



PUBLISHED SINCE 1948 FOR THE TOWN OF GLEN ECHO, MARYLAND ~ CHARTERED IN 1904 ~ JANUARY 2023

TOWN COUNCIL NOTES

Mayor Costello, the entire Council, and the Town Manager Beth Stickler attended the Town Council meeting via Zoom on December 12. Ha-Yeon Jeon, an intern for Delegate Marc Korman's office, also attended to observe the meeting.

Clara Barton House Renovations

The National Park Service is soliciting input to the Clara Barton House construction plan and has extended the deadline to January 9. Detailed plans regarding HVAC installation, concrete work, equipment staging, truck access, and dumpster locations are incomplete at this time. The Mayor is planning to submit a letter expressing concerns about these and other aspects of the project and is coordinating with the most directly impacted residents on Oxford and Princeton. Contact the Town Hall to provide any comments by January 3. Construction

starts in October 2023, and while a firm schedule does not exist yet, the project could last about two years. Once complete, GEPPAC, in partnership with the NPS, will use some of the newly remodeled spaces as offices for their activities.

Livable Town Committee Project

On Martin Luther King Day, Monday, January 16, the Livable Town Committee will host a service project to collect toiletries for donation to the Greentree Shelter in Bethesda. Residents of all ages will be encouraged to donate toiletries and help sort and package them up to deliver to the shelter.

Additional service activities may be included as things develop. Greentree is an emergency family shelter in Montgomery County that supports approximately 13 families at a time. The Council and committee considered giving to different charities, but there is a sense that our small town helping a small community of people in need feels appropriate.

The Committee is also planning to host the Third Annual Winterlude on Saturday, February 11, with a rain date the night before on Friday, February 10. Donations will be collected for luminaries to line Harvard. This year the luminaries will be lit with reusable, and easier to operate, LED "candles" instead of wax candles.

Odds and Ends

The Council adopted the Small Cell Code Amendments and the associated Right of

Way Use Agreement. Ron Bolt, the Town Lawyer, recommended the changes, which are similar to how other towns are preparing for any possible requests to install small cell technology. To date, Glen Echo has not been asked to consider an actual installation.

Glen Echo received \$267,487 in funds from the American Rescue Plan Act. These funds need to be obligated by December 2024, and the Town has spent about \$23K so far. There are plans to expend another \$41K on street signs and repairs to Columbia Avenue. The Mayor and Council are considering other uses such

as upgrades to the Town Hall, stormwater mitigation, and additional road repairs but have not formalized those plans. New street signs are expected to be in-



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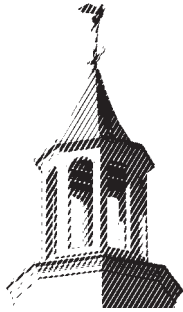
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Next Deadline: January 20, 2023

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.



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Beth Stickler (townhall@glenecho.org)

Next Council Meeting: January 9, 2023, 7:30 PM

stalled in January, but the “No Parking This Side of Street” signs will remain and are not being replaced. Residents interested in claiming an old street sign may email the Town Hall. In your email, include the year you moved into your house, as the signs will be given out according to length of occupancy. The signs will be on the Town Hall lawn after removal, and any leftover signs will be discarded.

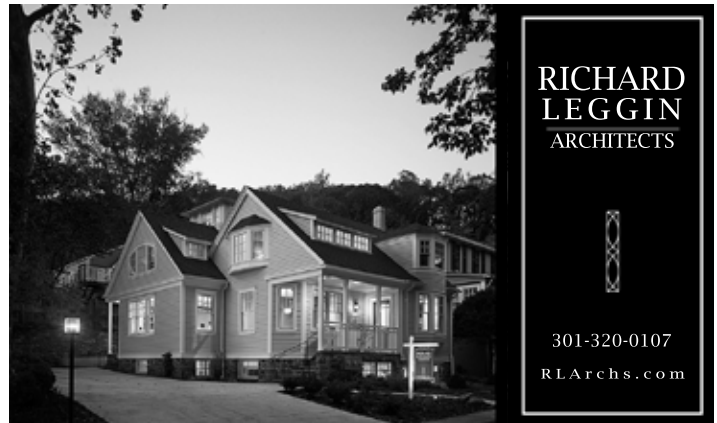
The Council decided to move about half of Town funds from a money market account into a higher earning Maryland Local Government Investment Pool (MLGIP) account. From the MLGIP website, “The

Pool’s purpose is to assist the public finance officer by providing an investment medium in which the participants may invest their idle balances. A pooled fund strategy is utilized creating a money market fund for municipalities that is a very safe, highly efficient, programmed approach to investing. Participants are provided professional money management, a well diversified portfolio, and reduced cost.”

Town Expenses

In December, the Town paid \$7,047 to Maple Hill Lawn & Garden (leaf pickup) and \$3,500 to Key Sanitation.

