The Bugle

Published by the Strathmore Bel Pre Civic Association

Wolume 55 #1



Spring Thing May 6

(rain date May 7)

Open House, Community Social, and Festival



You Are Invited – 2 pm to 4 pm
On Saturday afternoon, May 6, from
2 to 4 pm, come to the pool parking lot
(13920 Bethpage Lane) for our
Strathmore Bel Pre Spring Thing,

Open House

We've invited groups from our community to come and show us what they do. We will have booths and fun from the Scouts, the Dolphins, our Rec and Civic Associations,

the Village group and more. Find out what's going on In the community, and get ready for Summer!

Represent Your Group or Your Business: Interested in presenting what your group (or business) does to the community? Contact CHRIS SWAN. Find her contact information on page 3.

Fun: TRACY KEATING has planned face painting and kids activities. We will have bubbles, balloons, assorted games and cornhole!. DAVE PULLEN is heading up pickleball and tennis clinics. Basketball tournaments with BILLY RUPPERT!

Refreshments and Snacks Potluck

Please bring some afternoon snacks to share. Individually portioned and bagged or packaged snacks are best. We will have gourmet fresh pizza, hotdogs and more!.



We'll provide the tables, chairs, tableware, and the drinks. Nosh a bit, be entertained, learn things about our community, the kids can play, meet your neighbors and make some friends.

Everyone's Welcome

The Spring Thing is being sponsored by the Strathmore Bel Pre Civic Association, the Bel Pre Recreational Association, and the Village Group of Strathmore Bel Pre! Everyone in the entire Strathmore Bel Pre community is welcome!!

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Yard Sale June 3, 2023 Rain Date – June 4

Cleaning out? Have items to sell? Save them for the Spring Yard sale!

We will set-up in the Pool parking lot, and sponsor neighborhood household sales as well. For neighborhood sellers wishing to host a sale at their house, we will create and distribute a map of all registered homeowners sales. Contact LINDA BEA (see page 2) for more info. Details in the May *Bugle* as well.

THE BUGLE

PUBLISHED BY THE STRATHMORE BEL PRE CIVIC ASSOCIATION SINCE 1969

CHRIS SWAN, Editor 301 871-1113

Assistant Editor: ELLIOT CHABOT 301 871-1113 Advertising: JOHN BOGASKY 301 460-1604
North Circulation: LOUISA HOAR 301 871-2954 South Circulation: DAN MANN 301 460-3330



athmore, Civic Association

P.O. Box 6836, Aspen Hill, MD 20916 Annual SBPCA membership: \$20.00 Web site: www.strathmorebelpre.org

The SBPCA is a voluntary association, funded by membership dues, that sponsors and participates in many community and local programs; and also represents our community to County Government and to various groups such as the Montgomery County Civic Federation and the Glenmont Exchange. The SBPCA also sponsors Boy Scout Troop/Cub Scout Pack 763.

Additionally, the SBPCA publishes *The Bugle* and the community directory; maintains the community listsery; organizes the annual community Market & Yard Sale; the 4th of July festivities; and (in conjunction with the Recreational Association) the Summer Entertainment Series, the Public Affairs Forum Series (generally held during the summer), and the yearly community-wide Town Hall meeting, held in December.

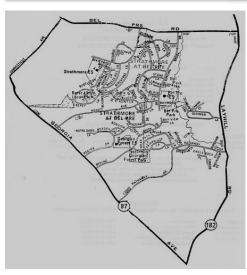
The SBPCA Board of Directors normally meets on the fourth Tuesday of each month at 7:30 pm on Zoom. The Civic Association's annual meeting is in November just before the BPRA annual meeting.

Civic Association Officers

President: NANCY BECHTOL 301 871-3679 Secretary: LINDA BEA 301 460-0497 Vice President: vacant Treasurer: JOHN BOGASKY 301 460-1604

Civic Association Directors

NICOLE BANKS MZCole77@gmail.com LILLA HAMMOND 301 518-7818 RITA VAUGHT 206 406-2871 ELLIOT CHABOT 301 871-1113 CHRIS SWAN 301 871-1113



Strathmore Bel Pre Street map

Strathmore Bel Pre Community listserv: To join the listserv, contact JOHN BOGASKY. You must be an SBPCA member to join the SBPcivic listserv.

Website: The Civic and Rec Associations have a joint website, maintained by the Civic Association. For more information, contact BILLY RUPPERT at billyruppert@gmail.com.

Public Affairs Forums: Contact NANCY BECHTOL.

