



Bannockburn Banner

AN EXCLUSIVE BCA APPROVED
PUBLICATION FOR THE RESIDENTS OF
THE BANNOCKBURN ESTATES

MARCH 2015



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Cover Photo By: Timothy Beam



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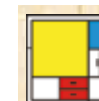
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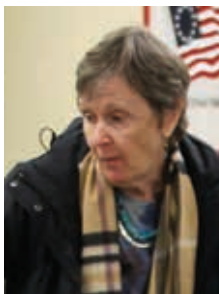
Some are included below—(please submit your pictures to be included)
Your BCA Board Members, Block Captains and the Residents of The Bannockburn Estates

Ted Garrett, Edith Miles, Jennifer Kawar, Jane Pettit, Maddie Menkes, John and Isabelle Hannula, Rod Cormier, Joyce Siegel, Pauline Reeping Nadal, Julie Keefer, Leila Afas, Girish and Pavi Tumpabaura, Jenni Cloud, John Noble, Lele McAdoo, Rebecca Kahlenburg, Henry Winokur and many others that I am gathering “headshots” from for inclusion here. I have left out many—send me your hi-def headshot and I will include it on this page for each submission!

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 call Timothy Beam 301.222.7361 or email timothy.beam@n2pub.com with your pictures, suggestions or requests.



Edith Miles



Jennifer Kawar



Maddie Menkes



Bonnie Garrett



Ben Schlesinger



BCA Board President
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Davison Duo — Madison and
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We Want Pictures of Your Little All-Star! It doesn't matter if your child is a champion: make your child 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 } TED GARRETT

PRESIDENT'S LETTER MARCH 2015

I hope this finds you well as we look forward to spring.

Dues. BCA dues for 2015 were due on January 1. Please 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>

ISO Speaker Suggestions. Our next general meeting will be on March 5 at St. Mark's. We welcome suggestions for speakers/topics that you find interesting and informative. Bonus points for suggested speakers who are Bannockburn neighbors. Past speakers include renowned food writer Marian Burros, bestselling author of 13 books, including "Cooking for Comfort," Ambassador Richard Shifter; former White House Press Secretary Ronald Nessen; Dr. Victoria Hampshire, VMD, a veterinarian and a Captain in the U.S. Public Health Service; Dr. Ben Schlesinger, an energy consultant and past president of the Association for Energy Economics; and Ed Shaya, a research scientist in the Department of Astronomy, the University of Maryland.

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. We would welcome any suggestions for an Earth Day project in April. Contact committee Chair Seth Goldstein seth-goldstein@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.

New Activities: We would like BCA to help neighbors get together more and foster a better sense of community. Would you like to start a book club? A language club? A Bridge club? Photography? Hiking? Dog walking? Cooking? Painting? Soccer? Travel? Send me your ideas (tgarrett@cov.com) and I'll circulate an email to all neighbors and we will see who is interested in getting together.

Bannockburn Banner – the goal of this venture is to improve our communications and opportunities for neighbors to meet and interact. If you have questions or suggestions, please contact BCA board member John Noble at johnnoble@mac.com or Timothy Beam by phone 301.222.7361 or email Timothy.Beam@N2pub.com



Best wishes,
Ted Garrett | BCA President

Bannockburn Citizens Association

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Publisher's Note



HELLO RESIDENTS OF THE BANNOCKBURN ESTATES,

We are pleased to bring you your March issue of *Bannockburn Banner* and hope you will embrace the subsequent monthly publications of the Banner.

In this third issue for 2015, I am pleased to introduce you to your neighbors, the Barnes family! Thanks to Pauline Reeping Nadal for directing me to this month's Featured Family! I would like to wish everyone a happy and prosperous 2015!

Also please note updates from your BCA Board President, Ted Garrett, in his Letter from the President, an ongoing feature from Glen Echo Park—Art in your Community. Thanks Jane and Jenni for some awesome pictures of the Baltzley Castle circa 1890—looking forward to the home tour! Special thanks to John Noble for continued support and creative direction for the *Bannockburn Banner* and to the entire BCA Board for their direction and contributions to a successful neighborhood publication! Again I would like to welcome aboard Resident Photographer Henry S. Winokur!

