

Potomac ALMANAC

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PHOTO BY CAROLE DELL

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Pablo Castro and his 4-year-old mini-poodle Chi Chi visit Starbucks in Potomac where Chi Chi is treated to his favorite cuppa.

NOVEMBER 30 - DECEMBER 6, 2022

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS FROM BRIGHT MLS



6 11512 Glen Road
— \$1,860,000



4 10605 Bit and Spur Lane
— \$2,360,000



3 8408 Rapley Ridge Lane
— \$2,900,000

October, 2022 Top Sales

IN OCTOBER, 2022, 31 POTOMAC HOMES
SOLD BETWEEN \$7,990,000-\$510,000.



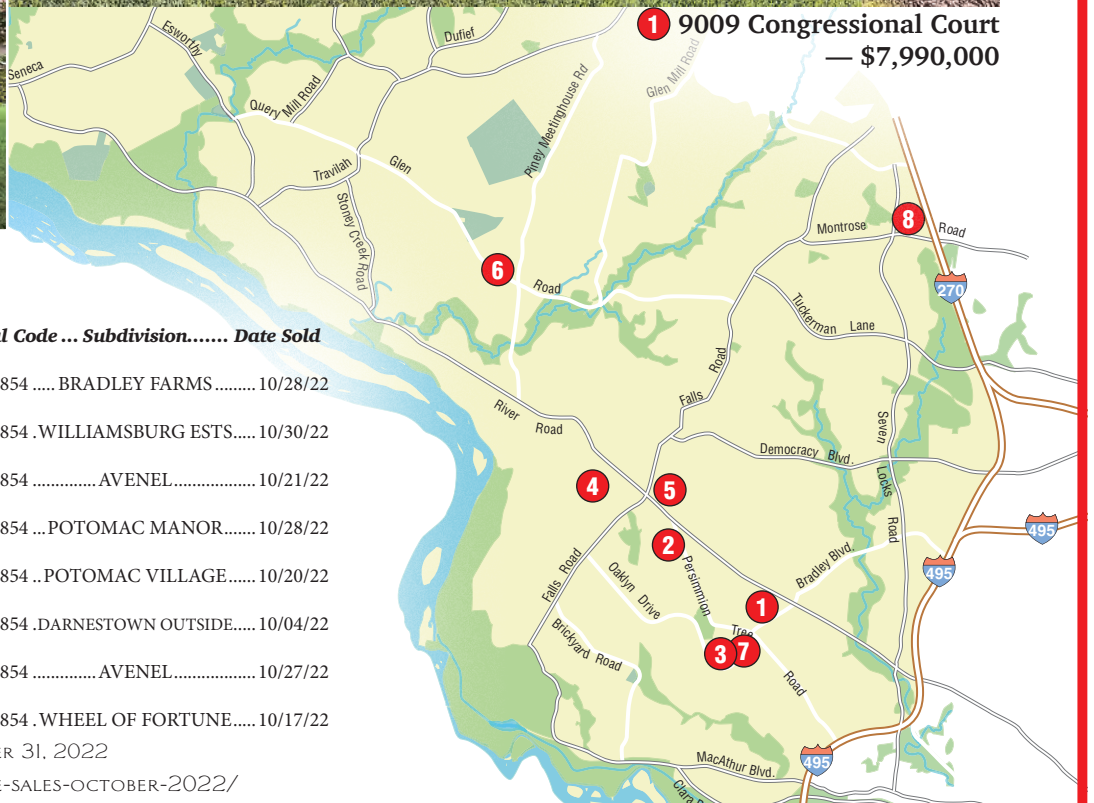
5 9917 Hall Road
— \$1,877,000



8 12523 Linda View Lane
— \$1,590,000



1 9009 Congressional Court
— \$7,990,000



Address.....BR FB HB Postal City.....Sold Price... Type.....Lot AC. Postal Code ... Subdivision..... Date Sold

1	9009 CONGRESSIONAL CT	.8	...	9	...	3	...	POTOMAC	\$7,990,000	Detached	2.10	20854	BRADLEY FARMS	10/28/22	
2	9909 LOGAN DR	5	...	5	...	2	...	POTOMAC	\$4,180,000	Detached	1.13	20854	WILLIAMSBURG ESTS	10/30/22
3	8408 RAPLEY RIDGE LN	6	...	7	...	2	...	POTOMAC	\$2,900,000	Detached	0.43	20854	AVENEL	10/21/22
4	10605 BIT AND SPUR LN	8	...	8	...	1	...	POTOMAC	\$2,360,000	Detached	2.39	20854	..	POTOMAC MANOR	10/28/22
5	9917 HALL RD	5	...	4	...	1	...	POTOMAC	\$1,877,000	Detached	0.46	20854	..	POTOMAC VILLAGE	10/20/22
6	11512 GLEN RD	5	...	4	...	1	...	POTOMAC	\$1,860,000	Detached	2.01	20854	..	DARNESTOWN OUTSIDE	10/04/22
7	8532 POTOMAC SCHOOL TER	.4	...	4	...	1	...	POTOMAC	\$1,795,000	Detached	0.75	20854	AVENEL	10/27/22	
8	12523 LINDA VIEW LN	5	...	4	...	1	...	POTOMAC	\$1,590,000	Townhouse	0.04	20854	WHEEL OF FORTUNE	10/17/22

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[HTTP://WWW.CONNECTIONNEWSPAPERS.COM/NEWS/2022/NOV/22/POTOMAC-HOME-SALES-OCTOBER-2022/](http://www.connectionnewspapers.com/news/2022/nov/22/potomac-home-sales-october-2022/)

HOLIDAY EVENT SAMPLER

Saturday, Dec. 3, 2022, 1 - 4 p.m. Winter Wonderland in Bethesda

Celebrate the holiday season from 1-4 p.m. at the Norfolk Avenue Streeter (corner of Norfolk and St. Elmo Avenues) in downtown Bethesda with Santa Claus, live ice sculpting, live music, face painting, games and more. Please bring a new toy for Toys for Tots.