Community Directory and Yard Sale: Contact LINDA BEA.

July 4th Activities: Contact LILLA HAMMOND.

Village Project: Contact Kristi Hullings at SBPvillage@gmail.com

Welcome Wagon Project: Contact Suzanne Lawson.

Pedestrian Safety: Contact Brittney Horsley at

bsthorsley@gmail.com.

Bel Pre Recreational Association

Established in 1966, the Bel Pre Recreational Association (BPRA) is the homeowners' association for most of the Strathmore at Bel Pre properties. The BPRA runs our community's pool, tennis and pickleball courts, volleyball court, playgrounds, picnic areas, bath house, snack bar, and pavilion, which normally are open Memorial Day weekend through Labor Day. The tennis and pickleball courts are open year round.

BPRA Board and committee meetings are announced at http://strathmorebelpre.org/meetings. Board meetings are normally the 1st Tuesday of each month at 7:30 pm, on Zoom, from October to May; or at the Pool pavilion, from June to September.

The annual General Membership meeting is normally held on the Thursday before Thanksgiving Day at 7:30 pm, on Zoom. The annual Town Hall meeting, co-sponsored with the Civic Association, is normally held on the 1st Tuesday of December, at 8 pm, on Zoom. Correspondence can be sent to the BPRA at P.O. Box 6370, Aspen Hill, MD 20916-6370.

Bel Pre Recreational Association Board of Trustees			
KAREN PURDY (President)	301 603-9604	klpurdy@hotmail.com	
JAY STAGGS (Vice President)	301 603-0304	jaysbluewing@hotmail.com	
DAVE PULLEN (Treasurer)	301 598-2521	treasurer4bpra@gmail.com	
CLAIRE PAK (Secretary)	301 602-7573	claire0618@gmail.com	
TED BECHTOL	301 871-3679	tedbechtol@yahoo.com	
STEVE JENNISON	301 919-9278	hsjennison@gmail.com	
RODNEY OO	-	rodzoo88@gmail.com	
ANDREW POPADICH	-	popadichaj1@gmail.com	
PATRICK WELTEROTH	570 419-2590	patrickwelteroth@gmail.com	



Bel Pre Recreational Association Officials			
Administrative Assistant	vacant		
Assessment Assistance Committee Chair	DAVE PULLEN	treasurer4bpra@gmail.com	
Audit Coordinator	MARK FORAKER	mark4aker@hotmail.com	
Block Party & Spring Thing Coordinator	vacant		
Entertainment & Recreation Committee Chair	CHRIS SWAN	301 871-1113	
eSoft Planner Coordinator	KAREN PURDY	BPRAPool02@gmail.com	
Finance Committee Chair	DAVE PULLEN	treasurer4bpra@gmail.com	
Governing Documents Committee Chair	ELLIOT CHABOT	301 871-1113	
Grounds and Landscaping Coordinator	TED BECHTOL	301 871-3679	
Long Term Planning Committee Chair	KAREN PURDY	301 603-9604	
Mapmaster	PAUL SPELMAN	240 447-7758	
Neighborhood Dispute Resolution Committee Chair	PATRICK WELTEROTH	570 419-2590	
New Member Recruitment Coordinator	vacant		
Nominating Committee Chair	Mark Foraker	mark4aker@hotmail.com	
Pavilion Scheduler	CARMEN WONG	301 523-0485	
Pet Waste Station Coordinator	JACKIE FARY-MOELLER	jfarymoeller@aspengroves.com	
Pool and Recreational Facilities Committee Chair	Jay Staggs	301 603-0304	
Pool Property Helpers Coordinator	JOE MOELLER	moellerhj@aspengroves.com	
Tennis and Pickleball Courts Committee Chair	DAVE PULLEN	treasurer4bpra@gmail.com	
Tennis Courts Keys Distributor	JIM EATON	240 743-8480	
Trunk or Treat Coordinator	CHRIS SWAN	301 871-1113	
Webmaster	BILLY RUPPERT	301 332-4901	

The President's Corner

by Nancy Bechtol
President, Strathmore Bel Pre
Civic Association

Most of us are ready for spring by this time of year, but truthfully our winter has been so warm, and we have had the luxury of many springlike days. Days like this remind me of the summer fun which our neighborhood is known for with the Spring Thing event, the return of our spring yard sale, swim



team fun and summer movies right around the corner. Most of our activities center around our pool facilities and attending these activities is a wonderful way to meet your fellow neighbors.

