



Bannockburn Banner

AN EXCLUSIVE PUBLICATION
FOR THE RESIDENTS OF THE
BANNOCKBURN ESTATES

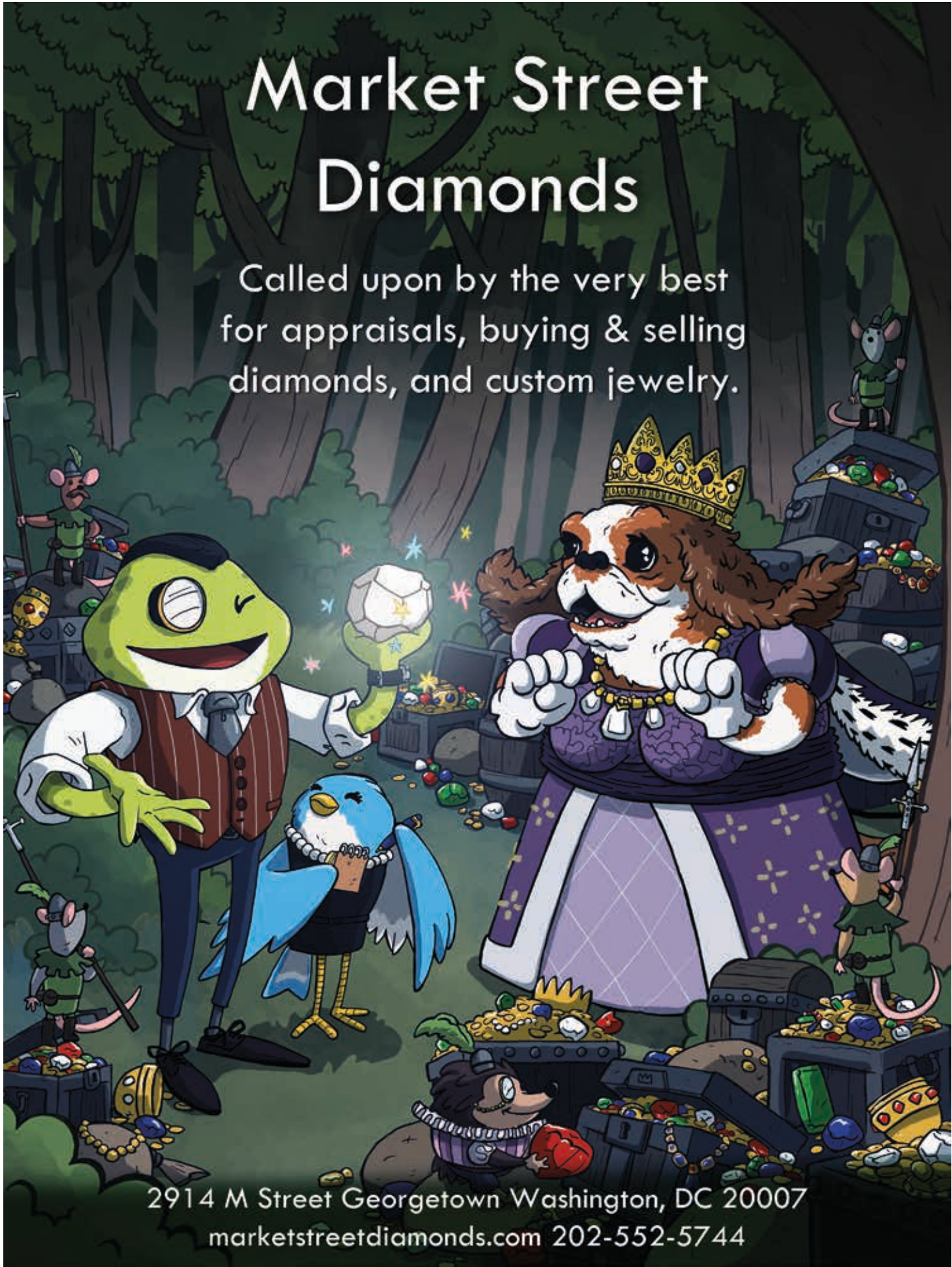
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PEPCO has encouraged neighbors to send them specific requests about low-hanging limbs over wires in Bannockburn. PEPCO will cut tree limbs that are within 10 feet of power lines to negate potential threat

Daniel Landry Senior Staff Forester, PEPCO dplandry@pepco.com	301.670.8741
OFFICE #	240.508.3591
CELL #	

Pat Byrne
Forestry Dept Service Manager
pbyrne@pepco.com

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We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email timothy.beam@n2pub.com with your pictures, suggestions, or requests.



Hello Residents of the Bannockburn Estates,

We are pleased to bring you your first *Bannockburn Banner* magazine and hope you will enjoy the monthly publications of *Bannockburn Banner*.

N2 Publishing is the leading provider of specialty publications for residents of exclusive communities across the nation. Our objective is to turn neighborhoods into communities with our monthly neighborhood magazines. Locally, we produce magazines for the Bannockburn Estates, Chevy Chase Village, DC, VA, Frederick, Columbia, and Baltimore, MD areas.

N2 Publishing will be responsible for the layout of the magazine, as well as selling ad space to local businesses to cover the costs of printing and mailing.

This publication is being provided FREE OF CHARGE to you as a homeowner as the cost of producing, printing, and mailing each newsletter is covered by the advertising partners that you see in each issue. We try our best to screen our advertisers to ensure that they can provide the types of services that you may need or want as a homeowner. If you currently

utilize a business that does excellent work, please let us know as they may want to reach out to your neighbors as well. Also, if you own or run a business and would like information on reaching your neighbors each month, contact me for advertising information or to simply list your business for free in the Resident Business Guide.

Each publication you will see is unique to your neighborhood, and the publication will reflect who you are as a community. A typical publication will include: social event information specific to the residents of the Bannockburn Estates, upcoming meeting information, fun and FREE social events put on by N2, city issues and ideas, activities and club information, business information, pictures, personal stories, and articles (mostly written and photographed by your neighbors), along with other information specifically tailored to your neighborhood.

