida. They were pleased to learn about Glen Echo’s local sledding hill on Yale, having lived on one of Wood Acres’ steeper inclines and a snowstorm destination. — Angela Hirsch

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Making teas from the garden is an easy, healthy, refreshing way to experience herbs. Herbal teas are often referred to as tisanes or herbal infusions. Unlike black teas which are made from the leaves of the tea plant (Camellia sinensis), teas made from herbs do not contain caffeine. Herbal teas are rich in phytonutrients, which are loaded with antioxidants, minerals, enzymes, and much more. Antioxidants are molecules that help defend your cells against damage from free radicals. Damage caused by free radicals is linked to aging, cancer and other harmful diseases. Herbal teas help support the body’s immune system to stay strong and healthy.

The winter season is a great time for brewing decoctions—when roots, barks, and seeds are simmered for 30 or so minutes in water to make warming teas such as chai. Blends often contain spices such as ginger root, cinnamon bark, cardamom seeds, and black pepper.

The summer season is a great time to brew mint, lemon balm, bee balm, and anise hyssop teas. To avoid wilting, plants are best harvested in the morning. Leaves and stems can be used fresh or dried to make the tea. Cut back your plants by half or a third, and do not allow them to go to seed as that will make the tea bitter.

When using fresh herbs, add about two large handfuls to your teapot, add boiling water, and allow it to steep for three to five minutes depending on your desired strength. Use filtered water for a better tasting tea. If your herbs are dried, use about one tablespoon for one mug of tea. Drying herbs is easy: Hang them upside down in bundles or lay them on screens. Place your herbs in a warm, dry place such as an attic. Once dry, strip the leaves and place them in air tight jars with a label. They can last up to one year.

Peppermint (Mentha x piperita), spearmint (Mentha spicata), and their varieties are delicious when used as a hot or a cold tea. Mint aids in digestion which makes it an excellent choice as an after-dinner tea. Mint is rich in antioxidants and is a soothing tea. Mixing cool mint tea with lemonade makes for a refreshing summer beverage.

Lemon balm (Melissa officinalis) is a close relative of mint and has the distinctive square stem. It is known to be a stress reliever and has a pleasing lemon flavor. Try blending it with other herbal teas. Experimenting with different flavors of herbs can be a lot of fun.

Making sun teas is a special summertime activity. Place your desired herbs and flowers in a clear jar and set it in the sun for the day. This process allows the essences of the herbs to be extracted into the water. Try this method with the leaves and flowers of bee balm (Monarda didyma) for a delicious result.

If you like licorice or anise flavor, try using anise hyssop (Agastache foeniculum). This plant is easy to grow and is a magnet for pollinators.
Nettles are known for their incredible health benefits. I grow nettles in a container on my roof garden and dry them for tea throughout the year. There is so much to explore and discover when it comes to making your own teas. Summer is the time to harvest, so take the time to gather herbs for your health as well as for delicious teas.

A great alternative to sugar, if you like your tea sweetened, is using stevia which is 200–300 times sweeter than sugar. It comes from the plant called stevia or sweetleaf (Stevia rebaudiana), native to Paraguay. Stevia has almost no calories and has some possible health benefits. For people with type 2 diabetes, it has shown reductions in blood glucose after a meal and it can possibly help lower blood pressure. The plant grows well in gardens, although in this region, it is not winter hardy. Try adding two to three leaves to sweeten tea or buy stevia at the grocery or health food store.

—HOLLY SHIMIZU

NOTE: When making teas from plants you MUST know the plant’s correct identity. People have died as a result of accidentally harvesting a poisonous plant for their tea blend. If you are interested in herbs, consider joining the Herb Society of America, Potomac Unit. www.potomacunithsa.org
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Our Dentzel Carousel is approaching its 100th birthday in 2021! All historic structures need renovations over time and although work was done to put the carousel in working order in the past, it is now time to replace the roof and the fire suppression system, and restore the band organ structure. As you can imagine this is a major project and is expected to take up to six months. The restoration work is scheduled to begin after July 8. We had hoped to complete this work in the “off season” last winter, but various delays in contracting plus the federal government shutdown pushed the project back to this summer.