The Bugle - Editor(s) Needed

The best way to keep informed about these activities is by reading *The Bugle*. Both CHRIS SWAN and assistant editor Elliot Chabot have been our editors of *The Bugle* for over 10 years and have developed this publication into such a resource for our community. These two do so very much for our community, but *The Bugle* is a huge job that requires talent, passion and persistence, and is their signature contribution. Lucky for us all, they both have an abundance of talent and passion to keep us all informed. At the end of this year, coinciding with the publication of the Fall 2023 edition, they have both decided to retire from their editorial roles. We we are looking for someone to take over their positions (Editor and Assistant Editor). Everyone in this neighborhood owes these two our sincerest thanks for producing our *Bugle* all these years! A job well done indeed!

Dues? Time to Join the Civic Association!

The annual call for membership dues for both the Bel Pre Recreational Association and the Strathmore Bel Pre Civic Association are due by end of March. We hope everyone will join our Civic Association! The dues are only \$20.00 and we are able to do so very much for our community with these dues. Just look through this edition of *The Bugle* to see what is already advertised and being planned for this spring/summer season. Historically only about a third of our community join the SBPCA each year. Let's work to change this statistic this year by paying your Civic Association dues in conjunction with paying the Recreational Association assessment this year.

Join the Strathmore Bel Pre Civic Association

The Civic Association is a voluntary body, which aims to represent and inform the community in local civic affairs. In contrast, the Bel Pre Recreational Association is a mandatory body, which you generally join when you buy your house. Rec Association annual dues maintain the pool and pool properties.

Membership Dues are just \$20 per year

Why Join? The Civic Association:

- > Publishes The Bugle
- Hosts the strathmorebelpre.org web site
- Runs the Civic Association listsery
- Organizes the Yard Sale, the July 4th Events, the Summer Movies and Concerts

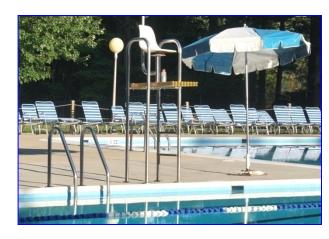
We need your support! Help sustain these community services!
Contact LINDA BEA at (301) 460-0497 or a Civic Association Board Member listed on page 2.

by Karen Purdy, President Bel Pre Recreational Association



Most of the information in this article (and more) can be found on <u>StrathmoreBelPre.org</u>. See the "Pool" and "Rec Association" menus at top right for information specific to the BPRA and its

facilities. If there is information you would like to see on the website that is not already there, or you have comments regarding the StrathmoreBelPre.org website, please send your suggestions to BPRAPool02@gmail.com.



2022 Annual General Membership Meeting and Board Member Elections

On November 17, 2022, the Bel Pre Recreational Association (BPRA) held its Annual General Membership Meeting, which included the election of 4 trustees, a BRPA year in review, an overview of the 2022 Reserve Study, and a question-and-answer session. The meeting was held via Zoom, with votes cast by drop-off or mail-in ballots.

Typically, 3 Board members are elected every year. This year, due to a vacancy on the Board, we elected 4 Board members: 3 candidates were elected to 3-year terms and 1 candidate was elected to complete the 1 year remaining in the term of the vacant Board seat. Congratulations to Andrew Popadich, David Pullen, Jay Staggs, and Patrick Welteroth, for their election to the BPRA Board. Andy, Dave and Jay will serve 3-year terms. Patrick will complete the remaining year in the seat vacated by former board member Maria "Cookie" Stagnitto.



2022 Officer Elections and Town Hall Meeting

On December 8, 2022, at a very short meeting on Zoom, the BPRA Board elected it's officers: President KAREN PURDY, Vice President JAY STAGGS, Treasurer DAVID PULLEN and Secretary CLAIRE PAK. Many thanks to the outgoing BPRA Board members, MARK FORARKER and CHRIS SWAN, for their service to the BPRA and the community, and MARIA STAGNITTO, who left earlier in the year.

Following the BPRA Board Meeting, the BPRA and the Strathmore Bel Pre Civic Association (SBPCA) held a joint Town Hall meeting via Zoom. Numerous community members participated by welcoming new homeowners and discussing a number of topics.



Information about the annual meetings can be found at https://www.strathmorebelpre.org/annual-meeting.

From the community home page (www.strathmorebelpre.org), hover over "Rec Association" at top right, and then choose "Annual Meeting 2022" from the dropdown menu.

Information about the 2023 Annual Meetings will be posted in the early fall.

