

Bannockburn Citizens Association Newsletter

Vol. 03, No.5

Bethesda, Maryland

September 2005

President's Column

Stuart Brown

It is a pleasure to begin this column by saying "Thank You." All the officers and directors who were elected or reelected at the BCA June meeting (including me), want to thank you for giving us the opportunity to help make our neighborhood a better place to live. A complete list of officers and directors appears later in the newsletter, but I want to particularly acknowledge the three new members of the BCA Board: Jocelyn Malkin, Sam Rogers, and Janice Dreier.

While our neighborhood has been relatively quiet for the past few months, two issues have attracted the attention of a number of our neighbors – houses and traffic.

As real estate prices have risen, our neighborhood has become an especially attractive location for developers and homebuyers looking for opportunities to replace older, smaller homes with newer, larger structures. This is especially disturbing for neighbors who live immediately adjacent to the lot (or lots) where a new large house (or two) is being built in place of an old familiar structure – especially when large numbers of established trees are taken out to make room for the new construction. This type of building is an issue for many established communities in Montgomery County, and in fact, I was contacted in early August by an individual in the County government who said she was just beginning to survey the opinions of civic groups in areas affected by "man ionization". Thus, while the County may deal with this issue at some time in the future, it appears that any new comprehensive zoning legislation is not likely to be helpful in dealing with the projects that we see underway around us right now.

BCA Covenant Committee Chair, Doug Bonner, makes a great effort to contact developers and homeowners who begin these projects to make sure they are aware of the covenants that apply to our neighborhood (west of Wilson Lane). However, it is important to understand that our covenants do not prohibit this type of construction activity, provided the developer or homeowner complies with the set back requirements. Unlike the covenants that apply to some "planned" communities, our rules do not allow BCA to make aesthetic judgments about the design merit of proposed houses. Our covenants likewise do not specifically limit the cutting of trees. You can review the BCA covenants on our website www.bannockburnweb.com by looking in the Archives category of the left hand menu in the My Community section. If you have any questions or concerns about a particular project, please feel free to contact Doug or any of your BCA officers or directors.

The proposed "improvements" to River Road at its intersections with Wilson Lane and Goldsboro Road have also been the subject of discussion. One of our neighbors, Chris Hull, made a very thorough presentation about these proposed improvements at the BCA June meeting. In recognition of his commitment to this issue, we made Chris chair of our Traffic Committee – thus proving that no good deed goes unpunished!

Chris has aligned our efforts with those of other interested community groups, and there is now a Yahoo website devoted to this issue: http://groups.yahoo.com/group/Traffic_policy_WBethesda/ This Yahoo group is free and open to anyone interested in the issue. If you join this group, you will be able to see all the background documents and you will receive copies of all the email exchanges that have been generated concerning the proposed improvements.

Through the efforts of Chris and the other groups, the State Highway Administration announced in late July that the

proposed changes would be suspended for an indefinite period. This was a welcome first step, but it is not clear what will happen next. Because this issue potentially has such a significant impact for traffic on River Road and Wilson Lane, BCA has committed up to \$500 to the effort in order to have a professional traffic engineer review the documents put forth by the SHA in support of its plans. We would welcome comments from any neighbors who have opinions about these proposals; please feel free to contact Chris or any BCA officer or director. We also expect to discuss the situation in more detail at our September meeting.

This column began with good news and it is a pleasure to end that way as well: BCA's 3rd Annual "Fall Family Festival" will be held at Concord School Park on September 25. Adults and children of all ages are welcome; there will be games, food, fun and a chance to meet your neighbors. Once again, Renee West, Wendy Landres, Karen Lesser have stepped forward to organize the party. In addition, Janice Dreier (one of BCA's new directors) will also be helping, but they would welcome help from anyone who can spend some time – before, at, or after the event.

Please join us at the next BCA general meeting, Thursday, September 1 at 7:30PM at Concord School. I look forward to seeing you there.