The work is being funded by the National Park Service, Montgomery County, and State of Maryland funds. A variety of other repair projects will be happening in the next year including exterior stucco and window work on the Spanish ballroom. The carousel will close for the 2019 season on June 30 and will re-open in the spring, as it does each year.

We are happy to continue to offer a variety of summer camps and classes. Check out the website for our catalog of offerings. New art shows will be featured at our monthly Art Walk in the Park on July 5 (every first Friday from May through September), and our popular free Thursday evening summer concerts continue in the Bumper Car Pavilion. As always, you can look forward to the call for entries for the 49th annual Labor Day Art Show being held from August 30–September 2 this year. You will find information about entering art works on the Park website.

Coming up in the next year, the Glen Echo Park Partnership board will be working on future plans for new programs, and for facilities upgrades and renovations. We will be surveying our audiences and seeking innovative ideas for new ways to stay relevant. As always, we are continuing to work closely with our presenting arts programs to assure the ongoing success of their vibrant offerings. Importantly, we will be developing programs to celebrate the 100th anniversary of the Dentzel Carousel in 2021.

— MARTHA SHANNON
On the heels of this year’s Independence Day, celebrate the diversity of how many of us came to this fair land—through immigration—with DC’s Immigrant & Refugee Music Festival. This event will be held July 6 at Echostage. Proceeds from tickets will be going to the International Rescue Committee.

Silver Spring Arts & Crafts Summer Fair will be held this year on July 14 in Veterans Plaza. This event promises over 60 artisans accompanied by live music and other performances running 2–8 PM. July 9–28 brings the Capital Fringe Fest and with it dozens of acts big and small scattered throughout DC.

What’s bigger (much bigger) than last month’s Cabin John house tour? The Montgomery County Farm Tour. This year marks the 30th year of this event which will run July 27 and 28. So far, nineteen farms, wineries, and breweries are included in the list of spots with more soon to be added.

For the fifteenth consecutive year, join your friends and neighbors for outdoor movie screenings in downtown Bethesda. This year’s lineup includes something for everyone—10 Things I Hate About You (July 24); Won’t You Be My Neighbor (July 25); Crazy Rich Asians (July 26); and As Good As It Gets (July 27). Remember the bug spray and shows start promptly at 9 PM. —Mona Kishore

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Come together with neighbors twice this month with the July 4th Parade and the Town Picnic on July 21. The parade, now in its third year, under the direction of Angela Hirsch is a charming event.

The parade will begin at 10:30 AM at the pocket parks at Princeton and University Avenues, head down University and around Vassar Circle, and end up back at the parks with popsicles and a free-for-all water balloon fight. All are welcome! Come decked out in your finest patriotic wear or decorated vehicle. And if you have musical talent you could add to the event, email angela.h.hirsch@gmail.com.

The summer picnic will be around Town Hall on the 21st from 5–7 PM and follows its normal format. Mexican food and non-alcoholic bevs will be provided by the Town. Residents can BYOB and a dessert to share. There will be games and a slip and slide, so bathing suits suggested. Two new features this year: a giant inflatable obstacle course for the kids, and for all you bakers, there will be a fruit pie contest.

Good news from Town Hall: The new Town Clerk Beth Boa has set it up so student volunteers at Town events can receive Student Service Learning hours. Students in Montgomery County are required to have a certain number of SSL hours to graduate. If interested, email townhall@glenecho.org.

The disco night fundraiser held in June at Town Hall by local Girl Scout Troop 34037 was a huge success. About 100 people attended, and the girls surpassed their goal ($1k) by raising $1,137. They’ll be delivering a check to Comfort Cases when they go back to volunteer in a few weeks. The troop thanks all the friends and neighbors who came out to support them!

Real Estate
The new, still-being-built, home at 6006 Cornell Avenue has been listed at $1,650,000. It will have four bedrooms, 3 ½ baths, and...
two underground parking spots. See the rendering at right. Looks good, but they’ve forgotten to include all the closely neighboring houses in the picture!