Along with the magazine, we will host various free events to bring the community together for social events - free dinners out at top restaurants, salon reviews, golf tournaments, and more. We will communicate to you the various events we are hosting

through the newsletter and emails. If you wish to be included please email me at timothy.beam@n2pub.com.

The events and publication are designed to increase social connections between residents and to develop a true sense of community. By providing a well-designed publication full of stories and photos, we have seen N2 neighborhoods increase attendance at social events, create members that are better informed of rules and regulations, and allow residents to widen their circle of friends.

I'd like to personally thank all of our business sponsors who partnered with us making the magazine free to all residents, as well as the many residents who contributed to the first issue. Just know this, *Bannockburn Banner* magazine would not exist without the both of you!

I look forward to meeting each of you at our upcoming neighborhood events!

Timothy Beam
Area Director of *Bannockburn Banner*
301.222.7361
timothy.beam@n2pub.com



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring your newsletter magazine.

These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting your community!

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athlete of the MONTH

Hey kids – do you want to be the superstar of the neighborhood? All you have to do is ask your parents to email **timothy.beam@n2pub.com** and answer some questions in order to be featured in the next available issue!



SAVE the Date



When: October 2nd

Where: Markham's Bar and Grill

Time 6-8PM for Happy Hour

Eat*Drink*Mingle with friends at Neighbors' Night Out

Types of Articles *You Will See* IN THE PUBLICATION

Since this magazine is about you and your neighbors, we want and need your involvement. We are looking for several types of articles to be submitted each month. Please take a few minutes to acquaint yourself with the types of articles we normally include in the publication. If you have any other article or story suggestions, please email me.

If you or a family member would like to be featured for any of the stories, just email me at timothy.beam@n2pub.com, and I will send you the simple details of submitting the information.

Pictures – WE LOVE PICTURES!!!

This includes pictures of parties, graduations, family events, kids playing, holiday gatherings, etc. One of the best parts of your new newsletter is the involvement from residents. Pictures are an easy way to help support the look of the newsletter as well as bring smiles to your fellow residents. Digital photographs with high-quality capability are the way to go here – the more pixels the better! Simply send an attachment of the pictures in an email to timothy.beam@n2pub.com.

Neighborhood News – This section features any activity going on in the neighborhood or surrounding area such as parades, block parties, barbecues, neighborhood clean-ups, school picnics, fundraisers, pool parties, or golf events. We want to let you know what is going on and what has happened with these social events!

Business Beat – This is a popular section where we highlight you as a business owner. Yes, you must be a resident of the neighborhood. It is an opportunity to let your neighborhood know the specifics of what you do, and services you can offer, as well as a background of who you are and where you are from.

Classifieds – Do you have something that is for sale and would like to get rid of it?? Just send an email to timothy.beam@n2pub.com with your contact info and description of the item.



Kids to Kids – Make your kid the rock star of the neighborhood as we profile a junior member of the community each month.

Family Spotlight – This is where we get to spotlight one of the neighborhood families each month. Have you always wished you knew your neighbors better? Well, here is a great way to get to know them. Each family is able to tell us whatever they would like, but some popular questions to answer include: How long have you lived in the neighborhood? Where is your hometown? What's your education? What are your hobbies and interests? What is your career?

Precious Pets – Here is an award winner! If you have a pet and want them to be famous, just get them in the Precious Pets section. Pets are our pride and joy so let us know who they, and you, are! Past famous animals have been turtles, rabbits, birds, horses, dogs, cats, a pig, and much more, so have fun with this one.

Resident Recipe – This is where you can let some of your cooking secrets out to the public! All that is required are the ingredients and preparation advice, but a photo is always nice too! This really spices up things a bit from the ordinary mac 'n cheese.

Yard of the Month – If you have an outstanding yard or garden or know a neighbor who does, we want to know about it. All you have to do is snap a picture and email it to us. Please include names and the address so we can give you the proper credit for all your hard work.

Athlete Spotlight – Whether you are 4 or 40, a ballerina or a football player, this section is for you! Sports are a big part of most people's lives and we would like to highlight some great athletes from the neighborhood.

New Arrivals – This is a new section designed to welcome new babies into the neighborhood as well as congratulate those proud parents. Please include basic birth information as well as those baby photos!!

Kids' Corner – Send in your child's poem or artwork! Our goal is to help your neighborhood have the best newsletter possible. We always keep your needs in mind, so if you know of anyone, or if you want to fill one of these articles yourself just make sure you let us know.

Living Spaces – If you have decorated a room in your house and would like to showcase it with the neighbors, please let us know!

Recognize Your Kids – Parents, do you want another way to recognize or congratulate your kids about any sport, academic, or other activity achievement? Use your newsletter. This should include pictures along with what they achieved. Examples include: Black Belt, honor roll, straight A's, scholarships, state champs, volunteer work, graduation, music, theatre, or just wish them Happy Birthday.

Travel Tales – If you or anyone you know has gone on a vacation and would like to share their experience, then this is the place to be. This gives your friends and neighbors the chance to feel your experience and see if it would be a good fit for their own vacation! Pictures can be included as well.

Volunteer Spotlight – We want to recognize the hardworking volunteers of the neighborhood. This is a chance to let others know about your passion for an organization. Giving back to the community is a big deal and we want to recognize you for it!

send in
---YOUR---
FAVORITE
PICTURES



Email timothy.beam@n2pub.com with your pictures, stories, news, and events!

We want pictures of your little all-star! It does not matter if your child is a champion; make him/her feel like one by submitting pictures of the proud moments on the playing field. All sports pictures are welcome for submission to the newsletter.

Are you in a book club, a Bible study group, or a Bridge group; and if not, would you like to join one? Let us know about it!

We want your announcements! Whether you just celebrated a birthday or anniversary, welcomed a new baby in the house, or had any other special occasion, let us know and we will include it in the next issue.

