



Bannockburn Banner

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

JULY 2015

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Cover photo provided by: Timothy Beam

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continued...

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AREA DIRECTOR Timothy Beam
301.222.7361
timothy.beam@n2pub.com

PHOTOGRAPHERS BCA Board Members, Edith Miles, Jane Pettit, Davidson Chen and the Bannockburn Residents at Large, Tim Beam, Makenna Beam

CREATIVE TEAM Marie Nowell Rachel Ross
Erich Nickens Katrina Williams

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CONTRIBUTORS AT LARGE

*(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 Kavar, Jane Pettit, John and Isabelle Hannula, Rod Cormier, Joyce Siegel, Pauline Reeping Nadol, Elizabeth Kellar, Julie Keefer, Leila Afas, Girish and Pavi Tumpabaura, Jenni Cloud, John Noble, Lele McAdoo, Rebecca Kahlenburg, Jacqueline Barnes and many others that I am gathering “headshots” from for inclusion here. I have left out many — send me your high-resolution 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.

If you are interested in being a part of our staff here at the *Bannockburn Banner*, we are always looking for great people – writers, photographers, columnists and a content or an event coordinator. It’s fun, easy and a great way to get involved with your neighborhood. Contact Timothy Beam at timothy.beam@n2pub.com

Thanks for your participation in the Bannockburn Banner neighborhood newsletter

MEET YOUR BANNOCKBURN BANNER CONTRIBUTORS

Thanks for your participation in Bannockburn Banner!



Edith Miles



Jennifer Kavar



Ben Schlesinger



BCA Board President
Ted Garrett



Davison Duo –
Madison and Davis
Gestiehr



Pauline Reeping Nadol
and Bernie



Jane Pettit



Rebecca Kahlenburg



Lele McAdoo and Katie



Isabelle Hannula
and Hailey



John Noble



Seth Goldstein,
*BCA Environmental
Committee Chair*



Rima Schulkind



Jacqueline Barnes



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LETTER FROM THE PRESIDENT } TED GARRETT

I hope that you are enjoying our great spring weather.

June 4 Meeting. Bill Eichbaum, Vice President for Marine and Arctic Policy of the World Wildlife Fund US spoke at our June meeting. Bill discussed conservation work in the US and around the world as well as the work of The Potomac Conservancy, the Board of which he chairs.

Our next general meeting is scheduled for September 3, 2015. We welcome suggestions for speakers/topics that you find interesting and informative. Bonus points for suggested speakers who are Bannockburn neighbors.

Get Involved: The success of BCA depends on your participation. We welcome volunteers who are interested in working on our BCA committees and on the Fall Festival. We welcome suggestions for activities that you would like to see us undertake. Send your ideas to me: tgarrett@cov.com.

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.

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.

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.

Neighborhood Security. The committee acts works with the block captains and is considering other ways to improve neighborhood security. If you have suggestions or wish to volunteer to be a block captain, contact committee Chair John Hannula at john_hannula@yahoo.com.

Environment Committee. Our BCA environment committee spearheaded a BCA resolution on best practices for tree preservation and removal, and the committee is a resource to our covenants committee. Contact committee Chair Seth Goldstein sethrgoldstein@verizon.net if you have suggestions or wish to volunteer.

★ **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>

Bannockburn Banner. The goal of this venture is to improve our communications and opportunities for neighbors to interact. If you have questions or suggestions, please contact BCA board member John Noble at johnnoble@mac.com or your publisher Timothy Beam at timothy.beam@n2pub.com or 301.222.7361.



Best wishes,
Ted Garrett
BCA President

Bannockburn Citizens Association

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Publisher's *Note*

Summer time, and the livin' is easy... -Gershwin

Looking forward to the 4th of July Celebrations in early July, barbecues and pool parties, along with camping, hiking, geo-caching explorations and just taking in the wonderful weather!

In this issue: Cover story: Tall ships in Baltimore Inner Harbor celebrating 200th anniversary of the Star Spangled Banner. Letter From The President: Ted Garret updates all on Bill Eichbaum's (US World Wildlife Fund) visit to the June 4th BCA meeting. Meet Your Neighbors — The Chens — Davidson and Isabel, more from Artist Rima Schulkind, a springtime collage by BCA Welcome Committee Chair Jane Pettit and Finnley, coverage of a couple of events at the Irish Inn – Irish Inn's annual fundraiser benefitting the Montgomery County Humane Society and the BCA Good Neighbors Committee sponsored luncheon in honor of Phillip and Lottie Katz (pictures and story submitted by committee chair Edith Miles)!