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. Please call or e-mail your Banner Publisher—Timothy Beam at 301.222.7361 or email me at timothy.beam@n2pub.com to insure you get your invites to exciting new events to include:

Exciting New Neighborhood Programs in Development:

JR. Movie Review Program
Bannockburn Garden Tours
Spa Reviews
Davison Duo show invites
Ladies' Nights Out
Easter Egg Hunt
March Madness Happy Hour

The events and publication is/are designed to increase social connections between residents and to develop a true sense of community—so don't miss out! 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 and collaborating with each of you at our upcoming neighborhood events! I would love to get your feedback and story ideas for the Banner!



Timothy Beam

Area Director of the *Bannockburn Banner*
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Tim Beam in NYC
Photo by: Makenna Beam

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Types of Articles *You Will See* IN THE PUBLICATION

Because 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, therefore, please take a few minutes to become familiar 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!

Parties, graduations, family events, kids playing, holiday gatherings... One of the best parts about 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 – Any activity going on in the neighborhood or surrounding area such as parades, block parties, barbecues, neighborhood clean-ups, school picnics, fund raisers, 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 for sale that you would like to get rid of? 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 is the ingredients and preparation advice, but a photo is always nice too! This really spices up things a bit from the ordinary macaroni and 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, scholarships, state champs, volunteer work, graduation, music, theatre, or just wish them a 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!

Family Spotlight



Saleem, “Z”, Jeremy, Connie, Rod Barnes

MEET YOUR
NEIGHBORS

THE Barnes FAMILY

By Timothy Beam

Meet Your Neighbors — The Barnes Family: Rod, Connie, Jacqueline(20) – not pictured, Jeremy (17), and Zeeshan “Z” (15) and “Zs” Father -Saleem Javed

Pets: 3 cats; Ruby, Buffy and Callie and one dog: Boots (named after the road in Ottawa where Boots was rescued from his “living quarters” a broken pipe along Boots Road--hence the appropriate moniker.

Connie is the Director of Squash--Chevy Chase Athletic Club and runs various Squash Programs and Leagues. Connie’s Sports Psychology background is evident in the programs she runs—while obviously competitive given World and

US Squash rankings of family members; Jacqueline (not pictured) –a Dartmouth Sophomore who has led the Dartmouth Team as the #1 player as a Freshman and Sophomore and has reached an impressive International World Ranking of # 91! Jeremy is a top 60 player in the US rankings and Z is also ranked in the top 10 for his age group!

All of Connie’s program participants are encouraged to maintain a heavy focus on cooperation, teamwork, good sportsmanship and above all else — having FUN!

Rod brought the family over from Australia as an attaché to the Australian Embassy as a science counselor

with specialization as a Space Physicist—impressive!

The family loves all things Squash related (note Jeremy and Rod “glued“ to their rackets in this month’s Banner cover shot.) Connie runs the Squash Empower Youth Program and has a few scholarships available to BCC students (valued up to 5,000 apiece – also covering summer program sessions). Please reach out to Connie at the Chevy Chase Athletic Club to get details of scholarship program. Connie’s contact information can be found in the Resident Business Guide in this publication (highlighting Resident Business Owners and their businesses)

Jeremy, (in addition to being a top-ranked squash player, which we will cover in depth in a subsequent issue), is a budding chef — already catering events and developing exotic dishes for the family’s enjoyment. Jeremy has promised to share some recipes with the neighborhood from the cookbook he is developing!

Z and his father are staying with the Barnes’ family as Saleem is assisting Z with establishing guardianship through Z’s college years with the Barnes family. Z plans to capitalize on being identified as an “up and coming” squash prodigy! Z has set his sights on playing squash professionally!

Saleem and Z fled Pakistan in search of a better environment for Z after Z’s school experienced a devastating terrorist attack in December 2014—The Peshawar School Massacre—which many experts believe was carried out in retaliation for Malala Yousafza being recognized as the youngest recipient of the Nobel Peace Prize}. Malala has become a worldwide symbol for the fight opposing oppression against women and the right to education. You may remember Malala was shot by the Pakistani Taliban while on a school bus as a punishment for being an outspoken advocate for the right to education for women!

Originally from Australia, the Barnes family loves their Bannockburn neighborhood and have been in Bethesda about 12 years, (at first living at the Embassy for Rod’s career), and moved to the Bannockburn Estates about 6 years ago. The family intends to share further stories with their Bannockburn

neighbors including events and other Young Achievers from Walt Whitman, where Jeremy and Z attend , and potentially an update from Dartmouth or various Squash league activities with squash attaining an recent upsurge in interest. Squash is a dynamic sport and is considered amongst the fastest growing after being named by Forbes Magazine as the #1 Best Sport for Fitness!