Activities include: Live ice sculpting demo (1-2pm); Visit with Santa Claus (2-4pm); Student concert with Academy of the Holy Cross, Chevy Chase Elementary, Our Lady of Lourdes, Stone Ridge School, Walt Whitman HS, Walter Johnson HS, face painting; Arts & Craft Activities; Scavenger Hunt; Bethesda's restaurants The Red Bandana and Dog Haus Biergarten will be onsite. <https://www.bethesda.org/bethesda/winter-wonderland>

Dec. 3; St Bart's Messiah Concert

Enjoy the sound of Handel's Messiah (Part 1) performed by St. Bartholomew's Church Choir, instrumentalists, and soloists on Saturday, Dec. 3 from 7:30-8:45 p.m. at St. Bartholomew Catholic Church. Admission is free. 6900 River Road, Bethesda, Md. 20817

Dec. 3, The Holiday Boutique

Visit the Woman's Club of Bethesda for holiday shopping with many upscale vendors. All proceeds are donated to Interfaith Works. The Holiday Boutique is from 10 a.m. -4 p.m. on Saturday, Dec. 3 at 5500 Sonoma Road, Bethesda, MD 20817

Dec. 4, Cabin John Craft Show

Visit the Clara Barton Community Center's Holiday Craft Show and sale featuring works in clay, ceramics, wood, fiber, and more. Everything is created by local artists from 1- 5 p.m.

Dec. 9, Bethesda Art Walk

View original artwork from four down-

town Bethesda galleries and studios at the Bethesda Art Walk on Friday, December 9 from 6-8 pm. Attendees are invited to delight in the artwork, enjoy complimentary refreshments, and shop at these unique and inspiring galleries. Participating galleries include Gallery B, Studio B, Triangle Art Studios, and the Waverly Street Galleries.

For more information, visit here. <https://www.bethesda.org/arts-and-entertainment/art-galleries-studios/schedule>

A Festival of Lessons & Carols Sundays, Dec. 4 & 11, 6 p.m.

Celebrate the birth of Christ through the reading of Scripture, music, and the sing-

ing of carols. Plan to arrive early for seating. 5500 River Road Bethesda, MD 20816 · 301-320-3600<https://4thpres.org/advent/>

Dec. 19 - 22 : The Hip Hop Nutcracker

Join Maria-Clara and the Nutcracker Prince as they embark on a magical adventure in modern-day New York City during The Hip Hop Nutcracker. The Hip Hop Nutcracker takes you on a journey that celebrates love and community at The Music Center at Strathmore through this remixed and reimagined version of the holiday classic. Each show starts at 8pm between Dec. 19 - 22 <https://www.strathmore.org/smart-seat/?itemNumber=19463#/>



Winter Wonderland, Saturday, Dec. 3, 2022, 1 - 4 p.m. corner of Norfolk and St. Elmo Avenues in downtown Bethesda.



Pablo Castro and his 4-year-old mini-poodle Chi Chi visit Starbucks in Potomac where Chi Chi is treated to his favorite cuppa.

Holiday Treat in Starbucks

BY CAROLE DELL



It takes a pretty long tongue to slurp Chi Chi's luscious cup of cream, whipped of course.



Well, that certainly tasted good!

CHANGES

Changes on Inauguration Day

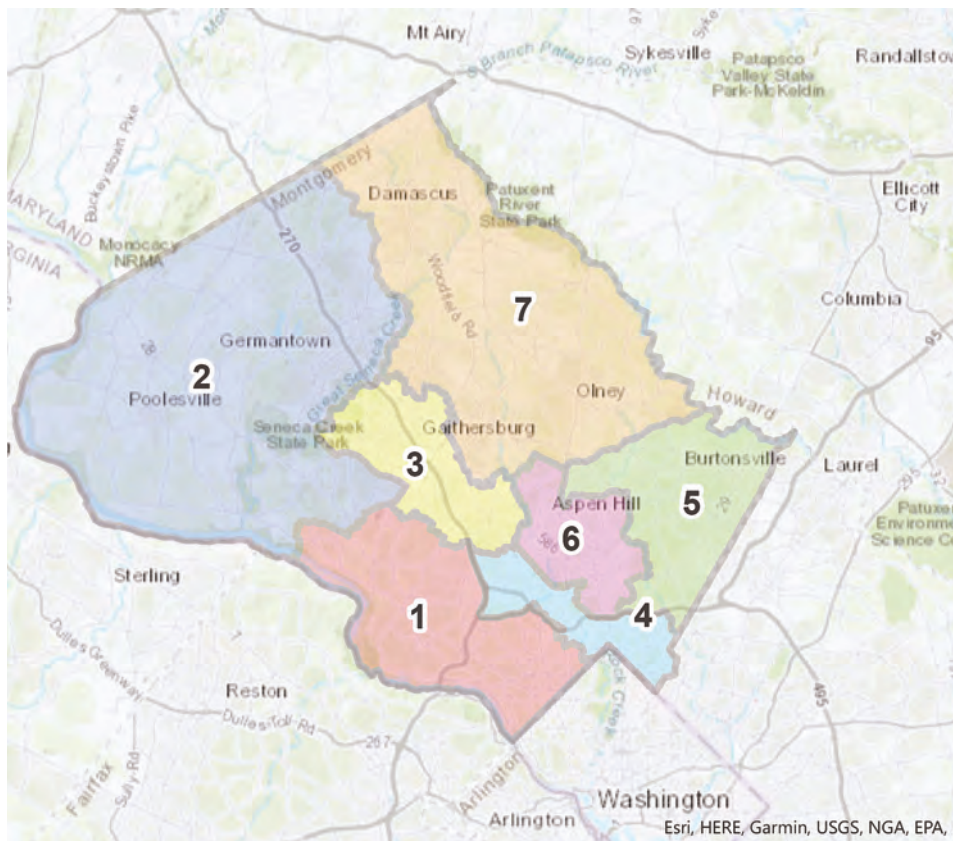
Marc Elrich was reelected for another term as Montgomery County Executive. Elrich won the General Election on Nov. 8 with more than 75 percent of the vote. The Primary Election was a different matter. Elrich defeated David Blair by 32 votes, 55,504 to 55,472, 39.2 percent to 39.18 percent.

The Inauguration Ceremony for Montgomery County Executive and Members of Montgomery County Council will take place on Dec. 5, 2022 at the Strathmore Music Center in North Bethesda. Tickets are required. The doors to the Strathmore Music Center's Concert Hall will open at 10:15 a.m., and the Inaugural Ceremony will begin at 11 a.m.

Visit Montgomerycountymd.gov/inauguration for more, plus directions and parking information.

Sign language interpreter services will be provided.

