

BANNOCKBURN CITIZENS ASSOCIATION



NEWSLETTER

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President's Column

As most of you know, at the last BCA meeting Stuart Brown handed me the baton as BCA President. On July 18, 2007, we had the first meeting of our newly reconstituted board. We are off and running.

A focus of the new Board is fostering a sense of community, dealing with issues of interest to the community, and extending the reach of BCA to include the entire community. We welcome your suggestions and involvement. The following are some of the matters we're working on.

We are reviewing the website to make it current. We also plan to provide more guidance and/or tips about how to use the website:

<http://www.bannockburnweb.com/association/ahome.cfm>

Membership. We will work to expand the list of residents in the website database, working in part through the block captains in our neighborhood watch program. This will serve to improve the neighborhood watch program so that we are better able to communicate with BCA members if there is an emergency.

We are considering the possibility of a social directory that would be provided free to all dues paying members. Members could opt out of the listing if they wish. Only your name, address and phone number would be shown.

BCA Dues for 2008 are due January 1. Also please pay your 2007 dues if you have not yet done so. You may find it easier to pay both at once. You can do so using the mailer in the newsletter or through the BCA website.

Fall Festival. The BCA Fall Family Festival is scheduled for Sept. 30 from 4-6 at the Concord Park. This should be another fine event. Put it on your calendar and remind your neighbors to attend. We are also thinking about a Halloween Parade and Party. Stay tuned.

Winter Meeting. The next BCA meeting is tentatively scheduled for December 6. Father Gregory of St Mark Orthodox Church has agreed to let us use thier facilities, as the Concord School is no longer available for our meetings. This date is still tentative, however.

Infill Development Task Force. We are fortunate to have our Vice President, Doug Bonner, as a BCA representative on this County task force. As discussed in his separate column, Doug is continuing, with some success, to promote the inclusion of R-200 lots in the proposed Mont. County development policy rules to be issued by the Berliner task force. Much of the BCA community is zoned R-200.

Best wishes. Ted Garrett

Good Nutrition: Local Resources Help Make it a Way of Life

More and more evidence points to the role of good nutrition in helping people live longer and stay fit mentally and physically. And yet we often struggle to keep healthy food a part of every day.

Most health professionals suggest eating at least five fruits and vegetables per day. They remind people to include lots of fiber and healthy sources of calcium. And they caution against foods that are high in calories but offer little nutritional value.

Knowing what to eat points us in the right direction. Social support can keep us on track. Here in Montgomery County, help is available in many forms.

Paying for Healthy Food

For people having difficulty paying for healthy foods, food stamps may be an option. Food stamps from the Federal government help people buy groceries. If you think you may be eligible, check with a food stamps office closest to you: Germantown: 240-777-3420; Rockville: 240-777-4600; or Silver Spring: 240-777-3100.

Older adults can enjoy lunches for a voluntary donation at a community center, senior center, church, etc. These meals offer nutritious food and a chance to see old friends and make new ones. Seniors can call 240-777-3810 about the senior nutrition site nearest to them.

Acquiring Healthy Food

For individuals over 60 who have difficulty obtaining healthy food because of physical disability, Meals on Wheels programs may be able to help. Volunteers deliver balanced meals to home-bound individuals who are unable to shop and prepare meals and have no one at home to help. If you are interested in receiving meals, call 240-777-3810. If you are interested in serving as a volunteer for this important program, call Marilyn Mower, 240-777-1064.

Making Healthy Choices

For the majority of us, making healthy choices is the biggest challenge. If you are an older adult unsure

about what foods are best for your particular medical situation—or just have questions about food and nutrition, you can call the Senior Nutrition Hotline on Wednesday mornings from 9:00-11:00. The phone number is 240-777-1100.

Because of the vital role nutrition plays in successful aging, the Jewish Council for the Aging (JCA) offers an intensive program to older people of all faiths called *Health Eating Every Day*. *Healthy Eating Every Day* is a unique, self-paced plan that teaches you how to improve your eating habits in ways that fit your lifestyle. For details, call JCA's Active for Life Center of the National Capital Region at (301) 255-4205.

For people with diabetes, the African American Health Program runs a Diabetes Dining Club. Each monthly session includes education, physical activity and a healthy meal. Cost for dinner is only \$5.00. To register, call 301-421-5767.

Eating healthy can add energy and years to your life. Get the support you need and start doing it today!

**Bannockburn Fall
Festival
September 30, 4-6 PM
Concord Local Park
Fun for the whole family**

Children: Concord Park Playgroup

Meet at Concord Local Park (behind Concord School on Hidden Creek) at 4PM on Saturdays for a standing playgroup. Starting last year after the park opened, this has become a great opportunity for neighborhood children to play together. We hope to see more activity in September, as the weather cools down a bit in the afternoons.

Hopefully the parents can enjoy a little socialization as well!

Montgomery County Infill Development Task Force

Montgomery County Infill Development Task Force to Make Recommendations for Proposed Legislation Governing Infill Development in Lower Montgomery County

In May, 2007, the BCA was approached by Councilman Roger Berliner's Office about the creation of a task force to examine Infill Development in lower Montgomery County and to make recommendations for new legislation governing residential development in Montgomery County. (Councilman Berliner spoke at the last BCA meeting at Concord School in March, 2007). I offered to represent BCA on the task force.