**It Takes a Village**

Up until recently, as its editor, I thought I knew all the ins and outs of *The Echo*. But then I had one of those casual conversations with a neighbor while taking a walk and got clued in. University Avenue resident Susan Grigsby has been handling the circulation of the Town’s newsletter for years. This job includes packing up and mailing out *The Echo* to a handful of Montgomery County entities and to our actual subscribers—former residents—as well as managing those subscriptions. Two years ago Susan asked Bryn Mawr Avenue resident Julie Lull to team up on circulation, and here’s where the story gets bigger than our little Town.

Julie has been an occupational therapist at Alternative Paths Training School in Alexandria for nine years. For the past year, Julie’s students, who all have autism or other developmental disabilities, have taken on a special project. Once a month, they divide up the jobs—folding, stuffing, gluing, and stamping—and prepare *The Echo* s to be mailed out. Julie says that her students take immense pride in knowing that these envelopes are going into the actual mail system. Before this assignment, Julie even did mock letters with the kids, but it can’t beat the real thing, she says.

The staff of *The Echo* would like to thank these dedicated students for the care they take on behalf of our Town. I hope they enjoy reading their story in this issue! Julie says special thanks should also go to the Glen Echo Post Office staff for their help in getting the postage right as the numbers of pages in the issues can fluctuate. The group of people volunteering their time for this publication is always growing! Many thanks! —Emily Parsons

**Glen Echo Town Hall Events**

**July 3, 10, 17, 24, 31** 8–10:30 PM, FSGW English Country Dance, Wednesdays, free to Town residents

**Local Events**

**July 4** 10:30 AM, Town parade

**July 11** 1:30 PM, Kelly Davis on elder scamming, Little Falls Library, for seniors

**July 24** 1:30 PM, Tom Glenn discusses the fall of Saigon, Little Falls Library, for seniors

**Glen Echo Park Events**

**Summer Concert Series** Thursdays at 7:30 PM in the Bumper Car Pavilion, free

**July 11** I&I Riddim, reggae band

**July 18** BG & the Mojo Hands

**July 25** Cloudburst, jazz

**July 5** 6–8 PM, Art Walk in the Park

**July 5, 12, 19, 26** 11:30 AM, Animal story time at the aquarium, for ages 2–5, standard entry fees apply

**July 14** 3–5 PM, Family Dance in the Ballroom Back Room, $5

**The Puppet Co.** www.thepuppetco.org; 301-634-5380

**Circus!** through August 4

**Tiny Tots** select Weds, Sats, and Sundays at 10AM

**Adventure Theater MTC**

www.adventuretheater-mtc.org; 301-634-2270

**Cat in the Hat** through August 8

**Ladies Night**

**They Say it’s Your Birthday!**

**July 7** Louisa White, 5

**GOINGS ON**

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Shamanic Self-Awareness with Christel Libiot
Topic: Trusting Yourself and the Universe in Your Life
Fri, Jul 12 10:00 AM - 5:00 PM

Join us for an exploration of self, using shamanic tools, finding your guides and exploring journeying as a tool for guidance.

ONGOING CLASSES

An Evening Yoga Practice with Ashira Lavine
Tuesdays through Dec 17, 2019
7:15 PM - 8:45 PM

Restorative Workshop Series: Yoga Nidra with Ashira Lavine & Margarita Reyes
Sundays: Sept 8, Oct 27 1:00-5:00 PM

FREE LECTURE SERIES

Self-Awareness Skills For Every Day Life
Fri, Jul 12, 2019 6:00 PM - 8:00 PM

Consider renting the Journey Space rooms for your next healing event.

All events require pre-registration.

Biodynamic Crainosacral Therapy Session
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Shamanic Self-Awareness with Christel Libiot
Topic: Trusting Yourself and the Universe in Your Life
Fri, Jul 12 10:00 AM - 5:00 PM

Join us for an exploration of self, using shamanic tools, finding your guides and exploring journeying as a tool for guidance.

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Self-Awareness Skills For Every Day Life
Fri, Jul 12, 2019 6:00 PM - 8:00 PM

Consider renting the Journey Space rooms for your next healing event.

All events require pre-registration.

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Sat, Aug 17 10:00 AM - 6:00 PM
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