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LETTER FROM THE

PRESIDENT

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TED GARRETT



It has been a great summer. I hope this finds you well as we look forward to the fall season.

New Magazine Venture. This is the inaugural issue of the new *Bannockburn Banner* magazine. BCA has teamed up with N2 Publications to form a new relationship that will include a monthly magazine and various community events. The goal of this venture is to improve our communications and opportunities for neighbors to meet and interact. The new monthly magazine will replace our bi-annual newsletter, and will have numerous features about our neighbors and community so we can be better informed of events and news. These more frequent community events, as discussed below, will take place in between our quarterly general meetings and spring and fall festivals. John Noble and I, with involvement of the rest of the BCA Board, will be working with Timothy Beam and Amanda Frasure at N2. Needless to say, we are enthusiastic about this new relationship.

Events. As part of this new community outreach in conjunction with N2, we had the following events: August 20 at the Irish Inn, September 18th at Maggiano's and October 2nd at Markhams. These events were warm and convivial welcomed by all who were able to attend. Additional events will be announced in the magazine and e-mail notices to neighbors who register on the BCA website (see below) and will provide additional opportunities for neighbors to meet and visit with one another.

Spring Festival. Our Spring Festival at Concord Park on May 18, 2014 was another terrific event, as you will see from the photos in this newsletter. A happy group of neighbors gathered to enjoy the festivities and a chance to visit. Thanks to our festival committee, we had abundant food for everyone. Everyone enjoyed the face painter, and children displayed their creativity in decorating bird houses. The seniors table was well attended. Special thanks to Bonnie Garrett, Rebecca Kahlenberg, Edith Miles, Karen Lesser, John Marquardt, Jane Pettit, and Jo Roberts for making this event a success.

Meetings. Our BCA quarterly meeting on June26, 2014 featured remarks by our neighbor Ronald Nessen, who discussed various national and world events. Ron Nessen served as White House Press Secretary for President Gerald Ford. Prior to joining the Ford administration, Ron completed five tours as an NBC war correspondent in Vietnam and later served as NBC News White House correspondent during the Johnson administration. He was corporate vice president for news at Westwood One, Inc., and executive vice president and managing director of the Washington Office for Marston and Rothenberg Public Affairs. Ron is the author of several books, including *It Sure Looks Different From the Inside* (1978); *The First Lady* (1979); and *The Hour* (1984). He is a frequent commentator for Marketplace, CNBC, CNN, MSNBC, and Fox News Channel and his articles, reviews, and opinion pieces have appeared in Newsweek, the Washington Post, Newsday, Broadcasting, Media People, TV Guide, and other publications. Ron's remarks were terrific and well received. As usual, thanks to Jo Roberts and Movita Hercules for their help in providing refreshments for these meetings, and to St. Mark for its hospitality.

Environment Committee. As you know, our BCA environment committee spearheaded a BCA resolution on best practices for tree preservation and removal. The committee worked on removing English ivy from our trees, and is also a resource to our covenants committee. Contact committee Chair Seth Goldstein sethrgoldstein@verizon.net if you have suggestions or wish to volunteer.

Construction. Our covenants committee, headed by **Ben Schlesinger**, continues to monitor construction and permit applications in the neighborhood. If you have questions about a new construction, renovation or sale, contact Ben at bschles@bsaenergy.com.

Neighborhood Security. The committee acts works with the block captains and is considering other ways to improve neighborhood security. There is a new webpage with security information. We ask our block captains to get to know the neighbors on their block, to ask neighbors to keep an eye on each other's

homes, and to register on the website. If you have suggestions or wish to volunteer to be a block captain, contact committee Chair John Hannula at john_hannula@yahoo.com.

Seniors. **Edith Miles** is Chair of our very active Good Neighbors committee. The committee organizes various activities and works to help BCA seniors who want to continue to live in their homes in their senior years. You can contact Edith for information or suggestions at ewmiles@comcast.net.

New Neighbors. **Jane Pettit and Cecily Abrams** welcome new BCA neighbors. If you would like to help on this committee or know of new arrivals to the neighborhood, please email janepettit1@verizon.net or call: 301-229-5932.

Dues. BCA dues for 2013 were due on January 1. If you have not paid, you can mail a check to Bonnie Garrett, BCA Treasurer, 6604 Broxburn Drive, Bethesda, MD 20817 or pay your dues online via our website: <http://bannockburncitizens.org/dues/index.php>

Website. You can find our website at: <http://bannockburncitizens.org/> Please register on the BCA website by clicking on the "register" tab, and/or update any change in e-mail address so that you will receive periodic e-mails concerning BCA activities, incidents, and other significant news. Your e-mail address is confidential and cannot be accessed by others.

Year-end meeting. Our year-end general meeting is scheduled for **Thursday, December 4**, at 7:30 p.m. I hope to see you then. Best wishes,

Ted Garrett
BCA President

Bannockburn Citizens Association

Please pay Calendar Year 2014 dues Now

Dues Payment Coupon

☐ Member \$30
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Name: _____
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Send to: Bonnie Garrett, Treasurer, BCA
6604 Broxburn Dr., Bethesda, MD 20817



Hey kids – do you want to be the superstar of the neighborhood? All you have to do is ask your parents to email timothy.beam@n2pub.com and answer some questions in order to be featured in the next available issue!

FAMILY
SPOTLIGHT



Family Member Names: Miloud, Leila, Cade and Faris Afas and Ruby Aridi (Nana)

Pets: Scout (cat)

Street: Nevis Rd.

Where are you from? Miloud is from Casablanca, Morocco and Ruby is from Surrey, England. Leila was born and raised in Montgomery County, MD and Cade and Faris were both born in Maryland, too.

How long have you lived in your neighborhood?
Almost four years

Profession(s): Leila is an international trade economist and Miloud is a fashion stylist. Ruby is retired.