Please send in your 4th of July Fireworks pictures, summer vacation pictures and escapades, neighborhood or family barbecues and anecdotes, and don't forget to nominate your favorite homes, yards/gardens or athletes to feature in upcoming issues!

4th of July Fireworks, Vacation and Summer Party Photos can be e-mailed to timothy.beam@n2pub.com or contact Timothy Beam, 301.222.7361, if you have questions



Respectfully,
Timothy Beam, Publisher
Bannockburn Banner
301.222.7361

<<< Banner Publisher Timothy Beam and Annina Staehli in her sweet sixteen photo booth. Special call-out to the dads and grads! We hope you had a Happy Father's Day and graduation!

ISLAND LIFE ON THE NORTH COAST

By N2 Staff Writer, Tracy LaFon

Located just off Ohio's North Coast on Lake Erie is a place referred to by locals and tourists alike as the "Key West of the North." This island might be small in size, but it is huge when it comes to offering all the flavor and feel of a perfect island vacation without any of the drawbacks of many popular resort spots.

Island Accommodations and Amenities

Your access to the island adventure is an enjoyable 20-minute jet boat or ferry ride; the entire island can then be covered on foot. Bikes, mopeds and golf carts are available to rent as well. The island has overnight accommodations that vary from first class hotels, bed-and-breakfasts and houses to villas, cottages and bungalows. A family camping area is also available for those who enjoy nature. If you choose to make it just a day trip, locker rentals are available, as well as spotless public facilities, complete with showers, changing areas and a baby station.

Where to Go and What to See

Daytime brings fun to the island with wide variety of things to see and do; you can even add in a little history as well. The Boardwalk, Put-in-Bay's most famous feature, has several restaurants offering a variety of cuisines including fresh lake perch and an amazing lobster bisque. Colorful shops and exclusive boutiques dot the main street just across from the lakeside island park.

For fun choose from charter fishing expeditions, golf, private helicopter tours, parasailing, jet ski rentals, laser tag, guided exploration of a hidden limestone cave, winery tours, and of course, a beach where you can enjoy beautiful Lake Erie. Perry's Monument sits as one of our country's tallest national memorials at 352 feet high. Visitors can take an elevator to the top where they have a spectacular view all the way to the Canadian shore.

Nighttime is when the island shines. Live entertainment can be found at nearly every turn. Local taverns are all situated within walking distance of each other -- many featuring outdoor patios where drinks are complimented by the stars reflecting off the lake. Welcoming visitors since 1872, the Round House Bar, with its iconic Whisky Light that signals the unofficial opening and

If you are looking for a coastal or island vacation with **breathtaking** sunsets, days full of **adventure** and nights full of **memories**, minus the huge crowds, generic hotels and blistering temperatures of many traditional destinations, then you need to get away to one of the country's best-kept secret vacation spots – **the island resort of Put-in-Bay.**

closing of the season, is an island favorite not to be missed; they even have a special tee shirt for your visit.

Surrounding Fun and Attractions

Unlike many traditional island venues, with the mainland just a quick trip away, the fun isn't limited to just the resort. The Rock and Roll Hall of Fame; Cleveland Indians baseball; the NFL Hall of Fame; and the "Roller Coaster Capital of the World," Cedar Point Amusement Park, all are within an easy daytrip.

Next vacation head to the North Coast and enjoy some island life at Put-in-Bay, a secret little gem of a resort that offers a wide array of fun for the whole family.

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Family spotlight

Meet Your Neighbors – Davidson & Isabel Chen

By Timothy Beam, Davidson and Isabel



Davidson and
Isabel in beautiful
front garden

Davidson and Isabel Chen have lived in the Bannockburn Estates since 1974 — more than 41 years!

Davidson is a retired research physicist — he worked at the Naval Research Laboratory in research and development with a specialty in remote sensing technologies used in space!