This event is open to the public but tickets are required for entrance. RSVP by Friday, Dec. 2 at 5 p.m.



Changes on County Council

Montgomery County Council will change dramatically on Inauguration Day, Dec. 5, although for Potomac, much will also be the same.

All elected members are Democrats.

The previous Council had five districts and four at-large members. Starting Dec. 5, Council will have seven districts, along with the four at-large members.

Potomac's local representative on County Council will stay the same, Andrew Friedson (District 1). Friedson was unopposed. Potomac residents are also represented by the four at-large County Council members, three of whom are returning: Evan Glass, Will Jawando and Gabe Albornoz. The fourth at-large member is a sign of the overall trend. Laurie-Anne Sayles will be part of the majority, that is women.

The previous Council had only one woman, Nancy Navarro.

Other women elected: Marilyn Balcombe, Council District 2; Kate Stewart, District 4; Kristin Mink, District 5; Natali Fani Gonzalez, District 6; Dawn Luedtke, District 7. Of 11 members, six are women.

Sidney Katz was reelected in District 3.

Where to Give Locally in the Potomac Area

Local nonprofits need your help to help others.

We list many kinds of nonprofits in and around Potomac: food banks, animal adoption, arts, environment, housing; find what appeals to you, and pitch in. It's fair to say that most organizations would like financial contributions and volunteers.

Manna Food Center

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

You can drop off food donations Monday through Friday from 8 a.m. to 3 p.m. at: the Warehouse, 9311 Gaither Road Gaithersburg, MD 20877

(301) 424-1130 info@mannafood.org
www.mannafood.org

Mercy Health Clinic in Gaithersburg is a non-sectarian, non-profit, community health clinic committed to providing high quality medical care to eligible patients free of charge. It serves around 2,000 patients annually with more than 50 volunteer physicians and over 100

medical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care." The clinic is located at 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878. Phone 240-773-0300 or visit www.mercyhealthclinic.org.

Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors. Offices are at 114 West Montgomery Ave., Rockville, 20850 www.iworksmc.org,

Potomac Community Resources, Inc. promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. PCR's in-person programs remain suspended, but you can participate in our engaging videos online, <https://pcr-inc.org/pcr-videos/>. Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar donated goes directly to its programs. Updated resources page, pcr-inc.org/community-resources/community-links/

Offices located at 9200 Kentsdale Drive, Potomac, 20854. Phone 301-365-0561 or visit <http://pcr-inc.org/>

Montgomery County Coalition for the Homeless (MCCH) a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women, and children each year, providing 60 percent of the emergency shelter beds in the county.

600-B East Gude Drive, Rockville, 20850, 301-217-0314 www.mcch.net.

ArtStream performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs. Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. ArtStream offers drama and life-skills classes and programs in military hospitals. The group is based in Chevy Chase and normally holds programming throughout the region, but right now the virtual programs are thriving. 8401 Connecticut Ave. Ste 1230, Chevy Chase, 20815, 301-565-4567 www.art-stream.org.

Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. It provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance. 8210 Dixon Ave., Silver Spring, 20910, 301-585-6463 www.shepherdstable.org.

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," including at Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, 20852, 301-294-8560, info@fisherhouse.org or www.fisherhouse.org.

KindWorks seeks to inspire action for a kinder world by meeting pressing community needs and building community by mobilizing individuals to assist in many kinds of volunteer service. They are working with refugees from Afghanistan in addition to many other things.

KindWorks, Inc., 7979 Old Georgetown Road, 10th Floor, Bethesda, 20814; Call 301-246-2452, email info@DoKindWorks.org or visit www.dokindworks.org.

Friends in Action is a program that provides intensive case management to low income Montgomery County families. Families are assigned to an FIA case manager that will help create goals in areas of education and employment, health and mental health, parenting, budgeting, home management, and practical life skills. 301-762-8682 www.iworksmc.org/friends-in-action.

Montgomery Countryside Alliance promotes sound economic, land-use and transportation policies that preserve the natural environment, open spaces, and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

Write PO Box 24, Poolesville, MD 20837, call 301-461-9831 email info@mocoalliance.org or visit www.mocoalliance.org.

Spirit Club Foundation Inc. is a non-profit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about

SEE GIVE LOCALLY, PAGE 10



Be Part of 2022 Children's and Teens' Almanac

One week of December for many years, this newspaper has devoted its pages to the creativity of local students, teens and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Almanac, is a long-time tradition.

You can see a previous edition at <http://connectionarchives.com/PDF/2019archives.html>

We welcome contributions from public and private schools, art classes, individuals and home-schoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture, gardens and any other creative efforts.

We ask that all submissions be digital so they can be sent through email. Writing should be submitted in text format: docx or google docs, or pasted in the body of an email. Artwork should be photographed or scanned and provided in jpeg format. These can be submitted via google drive as well. Please share all google drive files with kimm.mary@gmail.com

Some suggestions, but different ideas are welcome:

Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

Poetry, short story or other creative writing.

News stories or photos from school newspapers.

Short answers: What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite possession? What makes a good friend? Tell about a special gift you've received.

We must be able to print the full first and last name of the student artist/writer with the submission, along with student's age, grade and school or town name.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

Please send all submissions by Friday, Dec. 9, 2022. The Children's Almanac will publish in December.

Email submissions for the Children's Almanac to kimm.mary@gmail.com



AS YOU DRIVE Northern Virginia's largest drive-through light show
BULL RUN FESTIVAL OF LIGHTS • CENTREVILLE



AS YOU WALK a sparkling garden trail while sipping on a hot beverage
WINTER WALK OF LIGHTS • VIENNA



AS YOU SKATE and explore a winter wonderland, minutes from Old Town
ICE & LIGHTS • ALEXANDRIA