The Task Force represents a cross-section of community representatives (including Bannockburn, The Town of Chevy Chase, Edgemoor, Mohican Hills, Glen Mar and Silver Spring); building industry representatives; county government representatives, including Mo. Co. Park & Planning and Mo. Co. Dep't. of Permitting Services, Councilman Berliner and his Staff; and attorney advisors (including outside counsel and the County Attorney's Office. The Park & Planning Commission was represented by the Acting Director, Gwen Wright as well as three other Staff Members, and Susan Scala-Demby, The Zoning Manager of Permitting Services also attended. The County Council has also earmarked funding for the Task Force's work, which enables Park & Planning Commission and Permitting Services Staff to provide technical support to the Task Force. Finally, the proceedings were and will continue to be facilitated by members of Conflict Resolution of Montgomery County, an independent nonprofit. Minutes of meetings will be posted on the MNCPPC website.

The first public meeting of the Task Force was held in the evening June 5, 2007 at BCC Regional Services Center on Edgemoor Lane. Councilman Berliner explained the reasons for convening the Task Force were to "reform the existing rules of the game." He said the current zoning and permitting rules were designed in a different era when Cape Cods and bungalow homes were built on plush lawns, while

building trends now are for much larger homes on the same sized lots. He commented that he had taken two tours of lower Montgomery County and seen both good and bad examples of infill development. He mentioned last year's Council measure to reduce the height of new home construction has not markedly changed the problem, since homes can just be built wider rather than higher. Finally, he stressed that Task Force members should strive to obtain consensus in their recommendations and not to posture on behalf of their own constituencies.

The 15 members of the Task Force were then introduced and asked to share their principal goals for the Task Force. I mentioned that there are strong feelings within Bannockburn about avoiding excesses in new building construction that are either incompatible with existing homes in our neighborhood or significantly change the character of our community. I later also raised the specific concern of slope and street grade being an important factor in determining height of a newly built home if the "measurement control point" used to determine the height of a new home is the result of artificial grading that did not exist previously on the lot.

The Park & Planning Commission made a Powerpoint presentation discussing Infill Development in Montgomery County and discussing the elements that affect it such as setbacks, slope and street grade, building height, sediment and erosion control, parking (street versus offstreet), compatibility, and accessory structures. Examples of both effective and less effective infill development were presented on slides.

If you would like to share your views on Task Force recommendations, please email them to Doug Bonner at dgbonner@verizon.net

Douglas G. Bonner



BCA General Meeting Thursday December 6

7:30 PM

St. Mark Orthodox

Church

TENTATIVE

Meet your neighbors
Discuss the latest news

Age Healthier, Breathe Easier

Did you know that environmental hazards can make it harder to breathe? As people age, they are more likely to develop breathing problems caused by lung diseases. By knowing what can cause or set off an asthma attack or other breathing problems, you may be able to protect yourself and your loved ones.

What in the Environment Can Make it Harder to Breathe?

Breathing problems can occur if you smoke or are around tobacco smoke. Also, breathing dust and fumes or outdoor pollutants can make it hard to breathe. The main types of outdoor air pollution that can worsen breathing problems include:

- Particle pollution: Particle pollution comes from car and truck exhaust, emissions from factories, power plants, and construction site dust.
- Ozone: Ozone is a gas created when pollutants emitted by cars, power and chemical plants, and other sources, react chemically with sunlight.

Breathing problems can result from indoor air pollution caused by:

- Smoke from tobacco and wood-burning stoves

- Fumes from household cleaning products and products used to kill bugs or rodents, and other products that make odors (paints, wax, hobby products and cosmetics, fragrances, and gasoline fumes)

- Dust mites (tiny bugs) and cockroaches
- Pet dander (skin flakes, saliva and urine from animals)
- Mold and dust

How Can You Protect Yourself and Your Loved Ones?

- Avoid tobacco smoke and smoke from wood-burning stoves
- Clean your house to get rid of mold, dust mites, and cockroaches
- Keep pets out of places where you sleep
- Check your furnace, heating units, and stove every year for gas leaks and be sure they are free of mold
- Clean humidifier and air conditioner filter to be sure they are free of mold
- Fix water leaks right away to keep mold from growing and cockroaches away
- Open a window or door when using strong cleaning products, paint, or bug spray so the fumes will not build up indoors
- Check the Air Quality Index by visiting www.epa.gov/airnow and follow the advice about staying indoors. Some newspaper, television, and radio weather reports also carry the Air Quality Index.

If you have symptoms of lung disease, see a doctor right away. Symptoms include coughing up lots of mucus; feeling short of breath; and having a pain in your chest. You and your health care provider can work out a plan for taking care of your symptoms with medicine and lifestyle modification.

Source: U.S. Environmental Protection Agency
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From the Editor

by Chris Hull

This was my third newsletter, and I hope you enjoy it. Future newsletters will most likely be put together by Charles Schmitz. You can send your ideas for articles, or the articles themselves to him, at charlesaschmitz@comcast.net.

By the way, Charles was awarded a BCA directorship for taking on this important role - I welcome him on board and hope to work with him closely in the future.



Bannockburnweb.com

Although I will not continue to publish the BCA newsletter, I will start to focus on updating the BCA website. Much of the content on our site is stale, and I hope to update this over the next few months, as well as add additional features. Send your ideas my way - chull@multum.org.