Isabel's career was with the Food and Drug Administration and she “saw it all” with regard to the vast number of changes that have occurred in food labeling requirements through the years.

Both enjoy classical music, (Davidson expressing a preference for instrumental pieces), taking in theatre and traveling.

Listed amongst their favorite travel destinations are: Europe, Asia, Australia, New Zealand, Central America, Alaska and Hawaii. It is hard for them to pick a favorite travel experience

but they both share an affinity for natural beauty and scenic vistas. Isabel was able to single out Alaska as a favorite destination after reminiscing on the spectacular scenic views that seemed to go on forever — Davidson agreed!

Their home in Bannockburn is often filled with their extended families during Thanksgiving and Christmas and a traditional feast is shared while relatives mingle and catch-up. During the rest of the year the Chen's enjoy going out occasionally and really enjoy Chinese, French and Italian cuisine. A favorite spot is Maggiano's!



(left) Davidson and Isabel in their foyer
(right) Inside the Chen's beautiful home



The Chens are both originally from China via Taipei, Taiwan.

Davidson attended National Taiwan University and University of California, Berkeley and North Carolina State University in Raleigh, NC; Isabel attended National Taiwan University, Washington State University and George Washington University

Both are avid exercise enthusiasts with Davidson expressing his mantra: “Exercise for life!” Isabel enjoys swimming and both are members of sports and health clubs.

Davidson and Isabel are extensively involved in the community as active members of the BCA, as well as being involved with the Chinese American Professional Association and as alumni of the National Taiwan University Association.

They both enjoy the Bannockburn Estates remarking on the kind, polite, good natured qualities of their neighbors who are well-travelled and fun to be with!

Davidson and Isabel live with their two cats (Seidy and Seisi) who were very good at hiding during our visit—check out our Precious Pets page ____ to get a better look! Make sure to say hello to your neighbors Davidson and Isabel!

If you know a family or individual we should feature in the Banner please nominate them and have them contact me at timothy.beam@n2pub.com.

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Second HARVEST

Article Source: National Gardening Association

With all the produce pouring in from your garden, starting more plants or seeds is probably the last thing on your mind. However, July is the perfect month to start thinking about the fall garden. Many of the vegetables you've enjoyed from the garden this spring and early summer can be grown and harvested this fall as well.



VEGETABLES TO GROW

In most areas of the country, you can easily grow a second crop of many of your favorite vegetables. The first task is to make a



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list of the vegetables that still can be grown to maturity before first frost. Some of these include lettuce, beans, broccoli, carrots, beets, summer squash, peas, broccoli, cabbage and radishes. In tropical areas you can even grow tomatoes and peppers as winter crops. When looking at varieties, select ones that are fast-maturing to insure a harvest before the cold weather hits.

WHEN TO START

The key to growing vegetables for fall is timing. Vegetables grown in fall need about 14 extra days to mature compared with spring-seeded crops due to fall's shorter days and less intense sunshine. When deciding the date to start your veggies, first determine your average first frost date. Usually the local weather service or Extension service will know that date for your area. Then look at the seed packet for days to maturity. Add 14 days and that will be the date you should start seeds. If you're starting plants such as broccoli and lettuce indoors, add an additional 4 to 6 weeks to account for the indoor growth period.

GROWING ON

Once you have the seeds and dates, remember that sowing seeds or transplants in July or August is stressful on young plants. Protect young seedlings with shade cloth or plant them near taller plants, such as corn or tomatoes that can provide shade from the hot afternoon sun. Add compost to the planting area before planting, moisten the ground, plant your seeds a little deeper than normal and shade the soil so the temperature doesn't get too high. High soil temperatures will inhibit the germination of many vegetable seeds. Another option for greens, such as lettuce and Swiss chard, and cabbage-family crops, such as broccoli and Chinese cabbage, is to grow the seeds indoors under lights and then transplant young seedlings into the garden. Initially transplants will need protecting from the heat, sun and insects, but they are more likely to survive. Use a floating row cover to keep pests away from the plants and keep transplants well watered.

FALL HARVEST

With a little effort in summer, you'll have a splendid harvest of greens, fruits and roots in fall. Some summer-sown crops, such as bean and summer squash, need to be grown and harvested while temperatures are still warm for best quality. However, cool-loving crops, such as kale, lettuce, spinach, and broccoli, will thrive in fall's cooler weather. In addition, you'll be able to extend the harvest time of these crops by using floating row covers or grow tunnels placed over the plants, especially at night. With any luck you'll be eating from the garden until Christmas.