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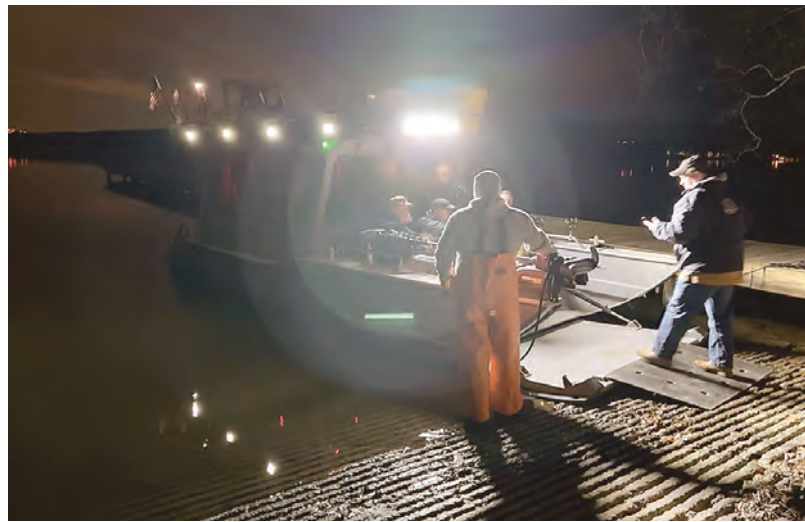
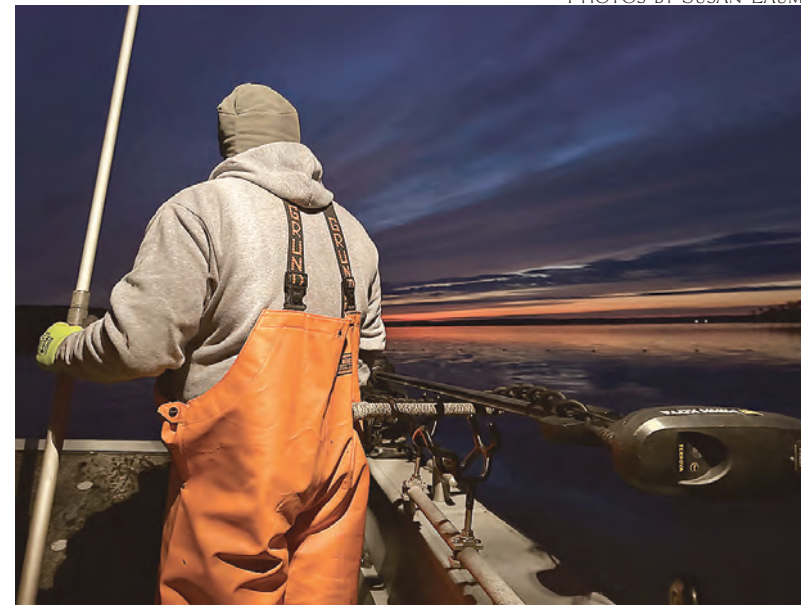


PHOTO BY SUSAN LAUME

Before dawn, three Ukrainian soldiers board the specially equipped Veterans Fishing Adventure boat, Knot4gotn, as the crew prepares to leave the dock. The Ukrainian men have had limbs amputated because of wounds of war.



Capt. Ed Moore poses with his passengers for the day, (seated) Ruslan Tyshchenko, Alex Fedun, (standing) the Veteran's Success Resource Group representative, and Anatoly Kirda.



PHOTOS BY SUSAN LAUME

Volunteer crew member Scott Cole watches the net buoys for signs that bait fish have swum into the nets.

Injured Ukrainian Soldiers Enjoy a Fishing Adventure

Assistance goes beyond prosthetics.

BY SUSAN LAUME
THE CONNECTION

When retired Marine Ed Moore found out that three Ukrainian soldiers with amputations would be in the area to be fitted with prosthetics after injury on the battlefield, he did what any Marine would do ... he offered to take them fishing.

Veterans Fishing Adventure was started by Moore and his daughter Haley. They've been offering veterans and their families fishing and boating trips on the Potomac River and Occoquan River for four years. With up to four boats, they offer as many as three trips per week. Veterans Fishing Adventure specializes in offering those with physical limitations an opportunity to participate and allowing those with disabilities to take their children fishing. Their non-profit, volunteer organization with specially fitted boats is able to offer this opportunity to be on the water at no cost to U.S. service veterans, to enjoy a pastime that many of us enjoy without much thought for the logistics. <https://veteransfishingadventure.org/>

Early, at 5:30 a.m. on Saturday morning, because fishing often starts early, the three soldiers, their translator, and the boat crew gathered dockside at the Pohick Bay Regional Park Marina. First activity of the day — set nets to catch bait fish for the day's fishing excursion. After 13 fish, mostly shad with one or two carp, were netted by volunteer crew members Scott Cole and Tim Majewski, plus boat captain Moore head the Knot4gotn east into the sunrise for a promising day of fishing adventures and sightseeing along the Potomac River.

Onboard, tucked warmly in the boat's cabin on the chilly morning, the three heroes of Ukraine set out for a day of stress relieving fishing adventure.



The group huddles in the warmth of the cabin after leaving the dock.

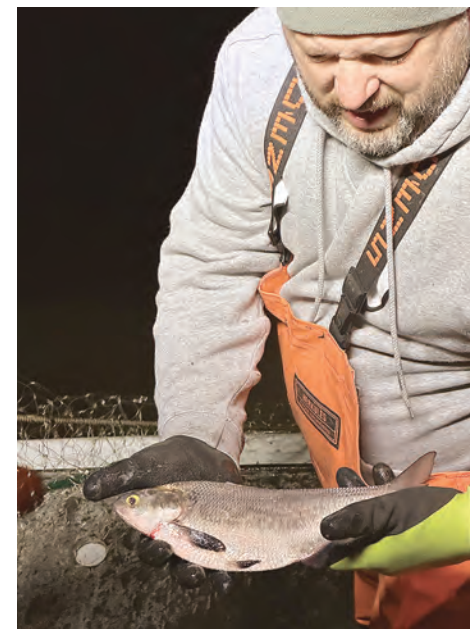


The crew hauls in the nets and removes Shad and Carp for use as bait during the day's fishing excursion.



PHOTO COURTESY VFA

Ruslan Tyshchenko smiles at the size of his catch, held by translator Boris



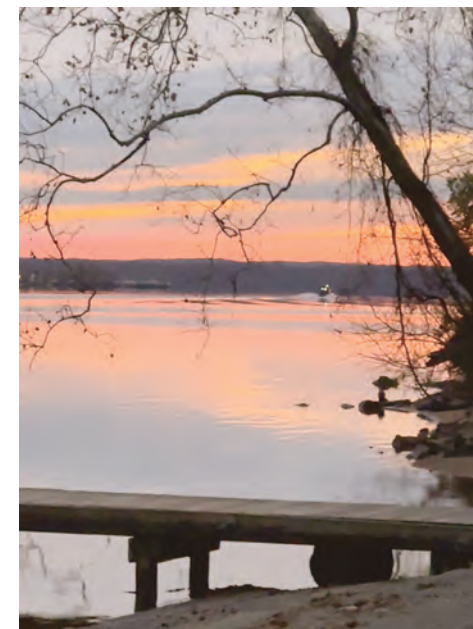
Scott Cole, volunteer crew, brings in fish that by size would make most fisherman happy but for today will be used to attract even larger catfish.