- Continued on page 6 -

(continued from page 5)

Annual BPRA Assessment Mailing

BPRA Assessment

By now, you should have received your annual BPRA Assessment notice. The annual assessment of \$375 is due **March 1, 2023**. Please pay your assessment on time. Most of you do, and we thank you. If we do not receive your payment by **March 31**, your account will be subject to a \$37.50 late fee, interest of 6% per annum (\$1.88/month) and all



collection costs. In addition, access to the pool and related facilities is not permitted for households with accounts in arrears

The Annual Assessment Notice and related information can be found at https://www.strathmorebelpre.org/annual-assessment. From the community home page (www.strathmorebelpre.org), hover over "Rec Association" at top right, and then choose "Annual Assessment 2023" from the dropdown menu. The Annual Assessment page includes the Annual Assessment Notice, a "How do I...?" section, links to online payment instructions, and the BPRA Collections Policy, and more. The Annual Assessment page is updated no later than mid-January each year.

Online Payment and Household Information Submittal Options

Again, this year, you can pay your assessment and/or submit all the information requested on the annual assessment form online in our eSoft Planner Member Portal.



Please note, there will be a separate payment transaction for each Swim Membership Enrollment (BPRA Assessment, Civic Association Membership, Pet Waste Station, Strathmore Bel Pre Dolphins, Summer Entertainment Series) that you select. We expect to have a "Shopping Cart" and single check out for all enrollments in future years following an eSoft Planner system upgrade.

To best serve our members, it is important that we have up to date household information including owners' names, phone number, mailing address (if different from your BPRA Property address) and email address. See StrathmoreBelPre.org/annual-assessment for more information and instructions on how to submit your information and/or pay your assessment online. Online options will be available until at least **April 30**.



All online payments are done through the BPRA eSoft Planner portal. A link to the eSoft Planner login page can be found in the follow places on https://www.strathmorebelpre.org/

- the drop down list under the "POOL" menu.
- From the community home page (<u>www.strathmorebelpre.org</u>), hover over "Pool" at top right, and then choose "eSoft Planner Login Page" from the dropdown menu.
- https://www.strathmorebelpre.org/dues-help/#online-options
- https://www.strathmorebelpre.org/pool-access-esoft (bottom of the page)

Strathmore Bel Pre Civic Association (SBPCA) Membership Dues

You can pay your SBPCA membership dues when you pay your BPRA Annual Assessment. While the BPRA and SBPCA are separate entities, both associations work for the good of the community and collaborate on many community events and efforts. Combining the BPRA and SBPCA dues mailings reduces mailing costs for both the BPRA and SBPCA. Please consider supporting a great organization by joining the SBPCA. See page 4 for more information from SBPCA President Nancy BECHTOL. If you are interested in more information about what the SBPCA or BPRA do, please see pages 2 and 3 of each edition of The Bugle. — Continued on Continued on page 15 —

Your Dolphins

by Lisa Mantel Secretary, Strathmore Bel Pre Dolphins

Some of us may be missing snow this winter, but the Strathmore Bel Pre (SBP) Dolphins are already thinking about summer. Our swim season will begin just after Memorial Day, and we can't wait to get back in the pool.

If you are new to the Strathmore Bel Pre community, then we would like to introduce you to our neighborhood swim team, the SBP Dolphins. The team was founded in 1969, and has been home to over 1,000 swimmers. Many of these summer swimmers competed for the first time as Dolphins, and then went on to swim for their high schools, colleges, U.S. Swimming club teams, and even at the U.S. Olympic Trials. The SBP Dolphins compete in the Prince-Mont Swim League, swimming in meets from early June through the end of July. You can read a detailed history of the Dolphins swim team online at https://sbpdolphins.swimtopia.com/history, written by our neighbor and team patriarch, PAPA JOHN KOMINSKI. The 18-chapter history covers the story of the Dolphins from 1969 through 2018.

Dolphins swimming is a wonderful summer tradition in the SBP community and the team has inspired many long-lasting friendships in the neighborhood. We share a love of swimming at early morning meets and practices, eating lots of pasta on Friday nights, wearing crazy costumes, and cheering loudly for our teammates. If this sounds like fun, then please join us! The SBP swim team is open to all Strathmore Bel Pre community children ages 4 to 18.



Learn to Swim

If your child cannot swim, that's no problem! The Lil' Dolphins is the SBP Dolphins pre-team, where young children ages 3 to 7 can learn water safety and acquire the basic swimming skills that will prepare them to become full-fledged members of the swim team! The children will work directly with Dolphins coaches, taking group lessons based on a curriculum designed to prepare them to compete with the team.