Favorite Activities/Hobbies: Hiking, dancing, traveling and watching shows (theatre)

Favorite Play Area/Park/Hang Out: The Billy Goat Trail, Glen Echo and Cabin John parks and downtown DC

Favorite Restaurants: Maza 14 for grown up nights out, Fish Taco and Guapo's for family nights out and Founding Farmers for breakfast

Favorite Vacation Spot: Walt Disney World

Favorite Sports Teams: Ravens

Favorite Family Dinner: Lemon chicken with olives (Moroccan staple)

Family Traditions: One Sunday each month we make pancakes for breakfast and go on a long hike and then get frozen yogurt.

Children? What activities are they involved with? Soccer, swimming, biking, Cub Scouts and martial arts

How are you involved in the community? We're BCC members and have volunteered at clubhouse events like the Halloween party and parade.

What do you like to do to relax? Go on long walks or read.

What music do you listen to? Dance music and jazz



What are your favorite TV shows? *Phineas and Ferb* (kids), *House of Cards* (grown ups)

What is your favorite part about living in your neighborhood?
Our neighbors! Bannockburn is a wonderful community to live in and we really enjoy all of the great annual events.

Get to know your neighbors better by having your family featured in the next available issue! Email us at timothy.beam@n2pub.com.

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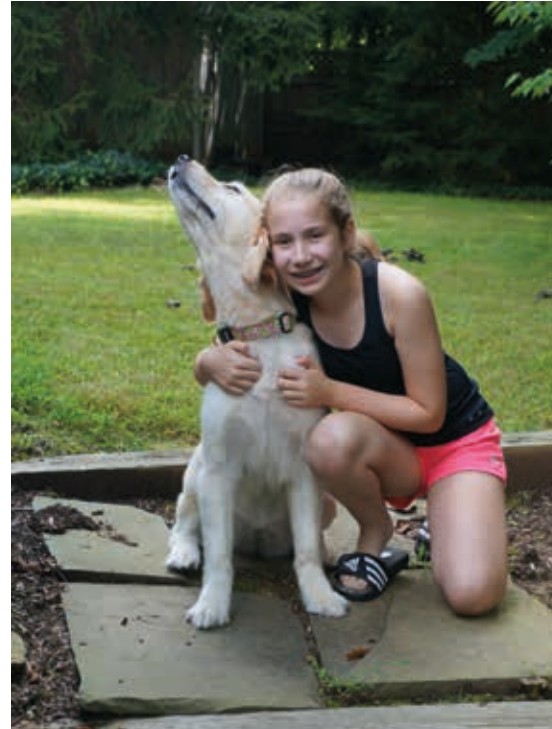
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The Menkes family has four members: Rafael, Lauren, Madeleine (Maddie) and Sophie...errr...should I say Sofie?

The one thing they have changed is the spelling to Sofie's name. The story relates to everyone spelling Rafael's name incorrectly, with everyone insisting on using the "ph" version. Consequently, the family decided to change Sophie to the "correct" spelling—Sofie.

Sofie is a female AKC Golden Retriever that looks and acts much younger than her years. She is actually 7 years old but looks and acts like a puppy! Her smaller size and sweet, loving disposition combined with her youthful "smile" contribute to her often being mistaken for a puppy!

A couple of interesting Sofie anecdotes: Sofie could use some assistance with developing a "grown up" bark. It seems like each time she is left at the kennel for care her bark deepens somewhat. (This publisher was quite amused by the soft "whisper" of a bark Sofie produces to this day!)

Sofie may also be somewhat depth perception challenged as Rafael and Lauren remembered a trip to Lake Tahoe (Sofie often comes along on family adventures), where Sofie almost jumped off their hotel balcony to chase some ducks. (In reality they were over a ¼ of a mile away—but the big, clear blue lake background made Sophie think the ducks were within her immediate grasp!) There are lots of other fun stories to tell. Be sure to ask the Menkes about Sofie's latest adventures. Special thanks go out to Maddie for helping with the "puppy" photo shoot and sharing endless Sofie stories. (Be sure to ask about peanut butter escapades or rabbits, and swimming in the Bannockburn pool, or Mom's slippers that used to have little fluffy-balls at the toes!)



precious pets

Meet Maddie and her Precious Pet Sofie

Submitted by Maddie Menke



Photo courtesy
Lauren Menke

Do you have a pet and would like to share his/her story? Then email timothy.beam@n2pub.com to have them featured in the next available issue! Dogs, cats, horses, fish, and any other type of animals are welcome!

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Photos by Judy Davis/HD Photo



Home OF THE Month

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If you know someone who has a great home that should be featured please e-mail timothy.beam@n2pub.com.



What to Do If You Have Sensitive Teeth

Article Source: www.healthguidance.org

If you suffer from sensitive teeth then this can be a highly frustrating and invasive problem. While this is by no means a serious issue and is nothing to worry about, it can nevertheless cause you a lot of discomfort and more importantly make it difficult to enjoy your meals. Sensitive teeth can be affected by a number of factors such as temperature and sugar content, and this means that many of the very best foods that you're used to enjoying become off limits.

Cause of Sensitive Teeth

There are many different possible causes for sensitive teeth. Among the most common though is brushing too hard or too aggressively which can wear down the enamel and thereby cause the protective layer between the nerve and the food to become much thinner thereby meaning that your nerve can be more easily affected. This way then, if you eat something extremely hot, it might feel hot through your thin layer of enamel and thus excite the nerve in the tooth resulting in pain. Similarly if you eat something sugary, which can also excite our nerves, then this can similarly hurt through the thinner layer of enamel.

The first thing to do in order to avoid sensitive teeth is to ensure that you ensure that you brush gently. Think of the term sensitive teeth literally – your teeth are delicate so treat them thusly. Brushing thoroughly and brushing hard are not the same so be sure that you still brush every bit of your teeth but be careful to do so without forcefully pushing your brush against your tooth.