PHOTO COURTESY VFA

Anatoliy Kirda had the biggest catch of the day, a 39 pound Blue Catfish

www.ConnectionNewspapers.com



Bait caught and the boat secured, the Knot4gotn motors east into the dawn, perhaps symbolic of brighter days ahead for the trio of Ukrainians.

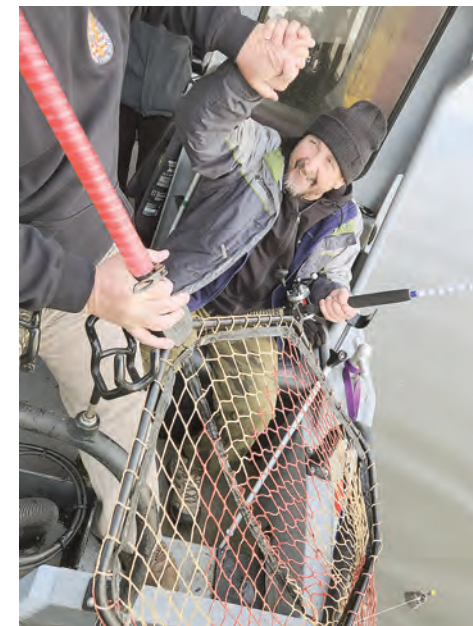


PHOTO COURTESY VFA

Anatoliy Kirda celebrates his catch with Moore giving a high five and a huge smile

www.ConnectionNewspapers.com

War Takes Heavy Toll on Ukrainian Women

United Nations warns of war impacts to women globally.

BY SUSAN LAUME
THE CONNECTION

As the war in Ukraine continues with brutal shelling of civilian targets, humanitarian catastrophe mounts in a war not confined to soldiers or distant battlefields. For millions of women and girls, the ongoing war continues to take a heavy toll as it grinds on. Whether joining the fighting at the front, remaining behind, or fleeing, the United Nations warns for women "access to livelihood opportunities and basic services, including life-saving sexual and reproductive health care and information, has been severely disrupted."

Two Ukrainian women share their experience of the war. For the past three to four months all their time has been spent in hospitals supporting their husbands who lost legs while fighting for Ukraine. Iryna Kirda and Iryna Tyshchenko, are now in the Washington metro area temporarily, while accompanying their husbands, who are being fitted for prosthetic devices in Silver Spring, Md.

Before the war, Kirda, who has four adult sons, was working as a nanny. She supplemented her income by leading a 'health group' — what we would call women's exercise classes. After Russian bombardment of her Kiev suburb, she was evacuated from her home for a time. Once she could return, she spent her time holding charity events to support the war effort.

Before the war, Tyshchenko was an anchor for a television news station. On the first day of the war, all the television stations closed. From the first day, food disappeared from shelves, and they could not withdraw money from the banks. Her apartment in Kharkiv was heavily bombed. The Russians were close by, but not where she was. So friends came to hide in the basement of her building, though rockets flew overhead and a plane was shot down just a kilometer away. As the Russians were eventually pushed farther away, their rockets and drones remained a threat. True to her journalism profession, she has been taking videos to document the destruction of her apartment building and other devastation. Her adult daughter evacuated to the Czech Republic.

Both women speak of the difficulties and how hard life has become. Both talk



PHOTO BY SUSAN LAUME/THE CONNECTION

Iryna Tyshchenko and Iryna Kirda support their husbands on a easier day safely within the borders of the United States

about how very scary it is to wait for a call with news of their husbands. Kirda says she doesn't know how God gave her the strength to survive. But she knew she had to be strong when that dreaded call did come saying her husband was wounded so badly. She knew he would look in her eyes for her reaction and she would be ready to show her support for him.

For the moment, life is a little easier. They said they feel so lucky to come here and love the United States, calling the opportunity to have the help a blessing. While their husbands enjoyed a day of fishing on the Potomac, a Ukrainian friend took them shopping at T.J. Maxx and Nordstrom Rack. They described doing more looking than buying, but hoped to find small gifts for those waiting at home.

What's next for them is hard to know. They will remain here while their husbands are under medical care until mid-December. Tyshchenko is videoing the care to show American cutting edge procedures to doctors at home.

They expect to return to Ukraine where life continues to be difficult and dangerous in the coming winter without reliable power, water, food or safety. And while their husbands are determined to overcome their wounds, the women are likely to take on additional continued responsibilities to assist in their care and recovery.

In a policy paper released in September,

the United Nations outlined the devastating impacts on women and children. "The war in Ukraine has led to more than 4.2 million refugees and over 7 million internally displaced people, most of them women and children. The war contributed to growing risks, including trafficking, gender-based violence, sexual exploitation and abuse, and forced labor. ... The war has widened gender gaps in food insecurity, malnutrition, energy poverty, and increased gender-based violence inside Ukraine and around the world. Women-headed households in Ukraine were already more food-insecure prior to the war, compared to male-headed households. Rural women in the territories occupied by the Russian military are increasingly unable to perform agricultural work due to high insecurity and lack of resources. Certainly a disproportionate share of the responsibility to accommodate, feed, and care for internally displaced people is adding to the burden of Ukrainian women, multiplying their domestic responsibilities."

The U.N. includes a need to "prioritize women's and girls' voice, agency, participation and leadership in conflict response, recovery, and peace building," among their recommendations for dealing with this humanitarian crisis. They have names like Anastasia, Boyka, Daniela ... and Iryna.

ADVENTURE

PHOTOS BY SUSAN LAUME



After the day's fishing, the fisherman received a police boat escort for their return to the dock



The fisherman, draped in the Ukrainian flag, had smiles and waves for the crowd waiting at dockside to welcome their return.

Injured Ukrainian Soldiers Receive Treatment Locally

FROM PAGE 6

Ruslan Tyshchenko, age 44, a sapper commander, served in the National Guard of Ukraine for 25 years as a combat engineer. Since the beginning of the war, he led a group of sappers, involved in removing mines in liberated Ukrainian territories. A sapper is a combat engineer with duties such as demolitions, bridge-building, preparing field defenses and road repair.