With all those calories “squashed” the Barnes family loves to dine out in the area and tend to be drawn to the more exotic (especially given Jeremy’s penchant for food). They like Meiwah Restaurant and Sushi Bar in Chevy Chase as well as Penang Malaysian and Thai Cuisine in Bethesda. They also mentioned that they love the Irish Inn!

Thanks to the Barnes family for sharing some of their story and if squash is something you’d like to try you’ll find some fantastically maintained courts at the Chevy Chase Athletic Club found on the 18th floor (Penthouse) of the Barlow Building in Chevy Chase!

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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Ruby, Boots, Callie and Buffy (plus Rod, Connie and Z)
Submitted by: Connie Barnes • Photos courtesy: Tim Beam

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Best of houzz 2014

Photos by: Judy Davis/ HD Photo

Pet's Names: Ruby, Boots, Callie and Buffy
Type of Animal/Breed: ALL Rescued— three cats – one dog
Male or Female: both
Pet's Age: Varied/Unknown

Where/why did you get your pet? All of our pets are rescued/ found-it was the right thing to do

Is there a story behind its name? Obviously Callie is a Callico, (sitting directly above Boots the schnauzer). Boots was rescued by friends of the Barnes' in Ottawa, Canada. He was found covering in a broken drain pipe on Boots Road – the nickname Boots “stuck.”

Anything special or unusual about them (talents/quirks)?
Boots does a great “Bernie” impression (Bernie the Bannockburn neighborhood “star” featured in the November ’14 *Bannockburn Banner* – Bernie is a Poodle, Terrier, Schnauzer mix belonging to Jack and Pauline Reeping Nadal. Bernie has promised a story about his gal-pal Jazz in the next issue – Bernie loves to gossip about Jazz!) I really did a double-take when I met Boots — he could be Bernie’s doppelganger! I will say it was quite a challenge taking a shot of all 4 of the Barnes’ pets without one of them running out of frame before I could snap the shot — but you get the idea — the Barnes love their pets!

Do you have a pet and would like to share his/her story? Then call 301.222.7361 or email timothy.beam@n2pub.com to have them featured in the next available issue! Dogs, cats, horses, fish, and yes, even African Pygmy hedgehogs are welcome! Right Isabelle!



Mid winter

If you know someone who has a great home that should be featured please e-mail timothy.beam@n2pub.com or call at 301.222.7361.

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Nothing signals the end of winter like the first crocuses poking their heads through the last of the melting snow. Few plants are as easy to grow as the early-blooming bulbs. The only challenge is remembering to purchase and plant the bulbs. During the excitement of the summer and fall gardening season, it's hard to imagine just how bleak the garden can look in late winter.

Following is a selection of early-blooming bulbs. Since many of these are small in stature, they look best planted in relatively large numbers. Don't be intimidated by the thought of planting 100 or more bulbs; the tiny bulbs take just seconds to plant, especially if your soil is loose. Simply make a slice in the soil with a trowel about 4 inches deep, wiggle it to make a hole, and holding the soil back with the trowel, drop in the bulb. As you slide out the trowel, push any scattered soil back into the hole, then water the area to settle the soil.

BLUE SIBERIAN SQUILLS

Scilla is one of the earliest spring flowers to bloom. Flowering for a remarkably long time they bear clusters of bloom spikes that offer scented deep blue flowers. They are exquisite when planted under spring flowering shrubs such as forsythia, azaleas, rhododendrons, and magnolias.

CROCUS

Crocus ring in the spring in a range of colors from blue to yellow to white. The bright colors are wonderful planted in masses so you can enjoy a carpet of color from a distance. In the case of crocuses, more is definitely better! And like snowdrops, crocuses will multiply each year, especially if they are planted in the very well-drained soil they prefer.

SNOW GLORIES

Sometimes called Glory of the Snow, these beauties will blanket the ground with blue in early spring. Each bulb produces multiple star-shaped, sky-blue flowers. Just 4 to 5 inches in height,

they look best planted in large drifts, and will multiply rapidly. Ideal for naturalizing on lawns in light shade or for planting in between perennials, as well as between larger spring bulbs, such as daffodils.

GRAPE HYACINTH

Grape hyacinths aren't true hyacinths, but instead are in the genus Muscari. However, if you look closely at these flowers, you'll see the resemblance to hyacinths in the clusters of tiny flowers atop strap-like foliage. Grape hyacinths are so eager to multiply that they can become weedy. Plant them where they can spread freely--in the lawn, under shrubs--rather than in a formal bed.