—BILL VINCENT



Now that cold weather has arrived, I recommend two beverages that are easy to make yourself. My favorite winter health tonic is Fire Cider which is an immune-supporting vinegar infusion blend with warming ingredients. Fire Cider is known to improve circulation, digestion, and it combats colds and flu. It is a traditional folk remedy that has been popularized by the famous American herbalist, Rosemary Gladstar. It typically includes a spicy blend of horseradish, onion, garlic, ginger, hot peppers, and lemon or orange (chopped or sliced) added into in raw apple cider vinegar with honey. I use ingredients from Mom's Organic Market.

Fire Cider Recipe

- 1 large horseradish root (scrub well)
- 1 large piece of fresh ginger root, about 7 inches
- 1 large onion
- 10-16 cloves of garlic
- 2 cayenne or jalapeno peppers

HOLLY IN THE IVY



- 1 orange (not peeled)
- 1 lemon (not peeled)
- Raw apple cider vinegar
- Raw honey
- Other optional ingredients are cinnamon, turmeric, echinacea, and rosemary
- Grate the horseradish root and ginger root and place in a large glass jar
- Chop the onion, cloves, peppers, oranges, and lemons, add to a large glass jar (or 2 jars if needed)
- Pour the apple cider vinegar over the herbs so they are generously covered
- Cover the jars tightly

and place in a warm, dark location. If you have metal lids, place parchment paper over the top of the jar so the vinegar does not touch the metal.

• Shake often.

After 3 to 4 weeks, strain the herbs through cheesecloth and add warm honey to the liquid. The taste will be warm, spicy, and sweet. Place it in a bottle, label it, and store in the refrigerator.

If you feel a cold or flu coming on, drink a shot glass of Fire Cider. It can also be mixed with your favorite juice.

.....
Golden milk is a traditional Ayurvedic elixir that has been used for thousands of years. This warming beverage is great as an anti-inflammatory and immune boosting drink. It has an earthy, peppery flavor. I find it comforting but am

careful not add too much turmeric since it can be bitter. For maximum benefit, turmeric needs to be taken with black pepper and something with some fat in it, such as milk. My favorite time to drink this is after dinner or if I get a craving for something sweet.

Golden Milk Recipe

(1 serving)

- 1 cup coconut milk or the milk/plant-based milk you prefer
 - ½ teaspoon turmeric
 - ¼ teaspoon cinnamon
 - ¼ teaspoon vanilla
 - Sprinkling of black pepper
 - Sprinkling of ginger powder
 - Honey or maple syrup to taste
 - In a medium saucepan, add all the ingredients and then warm it on stove until hot but not boiling. Then take a frother and froth well and serve hot. I have tried many frothers and the best ones are the plug-in type. Try these winter health drinks. People have enjoyed their benefits for ages.
- HOLLY SHIMIZU

PHOTO: SONIKA AGARWAL / UNSPLASH

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OUT AND ABOUT

On January 16 at 11 AM, join **The People's Holiday at the National Museum of African American History & Culture** for a community day filled with activities. In honor of MLK Day, there will be music performances as well as a special menu with some of MLK's favorite foods served up in the Sweet Home Café.

Continue the culinary adventures from January 16 to 22 across the DMV with dozens of restaurants offering **special reduced priced brunch, lunch, and dinner** offerings. For a full lineup of the participating restaurants



Lunar New Year parade in Chinatown

and pricing available, go to the website of the Restaurant Association of Metro Washington at www.ramw.org.

While 2023 still hasn't brought the Jetson's vision of flying personal aircrafts, you can find your dream car at the **Washington Auto**

Show January 20 to 29. The event will be hosted at the Walter E. Washington Convention Center.

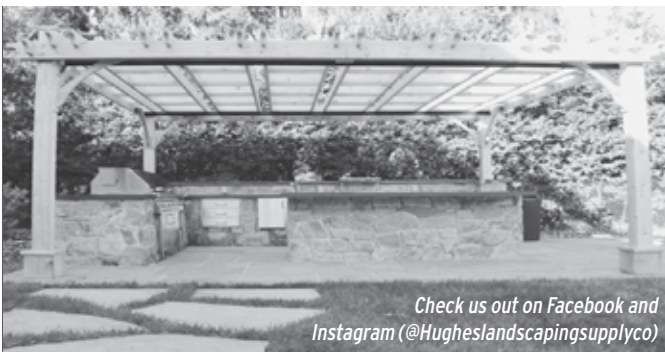
The Kennedy Center brings in the "Year of the Rabbit" on January 21 with **Lunar New Year special performances**

as part of its Millennium Stage series. Tickets are on sale and must be reserved in advance and become available January 4 online. Continuing the festivities, join the **Lunar New Year Parade in Chinatown** on January 22 from 1 to 4 PM with floats and fireworks in collaboration with the office of DC Mayor Bowser. For a family-friendly celebration that brings Chinese and Korean traditions together, head to the **Smithsonian Museum of American Art** on January 28 from 11:30 AM to 3 PM for food and fun in the Kogod Courtyard. —MONA KISHORE



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The Avalon: *The Whale* has just opened at the Avalon starring Brendan Fraser in what is sure to be an Oscar-nominated, likely Oscar-winning performance as a man struggling with severe obesity and trying to reconnect with his daughter. The movie itself is getting mixed reviews, but his performance has been highly lauded.