On June 8, while performing a combat mission near the city of Balaklava in the Kharkiv region, he came under fire from an enemy tank. Shrapnel hit a vital artery. With major damage to his artery, he lost his left leg and severely injured his right.

Oleksandr "Alex" Fedun, age 23, an entrepreneur in the Zaporizhzhia region, left his business and family at the outbreak of the war to defend Ukraine. On May 14, during a combat mission, Fedun's car was ambushed by the Russians and he received serious injuries to both legs caused by a mine explosion. He was able to save his own life by applying tourniquets to stop the bleeding, but when he was evacuated to the hospital, both legs had to be amputated.

Anatoliy Kirda, age 59, was a career seaman, away working on Israel's offshore oil rigs when Russia attacked Ukraine. He left immediately to volunteer at home. He first fought in Kiev. After that city was secured he moved on to Izum in the Kharkiv region. He was in his trench when a Russian mine flew it causing his injuries which resulted in the loss of his right leg.

The three men, among the most severe-



A crowd of dozens of well wishers who gathered to greet the Ukrainians included retired Cmdr. Kirk Lippold (center), police and fire personnel, veterans and avid fishermen.

ly wounded, are here in the U.S., two with their wives, receiving medical care thanks to assistance from three non-profit organizations: Veteran Success Resources Group, United Help Ukraine, and Medical Center Orthotics & Prosthetics.

Veteran Success Resources Group is dedicated to facilitating access to professional and personal resources for veterans and their families. United Help Ukraine was started in 2014, after the initial 2014 Russian attack on Ukraine, by a small group of people who met at a protest in Washington, DC. Most, but not all of the founding members have a personal connection to Ukraine. Along with other avenues of support for the country, the group sponsors dedicated fundraisers for the

Ukrainian wounded, including those who are being treated in American hospitals, and support for their families. They are covering the non-medical expenses to bring the three soldiers and the wives of the two who are married to Silver Spring, Md. for prostheses and physical therapy.

Medical Center Orthotics & Prosthetics recently announced "Operation Renew Prosthetics," providing care to the most severely injured Ukrainian soldiers who have had amputations. They previously assisted a hip disarticulation amputee, donating time and expertise, and are assisting the three soldiers with complete leg prostheses this month. They expect to assist two more patients who will visit their facilities in the

coming months.

A day of fishing on the Potomac River provided a break between medical appointments for the three Ukrainian men. Fishing is an activity that many Ukrainians once had time to enjoy in their county filled with lakes and rivers. There the main fish species caught is the Common Carp (*Cyprinus carpio*). The catch for this day on the Potomac was Blue Catfish. A large fish, but not as large as Ukraine's Wels Catfish, the largest freshwater fish in Ukraine which can attain a weight of 100 kg (220 pounds) at the age of 80-100 years.

Kirda had the catch of the day on Saturday, pulling in a 39 pounder. The boat did well according to Moore, with most of the fish released back into the Potomac. Two were saved for the soldiers to sample. As Moore explained that the mercury levels limit the amount

of fish recommended for safe eating, the soldiers broke into spontaneous laughter. Telling Moore that food scarcity in wartime Ukraine had sometimes forced the soldiers to eat dogs, frogs and snakes as they held positions in the forest, doubting that a little mercury would be an issue.

When the boat returned to the dock on Saturday afternoon, dozens of community members were on hand to greet and applaud the fishermen. Police and fire trucks stood sentinel. Retired Cmdr. Kirk Lippold, who commanded the USS Cole when the ship was attacked by al-Qaeda in 2000, presented the men with copies of his book,

SEE ADVENTURE, PAGE 10
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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar.
Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SUNDAY/DEC. 4

Holiday Craft Show. The 2022 Clara Barton Holiday Craft Show is set for Sunday, December 4, from 1:00 to 5:00 p.m. View and shop for works created by local artisans; some of them may be your neighbors, so get acquainted! The event takes place at the Clara Barton Community Center at 7426 MacArthur Blvd. in Cabin John. Admission and parking are free. For more information about the show, contact the CBCC office at 240-777-4910 or go to www.friendscbcc.org.

SATURDAY/DEC. 10

Holiday Market. 11 a.m. to 4 p.m. At Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Shop at over 50 local, women-owned businesses. This beloved holiday market is an opportunity to support women entrepreneurs in the region and discover new local favorites!

CURBING DRUNK DRIVING DURING THE HOLIDAYS

Montgomery County Alcohol Beverage Services (ABS) is partnering with local businesses to curb alcohol-impaired driving during the holiday season. ABS is distributing beverage coasters that feature a QR code directing patrons to an online list of alternative rides to get home safely when drinking. Imprinted with the phrase "Had one too many? Scan for Ride," the coasters are being distributed free of charge to bars and restaurants. The goal is to provide an easily accessible list of alternative rides to patrons and deter them driving after they have been drinking.

The online list that can be accessed from the coaster QR code features contact information for vehicle-for-hire services such as taxicabs, Uber and Lyft, as well as local public trans-

portation. It also includes the Washington Regional Alcohol Program's SoberRide discount ride program for selected holidays.

MONTGOMERY COUNTY LEAF VACUUM COLLECTION BEGINS

The Montgomery County Department of Transportation (MCDOT) began its annual leaf vacuuming program on Monday, Nov. 7, and will continue collections through December in specified leaf collection areas. There will be two collections on each collection district street. Residents can find the collection schedule online by entering a street address.

The leaf vacuum collection district is bounded by I-495; I-270; the Rockville City limits; Norbeck, Bel Pre and Bonifant roads; Northwest Branch Park; and the District of Columbia and Prince George's County lines.

Before collection begins in a neighborhood, MCDOT will post signs along streets directing residents to the online leaf collection map for collection date information.

Residents are asked to pile leaves near the street, but off the road. They should avoid placing leaves on road shoulders, bike lanes and rain gardens as leaves in these areas can disrupt traffic, negatively impact stormwater drainage, hamper snow removal operations and become a fire hazard for automobiles parked over them. Leaf piles also limit the availability of residential parking and, especially when wet, can pose a hazard for cyclists and pedestrians.