HYACINTH

If the above flowers, with their diminutive stature and often muted colors, gently announce the arrival of spring, true hyacinths fairly yell it from the rooftops. And not only are they extravagant in appearance, they are also wonderfully fragrant. Add these to the fact that hyacinths are very easy to grow, and there's no reason not to include at least a few of these beauties in your garden. They are also excellent for forcing indoors, where you can enjoy their scent each time you pass by.



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Davison Duo performing at annual Laps for Lexi 5K Run



Madison and Davis chillin'

Making a Difference

Submitted by: Chip and Debby Gestiehr, Davis and Madison

Davison Duo – LAPS FOR LEXI

FIGHTING
CHILDHOOD
CANCER,
ONE SONG
AT A TIME

Davison Duo (Madison & Davis Gestiehr)
toptopdog@yahoo.com

Lexi Speight was a beautiful little girl who lost her battle with cancer at the age of eight. Davison Duo comprised of Madison Gestiehr (16) and Davis Gestiehr (13) just released their debut single, “Forever And Always” to iTunes December 5,

2014 for .99. All of the iTunes net proceeds will go to “Laps For Lexi”, which funds the Pediatric Oncology at Children’s National Medical Center.

“Laps For Lexi,” has sponsored runs to benefit the Children’s National Medical Center. Davison Duo has been performing at her runs for the past four years. “We always wanted to do more for Lexi. By taking our original song, that is about her, and launching it up on iTunes, is the perfect way to honor her life and fight for a cure for Pediatric Cancer.” –Madison Gestiehr, Davison Duo

Lexi Speight was a close family friend, girlfriend, a sister, daughter, and granddaughter. “I miss her so much there is not a day that goes by that I don’t think about her.” –Davis Gestiehr, Davison Duo

Davison Duo is a rock band duo based in the Washington, DC area and is comprised of siblings Davis and Madison Gestiehr. Davis, of the duo has performed the National Anthem at the Nationals, Orioles, and Wizard games. In 2013 he performed with the band “Green Day” where Billy Armstrong said “that was pretty much the most memorable experience of my life” and presented Davis with his guitar. Davison Duo has been featured in the Washington Post, Bethesda Gazette, Bethesda Magazine, WTOP and the TV show “Right This Minute”. They continue to perfect their music skills, write music, record, and perform at Restaurants, Clubs and Fundraising Events.

Sample or Purchase Track for \$0.99 : <http://itunes.apple.com/album/id948366533>

Contact: toptopdog@yahoo.com

Facebook: <https://www.facebook.com/Davison.Duo>

You Tube: <https://www.youtube.com/user/Toptopdog>

Make sure to get on the *Bannockburn Banner* events invite list so you don’t miss out on upcoming Davison Duo events! Contact Timothy.Beam@N2pub.com or call 301.222.7361 to get added to the RSVP list!

Resident Recipe

MARCH MADNESS

Bacon–Wrapped Smokies

Ingredients

Original recipe makes 16 servings

Change Servings

- 1 pound sliced maple bacon, cut into thirds
- 1 (14 ounce) package beef cocktail wieners or spicy lil’ smokies
- 3/4 cup brown sugar, or to taste

Directions, Prep/Cook/Ready Times

- PREP 45 mins
- COOK 45 mins
- READY IN 1 hr 30 mins

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Refrigerate 2/3 of the bacon until needed. It is easier to wrap the wieners with cold bacon.
- Wrap each cocktail wiener with a piece of bacon and secure with a toothpick.
- Place on a large baking sheet

(you may cover with foil or parchment paper to make clean-up easier

- Sprinkle brown sugar generously over all.
- Bake for 40 minutes in the preheated oven, until the sugar is bubbly and bacon is crisp.
- To serve, place the wieners in a slow cooker and keep on the low setting to keep warm—although they tend to disappear rather quickly!

Enjoy the Madness!



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.



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If you have an outstanding yard or garden or know a neighbor who does, we want to know about it (let us know if you would like to be part of Spring Garden Tours). All you have to do is snap a picture and email it to us at timothy.beam@n2pub.com or call @ 301.222.7361 Please include names and the address so we can give you the proper credit for all your hard work!