Stuart Brown

**BCA
COMMUNITY
MEETING
September 1st
Thursday 7:30 PM
CONCORD SCHOOL**
Get the latest Neighborhood News
Concord Park
Traffic Issues
Block Captains
Family Picnic Details
Meet the BCA Board of Directors
REFRESHMENTS

The Chemistry of Autumn Colors

Every autumn across the Northern Hemisphere, diminishing daylight hours and falling temperatures induce trees to prepare for winter. In these preparations, they shed billions of tons of leaves. In certain regions, such as our own, the shedding of leaves is preceded

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by a spectacular color show. Formerly green leaves turn to brilliant shades of yellow, orange, and red. These color changes are the result of transformations in leaf pigments.

The green pigment in leaves is chlorophyll. Chlorophyll absorbs red and blue light from the sunlight that falls on leaves. Therefore, the light reflected by the leaves is diminished in red and blue and appears green. The molecules of chlorophyll are large ($C_{55}H_{70}MgN_4O_6$). They are not soluble in the aqueous solution that fills plant cells. Instead, they are attached to the membranes of disc-like structures, called chloroplasts, inside the cells. Chloroplasts are the site of photosynthesis, the process in which light energy is converted to chemical energy. In chloroplasts, the light absorbed by chlorophyll supplies the energy used by plants to transform carbon dioxide and water into oxygen and carbohydrates, which have a general formula of $C_x(H_2O)_y$.

BCA By-Law Change

Official Notice

At our June meeting, there was a unanimous vote to increase the number of BCA directors from seven to nine. This change permitted all the individuals who had expressed an interest in serving to be elected.

To make this change official, however, Article IX of the By-Laws provides that we should vote on the same question again at the September meeting, and that notice of this proposed change should be given in advance, together with the notice of the meeting.

Accordingly, notice is given that at the September BCA general meeting there will be a vote to amend Article IV, Section 4 of the BCA By-Laws by replacing the number "three" with the number "five". As amended, the By-Law will read as follows:

"Section 4. Number the Board shall consist of the four officers and five other elected directors."

WHAT IS A BANNOCK?

Mary Jane Pates

I knew that "bannock" was a type of unleavened bread, but it was a surprise to me to find that it was not only related to Scotland.

As I researched, I discovered that it is known to many cultures and can be made in many ways. ...some of them might be fun to try out if you are a "breadie"

According to Scottish legend this "oat cake" was baked on the day celebrating St. Columba who arrived in Scotland in the sixth century arriving in a curragh (a boat made of wickerwork and covered with hides) and in his wanderings became a friend of the shepherds. In the dough is placed a silver coin and the child that gets this coin in his portions has the honor of being put in charge of the new lambs for the next twelve months. This is considered a great honor.

This recipe was given

Blanch and shred 2 oz of almonds Add to
1 lb flour
2 oz. chopped candied orange peel
4 Tablespoons of sugar
Knead in 1-1/2 butter until well blended

Roll out and shape into cakes, pinch edges and prick with a fork... Place on greased baking sheet and bake at 375 for one hour. YOU MAY ADD A SILVER COIN IF YOU LIKE.

Across the ocean in the western and northwestern area of North America bannock is also known by the Bannock tribe who joined with the Shoshone, the Cree, and campers far from the corner store It might be fun to try this over your grill...all you need is a four foot long willow stick and ...

AUTHENTIC CREE BANNOCK

6 cups flour
1 cup lard (oil makes it heavy)
3 Tablespoons baking powder
Two C raisins or currants
One Tablespoon of salt
Three 1/2 cups water

Form into four lumps, wrap around willow sticks and bake over campfire until golden brown. If you find yourself without a campfire, you may press this dough into a 16" square pan and bake at 425 for 15-20 minutes.



BCA's Annual Fall Family Festival Everyone is Invited -- Adults & Children



**MOONBOUNCE! GAMES! RACES!
PIZZA! HOT DOGS! SODA! SNACKS!**

**Sunday September 25
4:00 – 6:00 PM
Concord Local Park
Behind Concord School**

**Want to help? Call Renee West
301-229-5691 to volunteer!**

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CABIN JOHN KID'S RUN

Sunday, Sept. 11th

9:00am

Cabin John Regional Park
7400 Tuckerman Lane
Bethesda, MD

Quarter Mile, Half Mile and One-Mile Races

Ribbons for the Quarter Mile and Half Mile
Medals for the Mile

Starting Line: In the parking lot off Westlake Terrace.