You may also find that the reason your gums have receded or that your tooth has become sensitive is not that you have brushed too hard, but rather that you have an infection that has caused tissue damage.

How to Treat Sensitive Teeth

If you have very sensitive teeth then the most important thing to do is to see a dentist in case your problem is due to an abscess or other issue that can be seen to and improved. Speak with your dentist and they might recommend a range of treatments such as a side filling to cover up more of the side of your tooth and protect the nerves, or such as a crown to help cover the thinned enamel on top.

If you have a gum infection then you will first need to stop the infection. A dentist will normally help you to accomplish this by

prescribing an antibiotic which will work to fend off the infection and help your mouth recover.

Some wear and tear of the enamel is normal as you age and of course our teeth get a lot of battering throughout their lifetime. If you are struggling with sensitive teeth but you don't want to go through a procedure such as a side filling, then you might find that it helps to use a sensitive toothpaste.

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FEATURED YARD

Congrats to the Cormiers

AND THE WINNER IS...
ROD AND JOYCE CORMIER

Joyce has been in Bannockburn nearly 30 years and Rod joined her approximately 14 years ago! Their home (one of the Bannockburn originals

built in the 1950s), is a beautiful garden setting nurtured by self-taught master gardener Rod.

Rod and Joyce share a basic philosophy of caring for the earth we live on and have taken many steps to “lessen their footprint;” tankless hot water heater, 40 roof-installed solar panels and “sealing the envelope” of their home with extra insulation everywhere you can imagine! Joyce self-describes the couple as “earth-friendly and frugal.”This underlying philosophy extends to their outdoor landscape!

Rod uses rain barrels to capture and redistribute rain water throughout the garden areas. You will note many reused, repurposed items throughout the gardenscape--an old wrought iron gate used as a backdrop to one flower bed, a past-its-prime wooden children’s swing set long taken over by a thriving pumpkin and squash patch. And many other items integrated into the landscape! Many of the vegetables throughout the garden are errant “volunteers” as Rod refers to them. He said, “I didn’t plant them—they volunteered their services.”This is a result of the composting that Rod does throughout the garden. (Thanks for the delicious tomato you sent me home with!)

Rod used to visit Grandpa who was a farmer, beekeeper and avid gardener in the ‘50s to help out with (manual) weed control—ugghhh---or so he initially thought! Actually, the day would start out with a good breakfast and when they were finished Grandpa would take the egg shells and any other compostable leftovers out to the compost pile that was used on his farm and in his garden! Rod enjoyed learning this process so much he has been composting on his own for over 30 years now to help reduce trash and save waste from the landfills. In fact, Rod and Joyce usually have less than a grocery-sized bag of garbage/week for BOTH of them!!

Rod’s special composting mix includes the aforementioned egg shells, uncooked vegetable trimmings, fruit peelings, cores, and coffee grounds, etc. Rod’s process includes turning the mixture 5 times a day—what a commitment to his garden and the earth! Rod offered some of his “secrets” and I will likely be sharing some of those with the Bannockburn Estates residents in future issues, (how to get the perfect 3 to 1 mix of “green to brown” providing balanced nitrogen and carbon nutrients for maximizing the composting process) and also some home recipes for weed killer and plant boosting tinctures.

Rod and Joyce’ garden speaks for itself. Although, according to Rod, his garden was seasonally past its prime for this year Rod and Joyce allowed me to capture some still stunning pictures in their little paradise! I look forward to sharing some of the Cormiers’ secrets in upcoming issues of the *Bannockburn Banner*.



If you have an outstanding yard or garden or know a neighbor who does, we want to know about it! All you have to do is snap a picture and email it to us at timothy.beam@n2pub.com. Please include names and the address so we can give you the proper credit for all your hard work!



Resident Recipe

Submitted by Lucinda Gallalee

POULET SALIVACIOUS

Name of Dish: Poulet Salivacious
(Mouth-Watering Roast Chicken)

When to Prepare: If you want to hear, “You make the best roast chicken,” then read on.

Ingredients:

- 1 roasting chicken
- 1 tbsp. sea salt
- Cayenne pepper to taste
- Coarsely ground black pepper to taste
- 3 cloves garlic
- ½ large onion, chopped
- 2 tbsp. each fresh sage, thyme, and tarra-
gon, tightly packed

- ½ tbsp. rosemary
- 3 medium carrots
- 3 celery ribs
- 3 tbsp. olive oil

Directions: Preheat the oven to 325°. Thoroughly wash the roasting chicken inside and out. Sprinkle salt and cayenne (to taste) on the inside walls of the open cavity of the chicken. Set the chicken aside in a roasting pan and cover the chicken with plastic wrap. Coarsely chop the carrots, celery, and ¼ of the onion. “Stir” the carrots, celery and onion together with your fingers and toss the blend into the chicken cavity.

Peel the garlic and trim the stem; remove stems from the herbs. In a food processor, toss in ½ of the salt, ½ tsp. black pepper, garlic, the rest of the onion, the herbs, and the olive oil. Pulse until a paste is formed. Ensure the chicken is placed on its back in the roasting pan, and then rub the paste on all exposed chicken skin. Remove the plastic wrap from the skin of the chicken.

If you are adventurous, while keeping the skin intact, use your fingers to carefully separate the skin from the meat, making “pockets” into which you force the paste and then massage the skin to spread the paste as broadly as possible between the skin and the meat. If you are successful at this process, once you’ve completed massaging the chicken with the paste, sprinkle a little more olive oil on the skin and lightly salt and pepper the skin surface. If you chose not to attempt the under-skin massage, skip the additional olive oil, salt and pepper.

Place the chicken again on its back in the roasting pan; toss any stray carrots, onions, and/or celery back into the cavity. Roast the chicken until it reaches 160° with a thermometer placed in the thickest part of the thigh. (Most chickens now come with a pop-up thermometer, so you can use that instead of the thermometer.) Remove the chicken from the oven when temperature is reached. Let it stand for 10-15 minutes before carving. After skimming the fat in the bottom of the roasting pan, you’ll have awesome broth for soup or gravy. Carve into pieces or slices as desired and serve with anything else you want – everything tastes yummy with broth drizzled on top. Enjoy!