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THIS MONTH AT GLEN ECHO PARK

Glen Echo Park Partnership for Arts and Culture

Art in your Community
HOUSE TOUR FUNDRAISER

By: Jane Pettit and Jenni Cloud
Photos provided by: Ross McNair

Join us at Glen Echo Park
March 7, 1-5 p.m. for the House Tour Fundraiser in support of
the Glen Echo Park Partnership for Arts and Culture

The event includes a welcome presentation at Glen Echo Park,
shuttle transportation, self-guided access to two beautifully



restored historic castles and two remarkable contemporary homes,
and a wine & cheese reception at the Park's Stone Tower Gallery.

A limited number of tickets – \$75 per person – are available for
purchase online at www.glenechopark.org. Your contribution is
tax-deductible to the fullest extent allowed by law and we will
provide you with a donation receipt.

All proceeds from the House Tour support the arts and educa-
tional programs at Glen Echo Park.

Questions? Please contact Ben Wokas at 301-634-2234 or
bwokas@glenechopark.org.



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Do you know of an artist that should have their works featured in the *Bannockburn Banner*? Please contact Timothy Beam at timothy.beam@n2pub.com or call Tim: 301.222.7361.

{Around Town}

HAPPENINGS

in the Estates and Nearby

Photos By: Chip Gestiehr, Timothy Beam



Davison Duo on the streets of Bethesda (Bethesda Row)
raising money to fight Cancer.



Walking the dog along MacArthur on a dreary morning



Youngsters in Bannockburn familiarizing themselves with school bus routine



Greg on his morning run in the Estates

Get on the *Bannockburn Banner* Event Invites list—don't miss the next Davison Duo performance! Please contact Timothy Beam and timothy.beam@n2pub.com or call Tim: 301.222.7361.



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YIPES!

IPO Hype Can Lead to Risky Investing

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



All investors probably wish they had gotten in on the “ground floor” of Apple or Microsoft or any other big success story. And, in fact, you can indeed “be there from the beginning” by taking part in a company’s initial public offering (IPO). However, the ground floor of many IPOs may be shakier than you’d think and might not provide you with the solid footing you need to invest wisely.

Of course, not all IPOs are the same. Many large, profitable companies seeking to raise capital have gone public in recent years through IPOs. However, IPOs of newer, unproven companies share some characteristics that should give pause to serious, long-term investors. Consider the following:

HYPE — Let’s face it, a big part of the appeal of IPOs is the “wow” factor. It looks really cool when the company’s CEO rings the opening bell at the New York Stock Exchange. And the rush to buy shares in the now-public company always garners big headlines. Yet hype is just one letter removed from hope and hope alone is not a good reason to invest. Furthermore, no single stock is likely going to be the ticket to investment success.

LACK OF TRACK RECORD — By definition, newer companies that launch IPOs don’t have long track records. And while it’s true that past performance can’t predict future results, it’s nonetheless useful to see how a stock has performed in various economic climates and how the company management has responded to different challenges over time.

EXCEPTIONAL VOLATILITY — All stocks fluctuate in value. But IPOs tend to be especially volatile — not just in their first few days of trading but also in their first few years of availability to the public.

HIGHER RISK POTENTIAL — Generally, IPOs of newer companies are better suited for aggressive investors — those who can handle a higher degree of risk in exchange for potentially higher returns.

NONSTANDARD ACCOUNTING — Some IPOs, particularly internet start-ups, use nonstandard, or “customized” accounting measures to depict their companies in the best possible light. While these measures are not illegal they tend, overall, to make it more difficult for potential investors to accurately evaluate a business’ profitability, or at least potential profitability. At the end of the day, good old-fashioned profits and cash flow are still the key driver of companies’ stock prices.

As an alternative to pursuing an IPO, you could use any extra investable money you may have to fill gaps in your current portfolio, based on your goals. Or, if you are truly attracted to the type of business in which an IPO is involved, you might want to consider investing in a more established company in the same industry.

Taking part in an IPO sounds fun and exciting. But as we’ve seen, IPOs can have some serious drawbacks. And while it may not sound glamorous, a steady approach to investing — one that involves diversification, responsiveness to one’s risk tolerance and a constant focus on both short- and long-term objectives — is usually the right choice for most of us.

Bannockburn Banner

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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 the *Bannockburn Banner* please contact Timothy Beam @ 301.222.7361 or e-mail timothy.beam@n2pub.com.

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EYE STRAIN

EXERCISES

YOU CAN DO AT YOUR DESK



Article Source:
www.healthguidance.org

THOUSANDS OF YEARS AGO HUMANS HAD EVOLVED TO SEE IN A LONG DISTANCE WAY.