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 at 301.222.7361 Please include names and the address so we can give you the proper credit for all your hard work!



MEET SEIDY & SESI – THE CHENS: FELINE HIDE & SEEK “SPECIALISTS”

Both Seidy and Sesi managed to evade my camera lens when I interviewed the Chens but Davidson grabbed some candid shots after I vacated their “home turf”

Send in your stories of your pets!

We love pets and know you do too, so if you would like your companion featured in the *Bannockburn Banner*. Dogs, cats, birds or bunnies — we don't care! We love all animals and want to feature your family pet! Contact Tim Beam at timothy.beam@n2publishing.com.

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THE ART OF DISPLAYING

By N2
Staff Writer,
MEGAN
WEATHERLY



If you’ve ever spent time hanging artwork in your home, you know that it is not always an easy task. Should you find yourself with a painting, hammer, and no clue where to begin, following a few guidelines will help you create a beautiful display without the stress and guesswork.

Before getting started, you’ll want to have a few tools within reach. A stud finder, hammer, drill and level are essential. Once you determine the area you’ll be covering, check the wall space for studs. You may want to lightly mark the wall with a pencil so that you can easily find them later. Keep several nails, screws

and extra sawtooth picture hangers close by. Be sure that any piece you are planning to hang has a picture hanger or wire attached to it. Not all frames do, so you may have to attach them yourself.

Whether you have one piece of artwork to display, or a cluster of fifteen pieces, you’ll want to put some serious consideration into your layout. The most important rule in displaying your artwork is that it should be put at eye level. If your space will allow it, hang pieces approximately 57” from the floor, on center. This height is an eye level average, and a standard that even most art galleries refer to.

STEP BY STEP:

1. Measure and lightly mark 57" on the wall
2. Measure top of your picture to the middle (or take height and divide by 2)
3. Measure top of your picture to the tightened wire (a small amount)
4. Subtract this last amount to tell you how far above 57" your hook should go
5. Measure up from 57" with this last amount and lightly mark on the wall

EXAMPLE:

1. Picture is 20" tall
2. Middle is 10" down from top (this should rest at 57")
3. Wire comes to 2" below the top
4. 10" - 2" = 8"
5. Lightly mark 8" above your first mark, or 65" on the wall

Once you’ve determined a general area on your wall for your art display, you’ll want to arrange pieces to complement one another. The easiest and most fool-proof way to achieve this is with a literal cheat sheet:

- Arrange all frames on top of a large sheet of butcher or trace paper. Whether you choose to arrange symmetrically or asymmetrically, it is critical to keep a sense of balance in your arrangement. Space pieces two inches apart from one another.
- When you find a composition you are happy with, trace each frame onto the paper. Before removing them, snap a quick photo just in case you forget which piece goes where. Mark the height of each hanger on the paper.
- Use painter’s tape to secure the paper on your wall. You may drill or nail directly though the paper into the wall, marking exactly where each piece will be hung. When you remove the paper, you will have a clear map of your layout. Refer to your photo to be sure that each piece is hung in the right place.

Check to be sure your pieces are straight and level. It’s a good idea to have some putty and a little bit of your wall paint on hand, just in case you make any mistakes and need to fill in nail holes.



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SIMPLE STEPS YOU CAN TAKE
to **LOWER YOUR
BLOOD PRESSURE**
NATURALLY

By N2 Staff Writer,
Elizabeth McCabe

Blood pressure – it is one of the most important vital signs to gauge one’s overall health. A normal blood pressure reading is less than 120 systolic AND less than 80 diastolic. According to the American Heart Association, “About one out of three U.S. adults has high blood pressure.”

Fortunately, you don’t have to succumb to this staggering statistic. Here are some simple steps you can take today to lower your blood pressure naturally:



REDUCE YOUR WEIGHT – REDUCE YOUR BLOOD PRESSURE

One way you can reduce your blood pressure is to lose weight. The rationale is simple: excess weight necessitates more blood flow to provide your tissues with oxygen and other nutrients. The increased blood flow creates increased pressure on the walls of your arteries, increasing blood pressure. Maintain a healthy weight and maintain a healthy blood pressure. According to the Mayo Clinic, losing extra weight can lower your blood pressure. Why not try walking? A recent study has shown that a brisk walk 20 minutes several times a week can lower blood pressure.