More Information?

If you'd like more information, please contact any member of the Strathmore Bel Pre Dolphins Swim Team Association Board of Directors. Our email addresses appear below, and we are happy to answer any questions you might have about swim team participation.

SBP Dolphins Swim Team Association Board of Directors

PAUL SPELMAN President pbspelly@gmail.com
CHRIS HUFFINE Vice-President huffine@gmail.com

LISA MANTEL Secretary <u>lisamariemantel@gmail.com</u>

DENISE REYES Treasurer <u>casareyes1@gmail.com</u>

KAREN PURDY "A" Meet Manager <u>klpurdy@hotmail.com</u>

Watch future issues of *The Bugle* for more Dolphins news, and visit the Dolphins website (https://sbpdolphins.swimtopia.com/) for news about registration and other events. We can't wait to see you at the pool!



Want to learn more?

- Join us for a small group tour on Wednesdays
- Save the date and attend Open House on April 22

Register at barrie.org/admission



barrie.org



June 20-Aug 11
Registration is now open for ages 3.5 to 14

barrie.org/camp

13500 Layhill Road • Silver Spring, MD \ Bus Transportation & Extended Day Available \ admission@barrie.org \ 301.576.2800

Boy Scout Troop/Cub Scout Pack 763

by Jackie Fary-Moeller

Mulch Sale

Boy Scout Troop 763 will be having our mulch sale with deliveries on the afternoon of Friday, **March 24** and the morning of Saturday, **March 25**, as well as **April 28-29**. It will be very similar to past years — we will be selling natural shredded mulch for \$6 a bag, no minimum number required. Bags of mulch will be placed alongside your driveway or front walk. Place an order by emailing moeller@aspengroves.com or by calling (301) 603-7387. We accept cash, checks made out to Troop 763, or ask about PayPal or credit card options. Checks can be dropped off at 2812 Blue Spruce Lane — we have a locking mailbox so your check will be safe. This fundraiser covers the cost of camping, equipment and keeps dues low for our Scout families. Thanks for your business! Joe and Jackie Moeller, on behalf of Troop 763

Eagle Scout projects

Troop 763 has had a very busy fall and winter with 4 Eagle Scout projects completed (Eagle Scout is the highest rank in BSA Scouts, culminating in a leadership service project).



DARIUS GICHURU, who will be graduating Kennedy High School this year, completed his project in a historic African American cemetery behind Waves of Glory Church on Muncaster Mill Road, right across from St. Patrick's Church. I learned a great deal at this Eagle project, as the area at the corner of Georgia Ave and Norbeck Rd was called Mount Pleasant and was founded by enslaved people (read the full history at https://jmpumc.org/about-us/history/). Now owned by the Maryland-National Capitol Park and Planning Commission, there is a small recreation center and playground there. Park next to the center and you can easily walk back to the cemetery, which was purchased in 1895 and the death dates for the markers range from 1893 to 1961. The cemetery is now maintained by the Jerusalem-Mount Pleasant United Methodist Church in Rockville. DARIUS'S Eagle project mapped

the cemetery property, cleaned the headstones, removed debris and even unearthed a previously unknown headstone. The mapping was finalized by posting on sites such as <u>Ancestry.com</u> and <u>FindaGrave.com</u>.

LUCAS MOELLER has built an aviary at Meadowside Nature Center for a black vulture named GILLIS. She is a fully flighted vulture that has imprinted on people and so cannot be released to the wild. You will be able to see her doing educational programs at the nature center. The flight cage aviary that LUCAS built for her will allow her to exercise and make her very visible to the public when she is in it. Go check it out!

Angela aka Angie Vaught 301-787-2088 Angelavaughtl@aol.com



Swim Instructor: Private lessons, Strathmore Bel-pre pool, and Montgomery County Olney. Pet Sitting, House Sitting Services. Dogs (most), cats, birds, and small animals.

I live in your neighborhood! References upon request



- Continued on page 12 -

President's Column

(continued from page 4)

Civic Runs On Volunteers!

While your dues fund the actual costs for the work of the Civic Association, activities happen because of the many volunteer hours the Civic board and members of our community contribute to our neighborhood each year. This is how the real work gets done!



Community Representation at the Montgomery County Civic Federation

NICOLE BANKS is now attending the Montgomery County Civic Federation meetings as our community representative, and will be reporting on them in *The Bugle*. It is important to follow the work of this important organization and to make sure our needs are communicated. We all owe NICOLE a huge thank you for serving. MAX BRONSTEIN superbly served our community for decades in this capacity, has and worked tirelessly to find someone interested in representing our community.