AFI Silver Theatre: Another late December opening that will run into January is director Damien Chazelle's *Babylon*, which has an impressive cast, including Brad Pitt and Margo Robbie. I love how varied Chazelle's work is—from the tight-wound *Whiplash* to the

THE CINEMANIAC



Brendan Fraser
in *The Whale*

sprawling, ambitious *La La Land*. *Babylon*, which covers the shenanigans of the film industry in the 20s, is said to be a "glorious mess" that is nonetheless engaging and entertaining for its more than 3-hour running time.

E St. Cinema: The Landmark Theatres DC



Brad Pitt in
Babylon

flagship is hosting a Stanley Kubrick retrospective all month long, including *Dr. Strangelove* on January 3, *2001: A Space Odyssey* on the 10th, and *Full Metal Jacket* on the 31st. Kubrick has created some of the most stunning and iconic visuals of our time, so getting to see these once again on the big screen is a treat. —DAN SPEALMAN

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HAVE YOU HEARD?



Welcome Gabriel Fiedler!



Jaclyn with her new baby brother

The **Fiedler family** of Vassar Circle got a Thanksgiving surprise with the birth of new baby **Gabriel** on November 23 (due date was December 14). He arrived weighing 7 lbs 5.3 oz and measuring 20.25 inches long. **Alyssa** reports, "**Jaclyn** is a very proud big sister and refers to Gabriel as 'my baby.'" Many congratulations!

We ran a longer list of possible **dog walkers, babysitters, and snow shovelers** in the December issue, but here are two more. **Mark Springuel** is ready with his



December's Holiday Party Pix: The gingerbread house table

snowblower (301-320-2699) and **Tirtza Hambrecht** (9th grade) is available for dog walking and pet sitting (917-373-5486).



Neighbors catching up



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The Mr. Omelette buffet line



OUR TOWN PARK

Many thanks to Town residents who supported the Park in our year-end campaign. This year the Park initiated a broader community-based fundraising competition to bring additional funds in for our operations. Town resident Katrin Peck served as a volunteer in this effort, and we thank her for her service! The Giving Tuesday campaign brought in significantly higher donations and reached a new set of community supporters.

Our website now features an introductory video funded through a grant from Heri-

tage Montgomery. This is a great overview of our 130-year history and the many programs that are offered at the Park. You can also find a great story there that NBC News did about our glassblowing studio.

Facilities planning continues with the assessment of needs for the Spanish Ballroom. Together with Montgomery County and the Park Service, we will be planning for upgrades to the building, including a new HVAC system and floor repairs. Some of these will be paid for by the Park Service, and some we will need to raise money for. —**MARTHA MORRIS SHANNON**

GOINGS ON

Glen Echo Town Hall Events

January 4, 11, 18, 25 8–10:30 PM,
FSGW English Country Dance,
Wednesdays, free to
Town residents

January 16 MLK Day
service event (see Town
Council Notes, details to
come on the listserv)

Glen Echo Park Events

January 7 & 8 12–6 PM,
Holiday Art Show and Sale
The Puppet Co.

www.thepuppetco.org; 301-634-5380

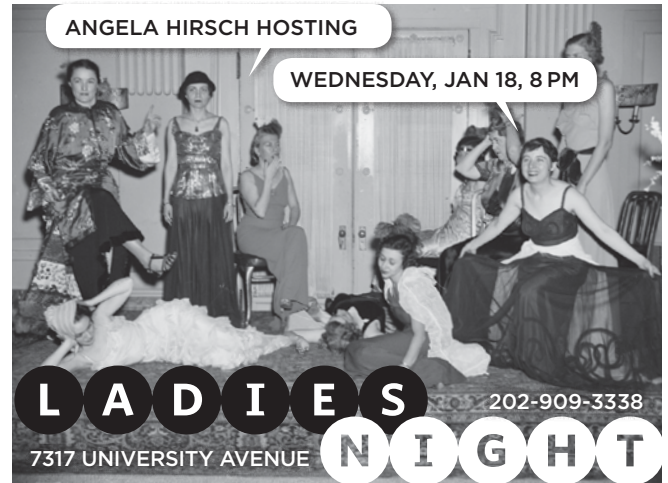
Peter and the Wolf January 16–February 12

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



ANGELA HIRSCH HOSTING

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They Say it's Your BIRTHDAY!

Jan. 13, **David Chused**, 11
Jan. 13, **Elsbeth Chused**, 11
Jan. 15, **Niklas Gillberg**, 10
Jan. 15, **Riya Kishore**, 7
Jan. 16, **Grant Wohlgemuth**, 4
Jan. 23, **Conrad Hirsch**, 14
Jan. 29, **Sally Ellis**, 2



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