WATCH YOUR WAISTLINE

If you are carrying too much weight around your waist, you can increase your risk of high blood pressure. The Mayo Clinic reports that men are at risk for high blood pressure if their waist measurement is greater than 40 inches. For women, a waist measurement of 35 inches or more increases their risk of high blood pressure.

HOLD THE SALT

Before you ask to pass the salt, think again. The American Heart Association recommends consuming less than 1500 mg of sodium daily. And before you think this is limited to the salt in the salt shaker, consider the sodium found in packaged foods. While it may be challenging to forgo the salt, get creative in the kitchen with different herbs to create flavorful foods.

YOU ARE WHAT YOU EAT

Consider adopting the DASH (Dietary Approaches to Stop Hypertension) diet. This eating plan consists of fruits, vegetables, low fat dairy, whole grains, lean meats, fish, poultry, nuts and beans. The *US News & World Report* recently ranked this diet as the “Best Diet, Healthiest Diet, and the Best Diet for Diabetes” for the fifth year straight. Consider incorporating potassium into your diet as well. This mineral can lessen the effects of sodium on blood pressure, which is good to know if you are trying to adopt a healthier lifestyle.

REDUCE YOUR STRESS LEVEL

In the hustle and bustle of life it is easy to feel stressed, especially when juggling multiple responsibilities along with a demanding career. Stress can increase blood pressure. What’s the remedy? Incorporate activities and stress relievers into your life to diffuse your tension. Yoga, meditation, prayer and journaling are a few steps you can take to reduce stress.

An ounce of prevention is worth a pound of cure. By lowering your blood pressure naturally, you can achieve better health now and for years to come!

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<<< Life Force – stoneware, vine

In Rima’s own words:

I began my arts career as a ceramist. Many years, and many media (including Plexiglas, neon, steel, cement, wood, paper maché) later, I have returned to clay. It was my first love, and I find it as seductive and satisfying as I did in the beginning. I am now combining it with other organic substances – wood, reeds, vine, stone – to draw on the natural affinity of these materials.

Though my work has been mostly non-representational, my latest major exhibit (The Detritus of Obsolescent Technology) was concerned with both the waste and the ingenuity of our culture. My work always directly or indirectly addresses my perception of a threatening, fragmented world and the need to keep chaos at bay. Thus, my work consistently deals with order and balance, expressed often through the literal deconstruction of mass into precisely related components and through the logical relationship of positive and negative space.

In addition to my creative focus, I have been involved in many social and political causes and with teaching in a variety of venues. My philosophy is egalitarian: I believe that respect and empowerment issues are of prime importance in our society and for the individuals who comprise it. This extends to my art. I want it to be accessible and comprehensible. To that end, I have participated in several art-in-public places programs and have donated many pieces of my work to causes I support, for both fundraising and for enhancing their environments. I believe passionately in the humanizing effect of art and that the more art a community offers its citizens, the stronger the ties within the community.

A number of the images (on the website and included in this article) are of works that have been sold – they are included to

Art In Your
Community

More From Bannockburn
Resident Artist Rima Schulkind

encourage commissions of similar work--additional art images included in this article are pieces that may be available for purchase — visit www.schulkind.com to browse or make inquiries.

As an aside your publisher would like to note Rima’s philanthropic nature in support of the arts (and other causes dear to

continued...

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...continued

her heart)I stumbled upon an example of Rima’s generosity when buying a ticket for a raffle in support of my daughter, Makenna Beam’s, Lumina Theatre Company’s Annual Fundraiser Twelfth Night-Magic on the Boardwalk Gala being held June 27. One of Rima’s pieces had been donated to the fundraiser — Deconstruction Series #VIII — a fired earthenware piece finished in acrylic paint and mounted on painted canvas. Rima’s impressive body of work is matched by her philanthropic nature — impressive to say the least!

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.