July 4th Celebration Volunteers Needed!

NICOLE COLE and LUBA DOWHALUK have joined forces with LILLA HAMMOND to organize this year's **4**th **of July** parade and games at the pool. They are looking for volunteers in our neighborhood to continue this 4-decade-long-standing tradition and take the reins to continue to lead this fabulous celebration into the future. Please let them know if you are interested.

Village Group Continues to Meet

KRISTI HULLINGS continues to lead a group of dedicated volunteers in starting a Strathmore Bel Pre Village. This group of talented volunteers meet monthly on the second Thursday of each month. They are eager to plan social activities and other types, of support, but need more input from the community. See KRISTI's article on page 13 in this issue of *The Bugle*.

New Neighbor Program Under Development

SUZANNE LAWSON, DAVE PULLEN, CHRIS SWAN and ELLIOT CHABOT are collaborating to consider and create systems to welcome new neighbors to our community and to provide them with information about our community and how best to meet fellow neighbors. We look forward to hearing more as this new program develops.

Lower Speed Limits in our Neighborhood

BRITTNEY HORSLEY has been working for several years with the Montgomery County Department of Transportation (DOT). Thanks TO BRITTANY, DOT conducted a road study in our neighborhood of our speeding issues. This study found that our neighborhood speed limits were too high. As a result, in April, our speed limits will be 20 miles per hour.

Needed: More Ideas and More Volunteers

This is just a few of the new volunteer efforts, but just look at how much difference these efforts are making to our neighborhood! What can you do to improve our neighborhood? Perhaps this gives you some ideas, or you can join forces with these folks to help them make these improvements even better.

In Memoriam

We lost an outstanding Civic Board member recently, BILL HAMMOND. He passed away in November 2022. BILL was editor of *The Bugle* for many years, and with his wife, LILLA, ran our 4th of July Celebration each and every year. See his tribute in this issue of *The Bugle*, page 21.

Want to See a Snake?

by Cecily Nabors

The guy on the right is STEVE THE SNAKE, named by a young park-goer. STEVE is a northern watersnake that hung out last year near the Henson Trail steps by SBP's wetland pool. Rust-colored mud muted his banded markings, but STEVE was a crowd-pleaser.

Snakes are mostly sleeping these days but will be waking up soon. I'm looking forward to it.



In our area, snakes pass the cold boring winter in a dormancy called brumation: it's different from hibernation, as snakes don't sleep straight through but have periods of activity. On mild winter days, snakes may wake, move out of their dens to bask on sun-warmed rocks, and even take a quick drink before returning to sleep.



Snakes are sociable creatures and may share their shelters. Garter snakes like this one (note the yellow stripes) often den together. Warmth, longer day-length, and an increased throb of life may cause them to emerge from brumation at the same time. One of my neighbors came outside one spring day and was startled to find several garter snakes at the edge of her yard under some trees. Recently emerged, they soon dispersed and went about their snaky business.

The only venomous snake in our part of Maryland is the copperhead. Its hourglass markings make it easy to identify, but I've never seen one in our SBP

neighborhood. Many people worry that STEVE THE SNAKE and other northern watersnakes seen near the bridge over Bel Pre Creek are venomous cottonmouths, often called "water moccasins." They are not! Cottonmouths do not range as far north as Maryland.

The two canoodling northern watersnakes on the right are doubtless thinking about making baby snakes. Some snake species lay eggs, but female watersnakes (larger than males) give birth to live young.

Our small local wetland and suburban yards may host many different snakes. We're lucky to have them! Dekay's brownsnakes, ring-necked snakes, garter snakes, and many others eat a lot of insects, worms, and frogs. Big black Eastern ratsnakes perform expert varmint removal, as their name implies. In turn, snakes are also food for predators like owls and hawks.



Snakes play an important role in our ecosystem and the stabilization of local food-webs. It won't be long before they are out and about again. We can watch their smooth sinuous movement, forked tongues testing the scented air, lidless eyes intent. Want to see a snake? I do.

Scout Troop/Pack 763

(continued from page 9)

Henson Trail cleanup

Cub Scout Pack 763 (elementary age kids) had a great MLK Day of Service at the nearby Matthew Henson trail. There were 37 people in total who removed over 30 bags of garbage and recycling, as well as multiple metal items including an old bed frame and springs. It was a great success!