To determine if a property is within the boundaries of the leaf vacuum collection district or to view the collection schedule, visit montgomerycountymd.gov/leafing or contact the Montgomery County Call Center online or by

SEE BULLETIN, PAGE 10

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ADVENTURE

Injured Ukrainian Soldiers Receive Treatment Locally

FROM PAGE 8

“Front Burner” which captures a critical moment in America’s battle against terrorism.

“Catch the Fever” presented each man with a new high-end fishing rod. Even Santa and Mrs. Claus were on hand to show support. And many photos were taken to mark the day.

Although it may be traditional to enjoy a fish fry after a day of successful fishing, Moore didn’t want the Ukrainians to leave without experiencing an American Thanksgiving feast. He hosted a meal at his house on Sunday, serving the fresh caught fish on the side, along with the usual Thanksgiving fare. Five turkeys, two hams, stuffing, gravy, green beans and pies fed bellies, and sustenance for the soul. With ongoing deprivations and food scarcity in Ukraine, it may be a meal they will remember for the food, but more significantly, a reminder of what can be accomplished after injury.

All those that encountered the men during their visit no doubt hope that their morning sail toward the bright dawn sky will be symbolic of the start of brighter days to come for these determined Ukrainians, and the



Even Santa and Mrs Claus (Ryan and Shannon Riegel), who arrived by motorcycle, were on hand to welcome the soldiers.

Ukrainian people, though they face continued daunting struggles.

For more information about the Veterans Fishing Adventure or to inquire about



Veterans Fishing Adventure runs a full schedule of fishing excursions free to veterans and their families. <https://veteransfishingadventure.org/>

a trip: info@veteransfishingadventure.org. For more information on or to donate to the organizations mentioned in

this story, see <https://unitedhelpukraine.org/>; <https://vetresourcegroup.org/>; and <https://mcopro.com>

Where to Give Locally in the Potomac Area

FROM PAGE 4

fitness and nutrition in an integrated setting.

Spirit Club Foundation, PO Box 443, Kensington, MD 20895, [SpiritClubFoundation.org](http://www.SpiritClubFoundation.org)

MCPAW (Montgomery County Partners for Animal Well-Being) Visit <http://www.mcpaw.org>.

PetConnect Rescue was founded in 2005, in the wake of Hurricane Katrina, and has evolved into a vibrant animal rescue organization. Their mission is to save the lives of abandoned dogs and cats and place them in loving and permanent homes.

PO Box 60714, Potomac, 20859; 1-877-838-9171; info@petconnectrescue.org. www.petconnectrescue.org

C&O Canal Trust: By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking person-

al responsibility for the future of “America’s best idea” - our national parks. Give thanks for the C&O Canal you enjoy today and invest in its future.

www.canaltrust.org

Potomac Riverkeeper Network

The organization works to protect the public’s right to clean water in our rivers and streams; to stop pollution, to promote safe drinking water; to protect healthy river habitats, and to enhance public use and enjoyment of the Potomac.

3070 M Street, NW, Washington, DC 20007. 202-888-2037 www.potomacriverkeeper-network.org

Potomac Conservancy: The Conservancy seeks to improve the Potomac River’s water quality by building an impassioned base of river advocates to impart change at the local level.

Potomac Conservancy; 962 Wayne Avenue, Suite 540; Silver Spring, MD 20910, 301-608-1188 potomac.org.

BULLETIN BOARD

FROM PAGE 9

calling 311 from inside the County, calling 240-777-0311 from outside the County or calling TTY at 301-251-4850.

REQUEST FOOD ASSISTANCE

Residents looking for information on food assistance resources can request help by completing an online form. Available in seven languages (Amharic, Chinese, English, French, Korean, Spanish, and Vietnamese), the form is reviewed by a trained resource specialist, and residents receive a return phone call within one business day. The specialist will determine a resident’s individual food needs and help them locate food assistance in their community. No personally identifiable information is needed to get help. Information is available about free food distribution sites, free meal and grocery delivery, SNAP (Food Stamps), local food assistance providers, and other resources in Montgomery County. Residents can also call 311 and ask for the Food Access Call Center to get help with their food needs.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:

❖ Call or Text Montgomery County

SEE BULLETIN, PAGE 11

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BULLETIN BOARD

FROM PAGE 10

- Hotline: 301-738-2255
- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.org

ONGOING

24/7 Homeless Information Line. Montgomery County's Department of Health and Human Services, in partnership with EveryMind, has launched a 24/7 Homeless Information Line, with trained specialists to provide information on County homeless services and shelter resources. Callers can also provide information about the location of individuals in the community experiencing homelessness. The reports will be forwarded to community outreach partners who will attempt to locate the individual and offer support and resources. The information line number is 240-907-2688. Visit www.montgomerycountymd.gov/homelessness for more.

Members Wanted. The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the area. Visit www.potomacnewcomers.com

Senior SmarTrip Card. There is a SmarTrip card, for those 65 and older, that may be used to ride Metrorail at senior fares, ride free on Ride On buses and some Metrobuses in Montgomery County Monday-Friday, 9:30 a.m.-3 p.m. and Saturday, 8:30 a.m.- 4 p.m. or half fare at all other times. The cost of the Senior SmarTrip card is \$2. There is no value on the card at the time of purchase. Visit any library in Montgomery County, the Silver Spring TRiPS Store, the Mobile Commuter Store, or the Montgomery County Treasury Office and bring proof of age (state ID, birth certificate or passport). For more information, call 311.

Seeking Applicants. Rebuilding Together Montgomery County is looking to increase their service to the veteran community and all Veterans or spouses if Veteran spouse has died who meet our income limits are encouraged to apply. Applications are accepted year round. The application is at rebuildingtogethermc.org/wp-content/uploads/2017/07/

FY18-Homeowner-Application.pdf. Income requirements are listed on the first page.

Master Gardener Plant Clinics. Montgomery County Master Gardeners are available to answer gardening questions at walk-in plant clinics. Bring plant and insect samples, garden problems and questions. Drop off plant and insect samples, Monday-Friday, year-round, 8:30 a.m.-4:30 p.m. at 18410 Muncaster Road, lower level, Ballard Phone Room.

Shades of Green Program. The Montgomery County Planning Department is offering free trees to qualifying property owners in certain urban districts of Montgomery County. Qualifying property owners are invited to participate in the program by filling out a form at www.montgomeryplanning.org/shadesofgreen.