Trophy Wife – paper mash, velvet, jewelry, mink



Poor Joan – Betrayed by Man and God – paper mash, paper, plastic



The Sound of Music – found objects {from The Detritus of Obsolescent Technology series}



Don't Mess With Me – steel, paper mash, roofing nails



Fault Line – paper mash, brass, marble



If Women Had Run Cheron – paper mash, motherboards, stones



It's All About the Chop – stoneware, reeds



Garden Gate with Kudzu – walnut, stoneware, kudzu



Exuberant attendees – Tara Straw’s 3-year-old Rhodesian Ridgeback mix, Quinn, and masked side-kick, Quinn’s pal (with beautiful black and white markings)



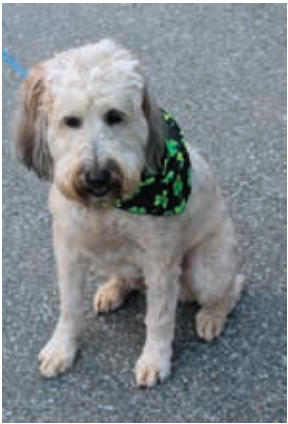
5-year-old St. Bernard "Trinity" up for adoption

Making A DIFFERENCE

Submitted by Proprietor Christy Hughes – Irish Inn | Photos by Timothy Beam

Pups & Pints – Irish Inn Sponsored Annual Fundraiser For The Montgomery County Humane Society

On Wednesday, May 13, residents from the Bannockburn Estates, Chevy Chase Village, Burning Tree and neighboring communities came out in droves to support the Irish Inn’s (great friend to the Estates), annual fundraiser Pups and Pints in support of the Montgomery County Humane Society. The outdoor event featured the Irish Inn’s famous bar and grill fare all accompanied by the 19th Street Band and, of course, local families and their precious pets!



3-year-old Wheaton Terrier "Pooka" Lisa Soule's precious pet decked out in traditional Irish Inn wear



Bone Jour's Becky, "Jelly Bean" and friend



19th Street Band plays to the crowd



Irish Inn's own Ted Hughes with "Olivia" – Black Mask Harlequin Great Dane



Well-attended Family-Friendly event



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Arlene, Sid, and Deborah



Lottie Katz and Jim Davis



Phillip Katz, Jo, Deane, Colleen and Ruby

{ around town }

BCA Seniors Lunch Honoring Phillip & Lottie Katz

Photos and story by BCA Good Neighbors Committee Chair Edith Miles

The BCA Good Neighbors Committee sponsored a lunch on May 7 at 1 p.m. at The Irish Inn at Glen Echo. Twelve BCA Seniors attended and enjoyed good food and company. The

lunch honored Phillip and Lottie Katz. Phil and Lottie are both 95 years old and have lived in their architect-designed house on Crail Drive since 1957. Jim Davis, who is a friend of the family and a former physical therapist, has been helping Phil and Lottie in their home and at the lunch. Phil and Lottie are improving in both health and spirits. They also enjoy visits and phone calls from neighbors.

The BCA Good Neighbors Committee hopes that social activities such as this lunch will help BCA Seniors to get to know their neighbors better and to continue to live in their homes as they grow older.



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Custom Article

Springtime Exploration



Submitted by Jane Pettit and Grandaughter Finnley
Poem: Lines Written in Early Spring by William Wordsworth
Lines Written in Early Spring
By William Wordsworth (stanzas 3, 4 and 5)

<<< Jane Pettit and Grandaughter Finnley

Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

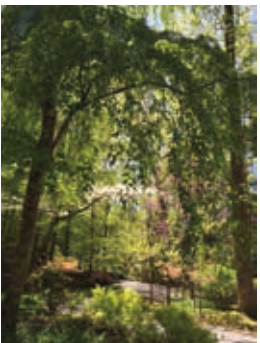
The birds around me hopped and played,
Their thoughts I cannot measure:—
But the least motion which they made
It seemed a thrill of pleasure.