More Eagle Scout projects



A huge thank you to the Strathmore Bel Pre community for their generous donations for Bob Revoe's Eagle project, which collected much needed supplies for the people of Ukraine. Bob collected 42 LARGE boxes of flashlights, batteries, sleeping bags, tents, blankets and warm clothing along with \$925 that will be used to purchase generators. Bob and his fellow scouts organized, labeled and delivered all the supplies to a local warehouse before it was shipped to Ukraine.

MICHAEL FERNANDES built a picket fence for a gardening area for Redwood Montessori Academy at Living Faith Lutheran Church on Veirs Mill Road. The staff and parents are incredibly thankful, as the area was near a busy parking lot and now keeps the students much safer as they do their outdoor lessons. Shown in the photo are JOEY MOELLER, MICHAEL, and LUCAS MOELLER (who met at Redwood Montessori), in front of the custom- built gate for the fence.





Advertise in The Bugle

The Bugle reaches all 750+ homes in the Strathmore Bel Pre Community four times per year. Call John Bogasky at 301-460-1604, or email him at johnbogasky@hotmail.com to ask about advertising in The Bugle

Bugle Advertising Rates	A	nnual Rate	Is	ngle sue late
Business Card (1/8th page)	\$	140	\$	50
Quarter Page	\$	200	S	70
Half Page	\$	250	\$	85
Full Page	\$	325	\$	125

Sharing Secrets to a Happy Life

by Kristi Hullings





Scientists have unlocked the secret to happiness: relationships.

"What makes us happy in life?" To learn the answer, researchers closely tracked hundreds of subjects for over 75 years in the renowned Harvard Grant Study. Surprisingly, the factor most likely to predict one's joy in life was not socioeconomic status, genetics, intelligence, education, or habits. Instead, scientists discovered the most influential contributor to a happy and healthy life is quality relationships.¹ Conversely, the study also found loneliness to be as detrimental to human health as smoking and substance abuse.

Humans are social beings; even extreme introverts benefit from some amount of interaction with others. Harvard's deep dive into happiness revealed that it takes more than romantic intimacy to achieve fulfillment. In fact, researchers identified six additional categories of relationships that provide different types of support and engagement.² Study participants living the longest and happiest lives had relationships satisfying every category. (Categories listed in table <u>below</u>)

Give joy, get joy...and then some!

Surrounding ourselves with supportive friends does bring us joy. What is even more remarkable, however, is that we become even happier when we are the ones giving support to others. This was the conclusion reached by physicians TRZECIAK and MAZZARELLI, authors of the 2022 book *Wonder Drug: 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself.* These doctors compiled and analyzed 280 scientific research studies of compassion. In study after study, the evidence was clear: helping other people has lasting positive impacts on the helper's mental and physical health.

People who intentionally and routinely serve others have what TRZECIAK and MAZZARELLI label a "live-to-give" mindset. When altruistic people conduct acts of kindness, special chemicals are released in the brain and throughout the body, producing life-changing results. Compared to research subjects who were less other-focused, live-to-givers consistently experienced:

- Stronger relationships.
- Less inflammation.
- More energy & stamina.
- Less cognitive decline.
- Better ability to handle stress.
- Less burnout & depression.
- Better ability to fight disease.
- More professional success.
- Less pain.
- · Faster healing.
- · Happier lives.
- · Longer Lives.

Introducing a Village for Strathmore Bel Pre

We are fortunate to have our own recreational and civic associations, as well as our local Scout troop and swim team, and our local parent teacher associations. The dedicated volunteers who run these associations keep our neighborhood inviting and engaging by maintaining the recreational facilities, sponsoring community social events, hosting platforms for communication, and disseminating information.

Yet, many people feel stressed and alone in this country. That doesn't have to be the case here in Strathmore Bel Pre. The Village model is being introduced within our community, to build on what already exists and to confront isolation, so that no resident feels alone. Neighbors in our community should have opportunities to develop relationships that check all the boxes for attaining a sense of *support*, *belonging*, *and purpose* - the relationships scientifically proven to lead to health, happiness, and longevity.

- Continued on page 14 -

Happy Life

(continued from page 13)

Create Your Own Group?

This summer, the proposed Strathmore Bel Pre Village will facilitate the formation of shared interest clubs. Whatever your age, interests, hobbies, or needs, you are bound to find neighbors in our community who share your same passions. With over 780 homes in this wonderfully diverse community, you may also meet people with different talents who inspire you to grow in new ways. The Villagers



will be supporting our communitywide social traditions, and are hoping to assist those in need as well.