Would you like to have your favorite family recipe featured in the neighborhood publication? We are looking for anyone who has a good recipe to share! For more information please email timothy.beam@n2pub.com.



around the town

BCA SPRING/FALL FESTIVAL

Submitted by Edith Miles

The BCA Good Neighbors Committee promotes friendly contacts between BCA neighbors. The committee has focused on helping seniors to continue to live in their homes as they age (Age-in-Place). We send e-mail notices to 70 seniors about BCA activities and other programs of interest to seniors. Please let me know if you would like to be added to our list or know other seniors who might like to be added (Edith Miles; 301-320-3299; ewmiles@comcast.net).

Committee members visit seniors to determine their needs and interests.

During the past year we have sponsored several activities:

1. A senior table at the BCA Spring and Fall Festivals
2. A knitting group
3. Weekly neighborhood walks
4. Lunches 3 times a year at homes or restaurants. A lunch



at the Hunters Inn July 10, 2014 attracted 14 people.

5. Meetings with special speakers or topics of discussion. Eighteen BCA members gathered November 12, 2013 in the Marein-Efron house to discuss how they spend their leisure time. Some serve as volunteers. Others enjoy education or recreation, hobbies, travel, friends, and family.

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Making a DIFFERENCE

BCA Lunch

Submitted by Edith Miles

*Residents enjoyed food, merriment
at the Hunter's Inn sponsored by the
BCA Good Neighbors*

Please let me know if you would like to be added to our list of events or
know other seniors who might like to be added Edith Miles;
301-320-3299; ewmiles@comcast.net.



Article Source: www.travelarticlelibrary.com

Grandly protruding into the Indian Ocean, India is more of a continent than a country. This subcontinent covers every topographical wonder, from white sandy island beaches and tropical forests to high deserts and soaring mountain ranges. Discover 5,000 years of human history, beginning with one of the oldest civilizations of the Indus River Valley who merged with Aryan invaders around 1500 B.C.E. to create the classic Indian culture that still thrives today.

Thriving Cities and Clashing Cultures: The Beauty of the North

The northern region of India is an assorted mix of cultures, traditions, languages and arts. The vulnerability of this area to outside invaders throughout history has been both a blessing and a curse, bringing with the turmoil unique external influences and inspirations. The capital city of New Delhi, with its mix of four major religions, 7 reigns of power and 2500 years of history, is a prime example of coexisting realities. Wind your way through Old Delhi and be surrounded by remnants of the Mughal Empire, including the largest mosque in India, the Jama Masjid, and Humayun's Tomb, a 16th century landmark of breathtaking Mughal architecture that would later be echoed in the Taj Mahal. New Delhi is almost a different world with its imperial architecture and broad stately boulevards. Colonial influence is abundant since the British declared Delhi the capital during their rule. The Taj Mahal is also in the north, about 200 kilometers from Delhi. This is the most iconic demonstration of Mughal construction and should not be missed.

A Light into the Heartland: Travel India's South

Travel to the more culturally homogenous south of India and witness thousands of years of the caste system still in practice despite the more modern structure of India's government. With

its alluring tales of trade and independence, Goa is one of the most popular destinations along the Indian coastline. Among Goa's ancient ruins stands the Vittala Temple, a monumental tribute to the capital city of the primeval Vijayangara Empire. Most notable are the temple's musical pillars that represent different musical instruments. Goa's intricate architecture and independent culture are also products of 450 years of Portuguese colonial rule. In the south, the traveler will also encounter a plethora of biodiversity and protected wilderness areas. The Western Ghats Range is classified as one of the world's biodiversity hotspots where Silent Valley National Park protects India's last tract of virgin tropical evergreen forest.

When to Travel to India

Despite the gargantuan size of this subcontinent, there are distinct seasons during which travel anywhere in the country can be extraordinarily uncomfortable and stressful. From April to October, temperatures soar above 90F (45C) and humidity escalates to unbearable levels. October also marks the end of the monsoon season during which the southern and coastal regions are plagued with torrential downpour. The rest of the year is very pleasant and mild with consistently warm weather in the south and rather chilly evenings in the north between December and February.

Sunrise at Fox Hill.

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restaurant •
Review

By: Timothy Beam

Neighbors' Night Out | Irish Inn @ Glen Echo

"A true Irish Pub as traditional as it gets"

as noted by Chevy Chase Village Market Director,
Amanda Frasure.

continued...

...continued

Restaurant Review
The Irish Inn @ Glen Echo

Christy Hughes and his General Manager, Barry Nolan, set the bar extremely high when they hosted the *Bannockburn Banner’s* inaugural restaurant review at the Irish Inn @ Glen Echo for the residents of the Bannockburn Estates!

Residents were presented with many of the house specialties complimented with a never-ending array of beer and wine selections. Amongst the dishes sampled were:

- 1) “Crispy and flavorful calamari with complementary sauce!” - Jane Pettit
- 2) Sliders to which Geert Van Brandt resounded, “Nicely rare—excellent beef!”
- 3) Leslie Van Brandt added, “Friendly staff. Nice appetizers. Great choices and good beer!”
- 4) Joyce Schlesinger commented, “All the food was tasty, with a good selection of wine and great beer and that [the Bannockburn residents] are lucky to have such a gem in the neighborhood.”
- 5) Ben Schlesinger added, “Mmmmmm!” in reference to the calamari and sliders and commented on the fine camaraderie shared throughout the evening.
- 6) Bonnie Garrett loved the pesto with Buffalo Mozzarella for its zesty basil flavor and commented regarding the Irish Inn ambience: “Lovely, warm atmosphere—especially in the main dining room allow(ing) guests to linger and chat over dinner. Very welcoming!”
- 7) One of the publisher’s favorite quotes from the evening again spoke to the ambience of the Irish Inn. Ken Rubin commented, “Irish “Country” Inn atmosphere is very pleasant—you feel like you are thousands of miles away from Bethesda—out in the Irish countryside!”