The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there

Wordsworth wrote *Lines Written in Early Spring* while he went for a walk in a spot near the village of Alford, he describes the

moment and the place as a natural scene in motion, branches looking for the sun trying to escape from the water where its tree had fallen and had remained as a natural bridge and water falling down a sloping rock. Through this image we can imagine the sounds and the moment described in the poem. Wordsworth's real communion with nature is shown in these verses, by his observations and his feelings on the different events, the growing of the periwinkle, the birds' recreation or the branches' breathing and the poet's idea of the ability of these elements to rejoice in their existence as illustrated through his use of personification in these 3 particular stanzas (which seemed strikingly appropriate to illustrate Jane and Finnley's Springtime Exploration through the Bannockburn Estates!).

Got a special feature article idea? To share your favorite story, idea or intimate historical knowledge of the Estates (best gardens, trails, bird watching, or favorite historical anecdotes, etc.) reach out to Tim at timothy.beam@n2pub.com.



Finnley wants us to look close under the cherry tree to find Rockin' Robin—tweet, tweet, tweet.

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Resident Recipe

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Ingredients

1 cup lightly packed cilantro sprigs
 1/4 cup olive oil
 2 limes
 1/4 teaspoon salt
 1/8 teaspoon ground coriander
 1/2 cup toasted, unsalted pistachios
 1 pound large shrimp (26 to 30 per lb.), peeled and deveined
 Cabbage slaw of your choice
 Corn or flour tortillas, warmed

Preparation

Heat oven or grill to high (450° to 550°)

Put cilantro, oil, and zest and juice from 1 lime in a food processor. Pulse a few times, just until leaves are chopped.

Add salt, coriander, and pistachios and process until smooth, scraping inside of bowl as needed.

Mix shrimp and pesto in a medium bowl, tossing well to coat evenly.

Thread shrimp onto metal skewers and grill until pink, turning once, about 2 minutes on each side.

Serve with slaw, tortillas, and remaining lime, cut into wedges.

Enjoy the summer!

To share your favorite recipes in the next issue of the Banner please send them to timothy.beam@n2pub.com.

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July

LOCAL EVENTS

Thursday, July 2

Summer Concert Series: Oasis Island Sounds

Where: Veterans Park, Corner of Norfolk and Woodmont Avenues, Bethesda, MD

When: 6 - 8 p.m.

Join us Thursday evenings from May to July for Live Music that rocks the Downtown!

For more information: <http://www.bethesda.org/node/149>

Thursday, July 2

Summer Concert Series: Flutes on the Brink

Where: Glen Echo Park, Bumper Car Pavilion, MD

When: 7:30 p.m.

Enjoy a free concert this evening by Flutes on the Brink. Flutes on the Brink is a flute choir centered in Montgomery County, MD, consisting of a mixture of about 20 professional and amateur musicians.

For more information: <http://www.glenechopark.org/summer-concerts>

Thursday, July 9

Summer Concert Series: The Sidleys

Where: Veterans Park, Corner of Norfolk and Woodmont Avenues, Bethesda, MD

When: 6 - 8 p.m.

Join us Thursday evenings from May to July for Live Music that rocks the Downtown!

For more information: <http://www.bethesda.org/node/149>

Saturday, July 11

Art Explorers Parent/Child Drop in Art

Where: Glen Echo Park, Candy Corner Studio, MD

When: 10 -12:30 p.m.

Playgroup in the Park (PGiP) and the Partnership present Art Explorers Family Studio for parents and children. Each week explore a new art form or theme in the Candy Corner Studio. Drop-in only; no pre-registration. \$10 per child/parent combo.

For more information: <http://www.glenechopark.org/saturday-art-explorers>

Thursday, July 16

Summer Concert Series: The Crimestoppers

Where: Veterans Park, Corner of Norfolk and Woodmont Avenues, Bethesda, MD

When: 6 - 8 p.m.

Join us Thursday evenings from May to July for Live Music that rocks the Downtown!

For more information: <http://www.bethesda.org/node/149>

Tuesday, July 21 through Saturday, July 25

Bethesda Outdoor Movies

Where: Bethesda's Woodmont Triangle, Corner of Norfolk and Auburn Avenues, Bethesda, MD

When: 9 p.m.

Enjoy five nights of blockbuster hits at downtown Bethesda's 10th annual outdoor movie series!

Show times begin at 9pm at the corner of Norfolk and Auburn Avenues. A limited number of chairs will be provided and attendees are invited to bring their own lawn chairs. Admission is FREE!

For more information: <http://www.bethesda.org/node/147>

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