Their eyes were designed to be able to hunt and see predators far away so they would have time to hunt them, or run away but in today's society most of the time we are at a computer desk focusing on a screen less than 2 meters away. As a result many of us suffer from eye strain, but luckily there are various exercises we can do at our desks to ease the pain and long term damage eye strain can cause.

First, you should visit your optometrist to assess the scale of your eye strain. You may find you need glasses or contact lenses first to stop serious damage to your eyes and any eye strain exercises you carry out after that will be beneficial. Without doing this you could do more harm than good by carrying out exercises when you require glasses.

The first of your exercises can be carried out during the regular breaks you should be taking each hour. This could be three minutes every half an hour or 5 minutes every hour to look at something other than your screen. You could go to the toilet, go and get a cup of water or anything like that as long as it requires you to focus on something a little farther away. Try to look at as many things as you can, but make your eyes move smoothly between each one.

The second exercise is simple, but you may need to explain to colleagues what you are doing! Ensure your hands are warm, you are sitting comfortably and then place your hands over your eyes, cupped so they don't touch your eyelids at all, but instead create darkness. Close your eyes for two to three minutes and let your eyes relax in the dark and watch the blackness get darker as time goes on. Then, simply take your hands away and continue with the day.

Thirdly, simply look up as far as you can, hold that for three seconds and then look down for three seconds. You should feel a slight pull on your eyes that may be unpleasant, but remember you're only doing it for three seconds! Look to the left and then the right and repeat this once more. After each cycle look round in a circle as if you are 'shaking your eyes off' as you do after stretching before and after exercise.

Eye strain can have very serious implications for your eyesight and it is imperative that you get your eyes checked once a year when working in an office environment or one where you focus on a screen for prolonged lengths of time. Your eyes are one of the most valuable organs you possess, so it's important to increase their longevity so you can still use them after years of making the most of them already!

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foundation FIT

Article Source:
www.housemaster.com



Most homeowners view their foundation or concrete floor slab as a massive and invulnerable object. It is indeed quite strong; however, foundation damage can occur from tree roots or detrimental soil conditions; and of course, water intrusion is also a concern.

Some simple tips can help keep foundations fit and solid for many years to come. Many foundation threats can be avoided with some long-term planning. Avoid planting trees and even large shrubs close to your foundation. Over the years, growing roots could push against foundation walls and draw moisture from the soil under foundation footings.

Water seepage problems or even heavy stains or efflorescence on foundation walls can indicate the presence of soil-moisture conditions that can contribute to foundation movement. Efflorescence is a white or gray powder that forms on masonry surfaces and is typically an indication that moisture is or was present in the wall.

Checking and improving the exterior grading and drainage is a first step to keeping moisture away and minimizing the potential for excessive soil pressures that could adversely affect the foundation. Maintain a positive slope away from the foundation (a minimum 15 degree angle is usually enough) so that roof and surface water will not seep in.

Also check your gutters and downspouts to be sure they are functioning properly and direct water away from the foundation. If these basic measures do not work, subsurface foundation drains or other grading and drainage work may be needed.

If your basement or crawlspace has a sump pit and pump, be certain that there are no obstructions near the pump that could impede its operation. Be sure that the pump's discharge line directs the water far away from your foundation wall; otherwise, you could end up with "re-circulating" water. If you are in an area vulnerable to power outages and you rely heavily on your

sump pump, consider supplementing it with a battery-powered backup model.

Paying close attention to current and possible future stresses on the foundation can prevent costly and time-intensive repairs in the future. A home's structure is only as strong as its foundation, so keeping it strong and watertight should be every homeowner's priority.

Remember, these tips are only general guidelines. Since each house and situation is different, contact a professional if you have questions about a specific condition or issue. More home safety and maintenance information is available online at housemaster.com.

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march

LOCAL EVENTS

Join us at Glen Echo Park
Saturday, March 7, 2015, 1-5 p.m.
House Tour Fundraiser in support of the Glen
Echo Park Partnership for Arts and Culture

See "Art in Your Community" section in this
edition of the Banner for further details.

Sunday, March 1-Sunday, March 15

Out of Nothing

Where: Glen Echo Park Partnership for Arts and Culture

When: Saturdays and Sundays, 12pm-6pm

The exhibition highlights the exciting new work that is emerging from the Bahamas and marks the first year of an ongoing relationship of international cultural exchange.