Parking, Enter from Tuckerman Lane or Westlake Terrace
Please park in the lot.

The entrance to the lot off Westlake Terrace will close at
9:00am.

There is no advance registration.

Adults need to register the "runners" on the day of the event
in the shelter area of Cabin John Regional Park between the
two parking lots.

FREE to all 18yrs & under!

For information or to volunteer.

Race Directors Renee and Kirt West 301-229-5691

Also, see www.MCRRC.org

Part of the 2005 *MCRRC Young Run and Junior
Participation Series

Sponsored by the *Montgomery County Road Runners Club.

Traffic Update- Good News Richard Boltuck

The State Highway Administration (SHA), as of today (Wednesday, June 29), is committing itself to "put plans for intersection capacity improvements along River Road on indefinite hold" -- that is, to stop the clock on any concrete implementation of its planned project to reconfigure the River Road/Wilson Lane and River Road/Goldsboro Road intersections.

This announcement occurred one day after I had emailed courtesy copies of a letter reiterating our demand for "all evidence, studies, or other analyses bearing on the effects of the proposed project" to several key SHA officials, together with our legislators, our county councilmember, and the press. That letter, discussed in Progress Report 6 yesterday,

reminded the SHA's Administrator, Mr. Neil Pederson, of the agency's legal responsibility under the Maryland Public Information Act to provide concerned Bethesda citizens with all such public records immediately. My letter specifically informed the SHA of my view that it would be "inappropriate and unacceptable" for the agency to undertake "any material efforts . . . to advance this controversial Project toward implementation, including discussions with prospective contractors, entering contracts, or beginning construction activities. During this current period that the SHA has failed to meet its responsibilities under the [Public Information Act] to provide concerned citizens, through me, with public records vital to properly evaluate the merits and consequences of the Project."

Now we have the agency's answer. Interestingly, however, I did not receive a copy of the announcement from the SHA directly but rather through an email from Charlotte Tucker, the Gazette reporter who is covering this issue. I had urged her, in yesterday's email, to investigate whether the SHA is stalling us. Though the SHA is stopping the clock for moment, it is entirely unclear that it has any real intention of abandoning its plans for these key intersections over the longer term. In fact, the agency's announcement emphasizes that it intends to go ahead and "schedule a meeting with elected and community leaders in the next several months to discuss how issues in the corridor traffic could potentially be addressed." In my opinion, it is critical that ordinary concerned citizens -- and not just the community elite -- attend any such meeting. In addition, it remains critical that we obtain and evaluate any studies the SHA has related to the intersections project BEFORE any SHA-arranged community is held -- since this project might be placed back on the table at that time, and we still need to level the playing field by having access to the same information the SHA possesses. Thus, I will certainly let the agency know, if necessary, that nothing in the present announcement obviates our pending request public records to which we are entitled by law.



[RBoltuck@crai.com]

Parenting Sad but True!

The trouble with being a parent is that by the time you are experienced you are unemployed!

Parenting can be frustrating. You are sometimes not sure you are doing the right thing, and then just when you think you have it worked out your children grow and change! Not only that, our children are so different that the approach taken with

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one child sometimes needs to be totally different to that taken with others.

What complicates matters is that we live in a society that is changing more rapidly than any other in the world's history. The markers which should serve to guide us are being covered by the dusts of change - it is easy to feel that we are on our own. Let's be careful how often we use the cliché "When I was your age" - in some ways we never were. However, let us also be reassured in those things that have not changed. Those children ultimately respond to the persistent love and sensitive involvement of their parents in their lives. Graham Hyman, Youth Specialties Australia

Lyme Disease Danger! Follow-up Edith Miles

In the last BCA Newsletter, I wrote about the danger of Lyme disease to you and your dog. Deer ticks that are common in our neighborhood transmit Lyme disease. I developed some of the symptoms of Lyme disease in June: chills, fever, and a circular rash on my thigh that looked like a bull's-eye. A good picture of a typical rash appears on a web site of the American College of Physicians titled "Lyme disease:

A Patient's Guide

<http://www.acponline.org/lyme/patient/diagnosis.htm>.