The setting was perfect with food, beer and wine choices to match! It is no wonder Chris, his wife, sister and Barry Nolan along with the culinary skills of Executive Chef Ross Vandiver have “brought this neighborhood gem into the modern day, while keeping the character and country feel” intact as evidenced in the Bannockburn Residents comments!

The Irish Inn at Glen Echo has been voted one of the top 100 restaurants in the DC metro area...by the Washington Post and Opentable.com.

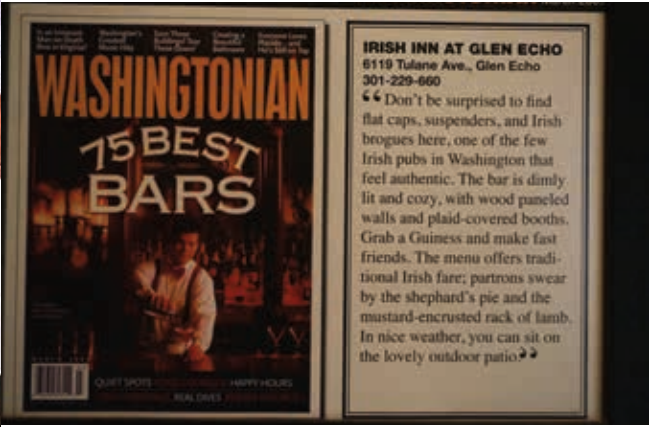
“A true Irish Pub as traditional as it gets” as noted by Chevy Chase Village Market Director, Amanda Frasure.

Whether your in the mood for their famous Shepherd’s Pie and a Pint or one of their signature dishes--New Zealand rack of Lamb or Low-Country Shrimp and Grits—the Irish Inn is an establishment soaked in history, character and charm that is a “go to” choice for The Bannockburn Estates residents and their friends.

Again we would like to thank Chris, Barry and our excellent server Kurt! A special thanks to Amanda Frasure and Andrew Kirkpatrick for their help with event—WAY beyond the call of duty—a sincere thanks!

Shamelessly excerpted from www.irishinnglenecho.com.

Irish Inn @ Glen Echo
Traditional Pub/Upscale Restaurant
6119 Tulane Ave. | Glen Echo, MD 20812
301.229.6600



Porcelain Berry overwhelming Forsythia bush



Oriental Bittersweet vine going up into roadside tree



Poison Ivy by the roadside

ERADICATE INVASIVE VINES AND POISON IVY

Now is a good time to get rid of invasive vines which may be in the process of destroying shrubs and small trees. A particularly insidious one is Porcelain Berry which has beautiful blue berries in the late fall. The berries are now green and make this plant easily recognizable. The picture below shows a forsythia bush which is overwhelmed by Porcelain Berry. Note the deep indentations in many (but not all) of the leaves. It is relatively easy to yank the vines out of the bush and cut them as low as possible if you can’t rip out the roots. It can be easily kept under control by doing this a few times per year. Porcelain Berry also grows up into trees all the way to the top and eventually kills trees as well as bushes.

Another invasive that kills trees and bushes is Oriental Bittersweet. This vine twists around trees as shown in the photo below of a large tree with a mature vine. This too can be pulled off of its “victim” and either pulled out by the roots or cut low to the ground. Also, don’t forget that English Ivy climbing up trees will eventually do them in (but more slowly than the other vines mentioned above).

Finally, try to get rid of Poison Ivy, shown below, especially if it is along the street where your neighbors walk. This is best done chemically with a spray readily obtained at a hardware store. Never burn it, and pulling it out by hand is a risky business.

Article Provided by: Seth Goldstein

Don’t miss the Brooks Tegler Group & Live Jazz on Sundays (5:30pm – 8:30pm)
Traditional Irish Music with the Irish Inn Mates on Mondays (7pm-10pm)
Every other Wed come enjoy the 19th Street Band and Bluegrass/Folk/Country (8pm-11pm)

Remember the Irish Inn for holiday parties and private events-birthdays, weddings you name it- they deliver!

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Bannockburn Banner

RESIDENT BUSINESS GUIDE

Attention Bannockburn Estates Residents: Do you own or run a business? To have your business featured free in the resident business guide in an upcoming issue of *Bannockburn Banner*, please send an e-mail to timothy.beam@n2pub.com. This is open to residents of Bannockburn Estates only.

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Sunday, October 5

Blues Workshop
Where: Glen Echo Park, Back Room Annex
When: 11am-5pm
Capital Blues presents an afternoon of Blues Workshops as part of their BamBLOOZled weekend. No partner necessary. Dancing runs from noon until 5:00 pm to blues music from every corner of the genre. Note: the entrance to Back Room Annex is on far left side of Spanish Ballroom.
For more information: <http://www.capitalblues.org/>

Saturday, October 5

Waltz Dance
Where: Glen Echo Park, Spanish Ballroom
When: 2:45pm-6pm
Waltz Time presents a beginning waltz lesson from 2:45 to 3:30 pm, followed by an afternoon of waltzes and other couples dances to live music by Valse Impressions with Katie Davis Henderson (fiddle), Carrie Rose (flute), Liz Donaldson (piano), and Ralph Gordon (bass). Dancing is from 3:30 to 6 pm. As always, no partner is required for this dance in the Spanish Ballroom, and the cost is \$10, including lesson.
For more information: <http://www.waltztimedances.org>

Tuesday, October 8

Thang Ta
Where: Sutradhar Institute of Dance & Related Arts, 1525 Forest Glen Rd. Silver Spring, MD
When: 6pm-7pm
Thang Ta, the art of sword and spear, is an ancient and rare martial art form that combines rhythmic movements, coordinated breathing and, of course, the use of swords and spears. Wednesdays from 6-7pm
For more information: 301-593-2664