For more information: 301-634-2222

Sunday, March 1

It's March Madness

Where: Takoma Park

When: 2pm

Do you love to play basketball? Do you love art? Are you creative? Ready to show off your skills both "on and off the court?" Be a part of our "All Star Basketball Sunday" in Takoma Park.

For more information: <http://www.silverspringdowntown.com/do/its-march-madness-pyramid-atlantic-style-the-art-of-the-game-basketball-fun-fest>

Friday, March 6

Bernard Ebb Songwriting Awards

Where: Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave.

When: 8pm

The inaugural Bernard/Ebb Songwriting Awards, founded by Cathy Bernard, is named in honor of Fred Ebb, one of the great American songwriters and creator of Broadway hits such as Cabaret and Chicago and iconic songs including New York, New York.

For more information: <http://www.bethesda.org/bethesda/bernard-ebb-songwriting-awards>

Saturday, March 7-Sunday, March 29

Our Nation's River: A Photographic Journey Down the Potomac

Where: Glen Echo Park Partnership

When: 10am-6pm

Glen Echo Park Partnership presents a solo exhibition of work by Jonathan Weiner that takes the viewer through a photographic narrative of the Potomac River.

For more information: http://www.glenechopark.org/calendar/2015-03?field_event_type_value=All

Saturday, March 7-Sunday, March 29

Making Our Marks: New Work by Eight Printmakers

Where: Glen Echo Park Partnership for Arts and Culture

When: Saturday and Sunday 12pm-6pm

Glen Echo Park Partnership presents new work by eight printmakers from Arlington Arts' Lee Arts Center using varying techniques and subjects. Techniques include color etching, mono print, lithography, woodcut, linoleum-cut, and photopolymerintaglio

For more information: 301-634-2222

Friday, March 20-Saturday, March 21

Bethesda Film Fest

Where: Imagination Stage, 4908 Auburn Ave.

When: 7pm and 9pm

The Bethesda Film Fest will feature five short documentaries made by local filmmakers.

The evening will include a discussion with the filmmakers after the screenings.

For more information: <http://www.bethesda.org/node/3375>



SAVE THE DATE

Neighbors' Night Out

When: March Madness Neighbors Night Out Happy Hour TBD — will send invite to those on list

When: April Easter Egg Hunt TBD — will send invite to those on list

Exciting New Neighborhood Programs in Development:

JR. Movie Review Program
Bannockburn Garden Tours
Spa Reviews

Davison Duo show invites
Ladies Nights Out
Easter Egg Hunt
March Madness Neighbors Night Out

Here is what you miss by not being on event invite list:
FEB 12th ALL-FIRED UP Pottery
Wine and Cheese Event

{combined neighborhood event Chevy Chase Village, Bannockburn Estates, Kent (DC)

Some event dates TBD – will send invite to those on list — send request to be added to RSVP List to Timothy Beam at 301.222.7361 or e-mail at Timothy.Beam@N2pub.com.

Also please reach out to Tim to use your neighborhood newsletter to send tributes in upcoming issues!

- **Make sure to look for Easter Egg Hunt invite — call or e-mail to get on invite list and don't miss out!**
- **Please send your tributes for Mother's Day in May issue**
- **Please send your tributes for Armed Forces Day in May issue**
- **Please send your tributes Teacher Appreciation Day in May issue**
- **Please send your tributes for Father's Day for June issue**
- **SEND in your BEST Cinco de Mayo RECIPES for May issue**
- **Don't forget to SEND in your Graduation Announcements AND Pictures to highlight your Young Achievers!**

Eat*Drink*Mingle with friends at Neighbors' Night Out, come for the Candy Grab/Easter Egg Hunt, contact Timothy.Beam@N2pub.com 301.222.7361 to be added to list for event invites—AND

exciting new programs in development (Easter Egg Hunt, Spa Reviews, Ladies' Nights Out, Garden Tours and March Madness events to name a few).