This web site describes the symptoms of the First Stage, Second Stage, and Third Stage of Lyme Disease. I was lucky to catch the disease early in the First Stage. My doctor started treatment the next day: a 21 day course of the antibiotic doxycycline. My fever continued for 2-3 days and the rash grew from a 2" diameter to a 3" diameter until the antibiotic took effect and all symptoms went away. My doctor confirmed the diagnosis of Lyme Disease by running blood tests that measure antibody levels to the causative bacteria.



Some Lyme Disease patients do not get the rash and are diagnosed in the later stages when they develop numbness and pain in arms and legs and joints or nervous system problems.

It is important to try to avoid Lyme disease by using insect repellent when you are out-of-doors and by wearing shoes, long pants, and long sleeves when you are gardening. Be alert for small ticks on your skin and clothes.

If you think you have Lyme disease, NIH invites you to participate in a clinical trial. Evaluation and treatment are provided. For information phone 301-486-8412.

Labor Day: How it came about

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day: More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day: The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

Broxburn-Crail Triangle Update Terry Peay

You may have noticed that our infamous neighborhood Triangle, at the intersections of Broxburn and Crail, is undergoing a landscaping renovation. I would like to thank our landscaping company, Evergro, who supplied the stone boulders and hauled away the aging railroad ties. Thanks also to our neighbor, Linda Guild, who worked diligently to level off the hard edge of the grassy knoll, as well as the other neighbor(s) including Bob Brams, who

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keep the area mowed. The area is now growing in nicely and we have a clean palette with which to work.

The next plan of attack is the landscaping. Our neighbor, Bekki Simms has graciously offered to develop a landscape plan. She is working with neighbors to gather ideas and create a plan that will be simple and cost effective (ie: donated) as well as beautiful and somewhat self-sustaining, since our only irrigation system is Mother Nature.



We are hoping to do a Community / Triangle Improvement Day in October, when it is cooler and easier for new plantings. We are still developing and discussing planting ideas, but the general consensus seems to be leaning towards some small, perhaps flowering bushes along the ridge where the ground differs, with possibly a few short trees (with trunks and higher greenery to enable viewing cross traffic) and finally perhaps a bench under the trees. The goal is for much of the Triangle to remain grass so that folks can toss a ball if so desired.

We are hoping that neighbors with larger, more mature gardens might consider donating some bushes etc. from their property. If someone is interested in donating or planning, please contact Bekki Sims at Bboo730@aol.com, or me (Terry Peay) at 301-229-0077.

Look for neighborhood signs marking the Improvement Day and keep your ideas coming. The next community project being discussed is painted entrance signage announcing "Bannockburn" at the four main entrances to the neighborhood – similar to Kenwood or even the Fox Hill Development up the street.

Hikes from Bannockburn Miles

Edith Wilson

There are several interesting hikes from our Bannockburn neighborhood.

Each hike starts by walking south on Wilson Lane towards



Macarthur Blvd. After you pass Broxburn Dr. and the last house on your right on Wilson Lane, note a woody area to your right. This is county parkland that lacks trails but is good for hilly cross-country hiking and dog

walking. When

you reach the intersection of Wilson Lane and Macarthur Blvd.; observe a stone marker near the left side of the Cabin

John Bridge with two inscriptions: "National Historical Civil Engineering Landmark-Cabin John Aqueduct" and "Cabin John Bridge". On the other side of the bridge are signs describing the construction of the Cabin John Bridge and of the Cabin John Bridge Hotel.

From the intersection of Wilson Lane and Macarthur Blvd., you have several choices for hikes:

1. Hike on the Macarthur Road Bicycle Path:

Walk along the bicycle path east to Glen Echo, where you can visit the Clara Barton House or Glen Echo Park, or walk west over the Cabin John Bridge towards Cabin John and the Bethesda Coop.

2. Hike along the C & O Canal:

From the small parking lot near the bridge, walk downhill along a path that has wooden steps and railings. The path follows Cabin John Creek and passes under the Clara Barton Parkway before reaching the C & O Canal. Turn right at the canal and walk along a path that leads to the wooden bridge that crosses over the canal. You can then turn right and walk west on the C & O canal towpath towards Lock 8 or turn left and walk east on the towpath towards Lock 7. About 100 yards east of the bridge, a trail goes off to the right near the entrance of Cabin John Creek into the Potomac River. This trail then turns to the right (west) and goes along the river and reconnects to the towpath before it reaches Lock 8. This trail affords very good views of the river. The lock house at Lock 8, which is being restored and converted into a learning center, is often open on weekends. Another trail from Lock 8 connects to 79th St., which passes under the Clara Barton Parkway and intersects Macarthur Blvd. opposite the Bethesda Coop and the shopping center.