SUPPORT. Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252. The Montgomery County Commission on Common Ownership Communities (CCOC) has launched a new online training program for common ownership community board members. Visit www2.montgomerycountymd.gov/CCOC-Training.

English Classes. The Literacy Council of Montgomery County is offering free day and evening English classes (beginning, intermediate and advanced levels) to adult county residents at several locations. Prospective students must attend a 3 1/2 hour orientation in Rockville. The Literacy Council is always looking for volunteers to help in a variety of ways. For more information email info@literacycouncilmd.org or call 301-610-0030.

Early Stages Budget Forums in December

Montgomery County Executive Marc Elrich, the County's regional services offices and community partners will hold hybrid forums in December to seek input on the Fiscal Year 2024 Operating Budget. Residents can attend most forums in person or view them via the internet.

The County is in the early stages of formulating the FY24 operating budget. County Executive Elrich is required to submit a recommended budget to the County Council by March 15. The Council will then have two months to review the budget. It must adopt a final budget no later than June 1. The FY24 operating budget will go into effect on July 1.

"The budget is a primary indicator of the priorities of any jurisdiction," said County Executive Elrich. "This is why community and resident involvement is essential to the process of developing a budget that reflects our values and goals. ... Now we are looking ahead to the many ways we can make this a better place to live for everyone."

The forums will be televised live on the County cable station County Cable Montgomery (CCM).

The schedule for the remaining hybrid forums, including how to join each one virtu-

ally:

Wednesday, Dec. 7. 7-8:30 p.m. White Oak Community Recreation Center, 1700 April Lane, Silver Spring. Register to view online <https://eventactions.com/eareg.aspx?ea=Rsvp&invite=01cea2fr8c08uc8up4tb-dr5b5vva2n0rr4cg5g3truw225h627kz>

Monday, Dec. 12, 7-8:30 p.m. BlackRock Center for the Arts, 12901 Town Commons Drive, Germantown. Register to view online. <https://eventactions.com/eareg.aspx?ea=Rsvp&invite=gbkdv07530f3pfg-0650cue7fp9gdf804fr0edfvjp1111b4zrkv4>

Wednesday, Dec. 14. 7-8:30 p.m. Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. East-West Room. Register to view online. <https://eventactions.com/eareg.aspx?ea=Rsvp&invite=g7n01bm9vh9pvvzk0xfmn37c7jh5bct-b4jyh4as02wm04s7wa0m0>

Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request -- with as much advance notice as possible, preferably at least three business days before the event. Contact Karen Falcon at 240-777-6522 or send a request to Karen.Falcon@montgomerycountymd.gov.

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Lucky Me – Or Not



By KENNETH B. LOURIE

As a diagnosed-with-lung-cancer-at-age-54-and-half adult, I haven't felt particularly lucky. Nevertheless, I rarely if ever, woe is me. I take the bad with good, and vice versa. I'm never too high and hopefully, never too low. I've always felt, since being diagnosed with cancer in late February 2009 that the cancer/ diagnosis was bad enough on its own, so I didn't need to make it any worse by dwelling on it and/or considering how unlucky I was; considering that I was lifelong non-smoker and second son of a family with no "immediate" cancer history. Let alone to then be diagnosed with non-small cell lung cancer stage IV and given a "terminal"/13 month to two-year prognosis by my oncologist – at age 54 and a half. A prognosis which, on the face of it, offered very little hope. And to invoke a M*A*S*H comment by Lt. Col. Henry Blake, my oncologist wasn't "blowing any sunshine up my skirt."

Yet somehow, I didn't die. Possibly due to a misdiagnosis, and/or possibly affected by my never-woe-is-me attitude and equally never-say-die approach, literally-ish. I always figured that receiving bad news from my oncologist, whenever it arrived would be disheartening enough so that I didn't need to put the cart before the horse, so to speak and write any epitaphs (sort of like Orson Welles advertising that Paul Masson would "not sell any wine before its time"). Rather, I would let the treatment, side effects, scans, and all, good, bad, or indifferent, happen in due course and not react too much in advance of anything actually happening (as in getting sick/being hospitalized). I decided to look before I leaped, and not jump to any conclusions. I would try to take it all stride and not cart any horses.

And sure, there were highs and lows, growth/progression, delays in treatment due to low white blood cell counts, high and low potassium, high creatinine (still to this day), and as it turned out, many post-scan characterizations of "stable disease;" words to live by, you might say (I certainly have – for years). As you might imagine, I've lived very happily with "stable." Certainly "shrinkage" was preferred/the hope, but it occurred less and less while "stable" I heard more and more. I soon realized – and embraced "stable." As I often say, "stable" is hardly the problem. I can live with 'stable. 'Stable' is unlikely to kill me." Granted, it's not a cure, but neither is it a dreaded complication regarding the underlying problem: cancer and tumor growth.

"Stable" is a way of life for me. "Stable," as I'm extremely fond of saying, has become "my new favorite word." The goal, as much of one as one could have when you're diagnosed with a "terminal" disease, was/is to somehow turn cancer into a "chronic" disease (like diabetes) where you can live a relatively normal life while treatment/monitoring of your disease continues until monitoring is no longer required, if you know what I mean?. Unfortunately, you'll still have doctor's appointments and multiple scans, but you'll be alive and living – with cancer. You'll likely never be cancer-free or have peace of mind, (concerning your cancer), but you'll still have the life expectancy you were anticipating; not one cut short by this dreaded disease. And as an originally-diagnosed-as-"terminal" cancer patient, "chronic" is my brand new/real-time favorite word. And I couldn't think of ever getting here without having previously been "stable." Moreover, it sure beats the alternative, and as the old saying says: "Living is its own reward."

Realistically speaking, I don't need to be cured (of course I dream of that), but it's not front and center, anymore; it's more my subconscious. I'm thrilled to be "chronic." And since (in my mind), "chronic" is the new "stable," ("stable" all grown up, you might say), "chronic" is hardly the problem. I can live with "chronic." Heck, considering that I thought I'd be dead 12 years ago, "chronic" is no more of a problem – for me, than "stable" has been.

Granted, it's not a cure, but it's a living, one I'm incredibly lucky to still have. For a cancer patient who was given a two-percent change to survive beyond two years, to still be living nearly 14 years later (late Feb. 2023) is a miracle. I was happy to be called "stable." Now, if my life continues as I hope, and I am considered "chronic," I will be just as grateful, every minute of every day, to be called "chronic Ken."

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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