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Real Estate Resource

Featured properties may not be listed by the office/agent presenting this brochure.
Source Multiple Listing Service. All information herein has not been verified and is not guaranteed.
Supplied by A-K Real Estate / Lina Sogomonyan



Address	Neighborhood	List Price	DOM	Beds	Baths	SqFt
6827 Wilson Ln	BANNOCKBURN	\$949,900	7	3	3	3,420
6516 Broxburn Dr	BANNOCKBURN	\$1,149,000	27	3	3.1	1,967
7112 Wilson Ln	BANNOCKBURN COOP	\$835,000	6	3	3.1	1,776
7013 Heatherhill Rd	BANNOCKBURN ESTATE	\$1,495,000	17	6	4.3	4,362
6904 Selkirk Dr	BANNOCKBURN	\$1,289,000	85	5	4.1	4,500
6207 Bannockburn Dr	BANNOCKBURN COOP	\$649,000	4	3	1	1,479
6306 Halbert Rd E	BANNOCKBURN COOP	\$699,000	47	5	2	1,050
5813 Johnson Ave	AYRLAWN	\$1,347,000	4	6	5	4,046
8716 Eggert Dr	POTOMAC OUTSIDE	\$899,000	48	5	3.1	2,430
8321 Still Spring Ct	CARDEROCK SPRINGS	\$899,000	13	4	3	1,488
8312 Fenway Rd	CARDEROCK SPRINGS	\$849,000	34	4	3	1,548
8319 Woodhaven Blvd	WOODHAVEN	\$959,000	37	3	3.1	2,368
7621 Royal Dominion Dr	AL MARAH	\$1,199,000	6	5	4.1	3,163
5616 Sonoma Rd	SONOMA	\$924,500	3	3	2.1	2,132
10009 Montauk Ave	GEORGETOWN VILLAGE	\$899,900	103	5	4.1	2,186
7105 Arran Pl	BANNOCKBURN ESTATE	\$1,449,000	107	5	3.1	3,587
5716 Beech Ave	HENDRY ESTATES	\$724,999	5	3	3.1	1,602
8206 Burning Tree Rd	BURNING TREE VIEW	\$1,500,000	31	5	4.1	3,542
6736 Newbold Dr	BRADLEY MANOR	\$1,395,000	35	6	4.1	2,668



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This is not a list of monuments. I'm not going to name check the Louvre, the Eiffel Tower, or the Arc de Triomphe. I won't index the city's incredible museums, nor will I soliloquize the Mona Lisa or hum compositions by Debussy. I know you know these, Paris' most famous artistic treasures and musical accomplishments. Visiting this city is an opportunity to experience the glamour of Parisian aristocrats, to indulge in the greatest olfactory and culinary feats. Sure, some of our most extraordinary (and expected) accomplishments are in the arts, our histories, and our architecture. But one tried and true way to get to the heart of Paris is by interacting with the city's more unique gustatory pleasures. In my opinion, Paris is not, as Hemingway claimed, "a moveable feast." You can't buy a wheel of cheese at the local supermarket and experience Paris. No, for that, you have to be here.

SAMPLE OYSTERS AT L'ECAILLER DU BISTROV

The French have been eating and cultivating oysters since Roman times. Typically considered a winter delicacy, in France the rule is to only eat them during months that end in the letter R. L'Ecailler is a much-loved bistro that truly knows its harvest. Owner Bertrand Aboyneau's father is professional oyster farmer in Brittany.

VIEW CAKES AT PATISSERIE DES RÊVES

It's no surprise that French pastries are in a class of their own and at Patisserie des Rêves, pastry chef Philippe Conticini makes it as thrilling to look at his creations as it is to eat them. His cakes are edible works of art, and may be found displayed on refrigerated slate beneath glass domes. Try his award-winning Paris-Brest, a choux-pastry filled with hazelnut-flavored butter cream.

EAT CHEESE AT ANDROUËT

Explore the world of French cheese at Androuët, home to master cheese mongers and maturation-experts since 1909. From

creamy brie to pungent Roquefort, to the essential Camembert and the great vintages (Comté and Swiss Gruyere) the dedicated staff (fluent in English, of course) will help guide you to your perfect slice. A vacuum-sealer guarantees your selection will survive the trip home.

TRY BREAD AT DU PAIN ET DES IDÉES

Consider this the perfect Parisian bakery. The passionate baker Christophe Vasseur makes a short menu of excellent breads and viennoiseries using traditional French techniques. His "Pain des Amis" sourdough baguette is so good, celebrity chef Alain Ducasse features it in all his restaurants in Paris. The historic, 19th century bakery is perfect for a mid-week breakfast, but make note: the shop is closed on weekends.

SIP WINE AT FRENCHIE WINE BAR

Sitting just opposite the picturesque, cobblestone street Rue de Nil is Chef Gregory Marchand's flagship spot. Pair playful small plates at the bar with a glass or bottle off the eclectic menu, curated by Sommeliere Laura Vidal. What sets this wine bar apart? Vidal exclusively features wines produced by small-scale organic vineyards.

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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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