3. Hike on the Cabin John Stream Valley Trail: The Cabin John Stream Valley Trail starts in the Cabin John Regional Park, which is on the other side of the Cabin John Bridge, and extends 8.8 miles in the Cabin John Creek stream valley. This trail is maintained in cooperation with the Appalachian Trail Conference and is marked by single blue blazes. Parts of the trail give beautiful views of the creek and of the valley floor. Detailed trail maps can be obtained from http://www.mcnccppc.org/trails/cabin_john_svu.shtm. Some of the trail is steep and rocky. The first section of the trail starts near the children's play equipment in the Cabin John Regional Park. The trail goes down a series of steps to the creek and continues 1.2 miles to Seven Locks Road. The trail then goes along Seven Locks Road and River Road. The second section of the trail extends from River Road to Bradley Blvd. Subsequent sections go from Democracy Blvd. to Tuckerman Lane and to Goya Road, which is close to Montrose Road. The BCA web site maps show several parking areas that you can use if you want to hike the trail in separate sections.

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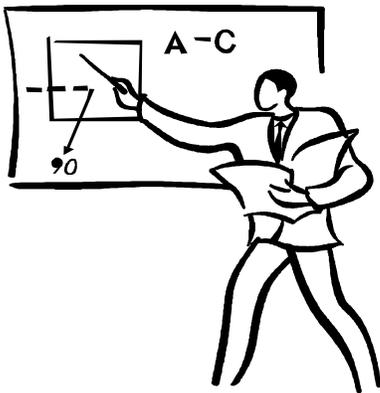
**BCA Membership Drive
Continues in High Gear**

Register on Line @ bannockburnweb.com

Join us at the next meeting, and register
your membership.

Back to School

Shortly our children will be returning to school. Time is near when we should all be a bit more cautious when driving our neighborhood streets. The mornings and evenings when school busses are in the area are especially important times for additional caution. Remember to stop when a bus is stopped in front of your car. Both directions!



Put that cell phone away while driving in the neighborhood, or better yet, while you are driving at any time. Statistics make it clear that the diverting of our attention from

driving to that little cell phone makes accidents more prevalent.

None of those statistics includes the fine and able drivers of Bannockburn, of course.

Nevertheless, PLEASE BE CAREFUL!

**Mark Your Calendar
Now**

Thursday

September 1st

Community Meeting

Concord School

7:30 PM Social Time

Refreshments

8:00 PM General Meeting

and

Sunday

September 25th

BCA's Fall Picnic

Concord School Park

4:00 PM

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Bannockburn Citizens Association Officers, Directors & Committee Chairpersons

President	Stuart Brown	229 8308	slb7110@comcast.net
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Director	Sam Rogers	263 0261	rogerss@cbsradio.com
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Noise Abatement Committee	Ken Rubin	229 7613	kennetharubin@aol.com
Concord Park Committee	Josephine Roberts	229 4281	JoRoberts@webtv.net
Social Activities Committee	Renee West	229 5691	Renee_west@knoll.com
Neighbors Welcoming Committee	Maria Acebal	320 7734	mlacebal@alumni.duke.edu
Community Liaison Committee	Walter Sherwin	229 9649	wjsherwin@erols.com
Traffic Committee	Chris Hull	263 0619	chull@multum.org
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Meetings Coordination	Movita Hercules	229 2594	mherc@aol.com
Bannockburn Lore	Mary Jane Pates	229 3639	mjp7504@verizon.net

Membership Renewal – 2005 Yearly Dues

\$ 30.00 per household

Name(s).....

Address:

Tel / Fax:

Email:

Are you willing to be a BCA Volunteer?

Thoughts for the Community:

.....

Please remit to BCA Treasurer: Anne Peay, BCA Treasurer, 7301 Nevis Road, Bethesda, MD 20817

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