Friday, October 10-Sunday, October 12

Sugarloaf Crafts Festival- Timonium
Where: Maryland State Fairgrounds
When: See website for details
More than 250 of the nation’s finest artisans will display and sell their handcrafted work in Timonium, Maryland (outside Baltimore) in the Sugarloaf Crafts Festival, Friday, October 10, through Sunday, October 12 at the Maryland State Fairgrounds. Visitors will shop a stunning array of contemporary crafts in sculpture, glass, jewelry, fashion, wood, leather, metal, furniture, home accessories, photography and fine art – all handcrafted by American artists who have been jury-selected for this prestigious show. Whether they’re looking to add artistry to the home or wardrobe, Festival goers will leave with fine crafts and unique gifts for everyone on their holiday list. As part of the family-friendly atmosphere at the Sugarloaf Crafts Festival, visitors can watch the creative process of master artisans during ongoing craft demonstrations. Live music, children’s entertainment and delicious gourmet goodies available to sample and buy from dozens of specialty food vendors make the fall Festival a great destination for the entire family.
For more information: <http://www.sugarloaforcrafts.com/>

Saturday, October 11

Taste of Bethesda
Where: Bethesda’s Woodmont Triangle
When: 11am-4pm
Bethesda’s famous food and music festival brings 60 restaurants and five stages of entertainment to Bethesda’s Woodmont Triangle. Each year, more than 40,000 attendees sample the delicious restaurants, enjoy the live entertainment and visit the kid’s corner for face painting and arts & crafts. The annual Taste of Bethesda is held in conjunction with Best of Bethesda Day, which also features

Come Back to Bethesda Classic Car Show and Rescue Day.
For more information: <http://www.bethesda.org/node/150>

Saturday, October 11-Sunday, October 12

Maryland Pumpkin Festival
Where: Summer Farm, 5620 Butterfly Lawn Frederick, MD
When: 10am
This fall, bring the whole family to the Maryland Pumpkin Festival held this October 11-12 at Summers Farm in Frederick, Maryland. The weekend features our themed corn maze, pumpkin patch, hay rides, jumping pillows, homemade pumpkin and apple cider donuts, as well as live entertainment, pie eating contests, free face painting, and more! The Maryland Pumpkin Festival is part of the annual fall harvest festival at Summers Farm located at 5620 Butterfly Lane in Frederick Maryland.
For more information: www.MarylandPumpkinFestival.com

Sunday, October 18

18th Annual F. Scott Fitzgerald Literary Festival- Literature & War
Where: Executive Office Building, 101 Monroe St. Rockville, MD
When: 9:30am
This year’s Festival honors 1989 PEN/Faulkner Award winner, James Salter, recipient of the F. Scott Fitzgerald Outstanding Achievement in American Literature. Join us for a Master class taught by James Salter. There will also be a talk by Dr. Joseph Fruscione, “Then Came the War: World War I in Fitzgerald’s Fictions and Letters”. Lisa Hayes will perform a one-woman piece, “Finding the Light”. See photographs of women and war by Pulitzer-Prize-winning photographer Marissa Roth. Attend a panel discussion on Fitzgerald’s writings by local writers. “Fitzgerald’s Haunts in Rockville” tours will be given and writing workshops in fiction, poetry and memoir will be available. There is a \$25 fee for festival registration and additional fees for workshops.
For more information: 301-309-9461

Sunday, October 18

Contra & Square Dance
Where: Glen Echo Park, Spanish Ballroom
When: 1pm-11pm
On October 19th at Glen Echo Park’s Spanish Ballroom, the Folklore Society of Greater Washington is sponsoring the 4th Annual ContraStock contra dance festival. The dance goes from 1:00 pm - 11:00 pm. Callers will be Bev Bernbaum, Will Mentor and NilsFredland. The three bands performing are: Coffee Zombies at 1:00 pm, Perpetual E-Motion at 3:40 pm, Elixir at 7:00 pm, and All-Band Hoe-down Dance Jam at 9:40 pm
For more information: <http://www.fsgw.org>

Monday, October 20

The Vivaldi Project
Where: Jewish Community Center of Greater Washington

When: 7:30pm
The Vivaldi Project brings to life the Classical String Trio, an exciting and flexible genre explored by some of the 18th century’s greatest composers. Performing on period instruments, The Vivaldi Project Trio, consisting of violin, viola and cello, will explore the missing link between Vivaldi and Beethoven, capturing the delightful textures and sonorities of a set of mostly unknown works. The program will include performances of trios by Haydn, Mozart, Boccherini and Cambini plus lively commentary about the works.
For more information: 301-348-3779

Tuesday, October 21

NCCF Centennial Celebration
Where: Andrew Mellon Auditorium, 1301 Constitution Ave. NW Washington, DC
When: 7pm
THE NATIONAL CENTER FOR CHILDREN AND FAMILIES CELEBRATING 100 YEARS OF SERVING THE CHILDREN IN OUR COMMUNITY
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classifiedads



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HOUSEMATE WANTED: A person who hates sugar to share a house with. Please call The Gingerbread Man at 555-9876

SUITS FOR SALE: I have outgrown many of my clothes. Would make great Halloween costumes. Contact Spiderman at 555-1111

NEIGHBORHOOD REEF SALE: Many of us on Coral Way will be having a reef sale on Friday. If you are interested in participating, find Nemo and let him know. No sharks allowed.

HOUSE SITTING: The Princess and I will be leaving the marsh next month and would like someone to watch over the place. If anyone other than Donkey is interested, call Shrek at 555-5555

BRIDGE FOR SALE: I've decided to retire from the business and sell the Brooklyn Bridge up in New York. Price negotiable, must pickup. Call Tony at 550-5000

FREE TO GOOD HOME: Skunk family raised from an abandoned litter in our backyard. Absolutely adorable creatures! Must take whole lot, glands still intact. Call 555-7772



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