Survey Coming in May. See You at the Spring Thing!

Look for our survey in the May edition of *The Bugle* to learn more, and please join us at the Spring Thing. Better yet, volunteer to help!

How Many Relationship Category Boxes Can You Check?

Find HAPPINESS in quality relationships that meet all needs	Find SUPPORT by fostering relationships with a variety of people	Find PURPOSE by intentionally supporting others (and reap all the health benefits of practicing the live-to-give mindset)
Safety & Security	People you can contact in an emergency	Introduce yourself to immediate neighbors and provide your name and phone number in case of emergency
Shared Experience & Identity Affirmation	Find your <i>Tribe</i> - those who give you sense of BELONGING, peers with similar interests	Join or host a community club, outing, co-op, outreach, fitness group, sports league, or jam session
Emotional Closeness & Confiding	Empathetic listeners, wise counselors, and trusted friends	Call or check-in on neighbors who are sick or living alone, join a support group, give a caregiver a break by watching their loved one, listen when a neighbor needs to talk
Help (both practical & informational)	People with different talents, skill sets, and attributes that complement your own	Answer neighbor questions, help with a task your neighbor cannot do independently, provide support in a neighbor's time of need, share or loan equipment, monitor a home when neighbor is away, help with kids, pets, or technology, run errands, or share a ride.
Learning & Growth	People who inspire or push you to try new things or who encourage and facilitate the pursuit of your goals	Invite a neighbor to join you in signing up for a club, offer to help a neighbor with homework, demonstrate a hobby or teach someone a skill, or share information and resources others may need
Fun & Relaxation	Playmates	Volunteer to help with a community social event

References

- ¹ Mineo, Liz. 2017. "Good genes are nice, but joy is better." The Harvard Gazette Health & Medicine.
- ² Schulz, Marc, and Robert Waldinger. 2023. "An 85-year Harvard study found the No. 1 thing that makes us happy in life: It helps us 'live longer." CNBC.
- ³ Trzeciak, Stephen, and Anthony Mazzarelli. 2022. *Wonder Drug: 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself*. N.p.: St. Martin's Publishing Group.
- ⁴ Trzeciak and Mazzarelli. "Wonder Drug"
- ⁵ National Institute of Mental Health Disorders, National Institutes of Health. 2023. "Mental Health Disorder Statistics." Johns Hopkins Medicine. *The Bugle* March 2023

(continued from page 6)

Strathmore Bel Pre Summer Entertainment Series Donation

New this year: you can make a Summer Entertainment Series Donation when you pay your assessment online or by check.



Pet Waste Station Donation

Please consider making a small donation towards the Pet Waste Station located near the tennis courts. You can donate when you pay your annual assessment or online in eSoft Planner at any other time of the year. The Pet Waste Station, which is funded entirely by donations, gets a lot of use and having it helps keep our common areas clean.

Strathmore Bel Pre Dolphins Swim Team

Again, this year, the BPRA/SBPCA annual dues mailing included information about the Strathmore Bel Pre Dolphins Swim Team. The Strathmore Bel Pre Dolphins is open to all Strathmore Bel Pre community children ages 4 to 18. The swim team is an anchor for the Strathmore Bel Pre community and is an inclusive, welcoming, supportive, and fun experience. As a convenience to community members, you are now able to donate to the Dolphins Swim Team when you pay your annual BPRA assessment online or by check. Look for more information about the swim team on page 7 and at sbpdolphins.swimtopia.com.

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Pool Opening - Summer 2023

- 2023

Robert Pence Remodeling, Inc.

At this time, we anticipate the pool will open at noon on Saturday, **May 27, 2023**. We expect to operate in accordance with normal Recreational Facilities Policy rules.

Please take a few minutes to familiarize yourself with the Rules before the start of the 2023 swim season. Rules can be found online (see below) and at the pool.





Information about pool hours, rules, facility reservations, activities such as Masters Swimming and Water Aerobics, and more can be found at https://www.strathmorebelpre.org/general-pool-information

From the community home page (<u>www.strathmorebelpre.org</u>), hover over "Pool" at top right, and then choose "General Information" from the dropdown menu.

Information about the pool will be updated as we approach our opening date and throughout the summer. Information will also be posted at the pool.

Continued on page 17 –

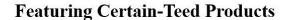
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(continued from page 16)

Volunteers

The BPRA is always looking for members interested in volunteering.

eSoft Planner coordinator(s) – We are looking for one or more people with strong computer and organizational skills to assist with the administration of eSoft Planner, our pool check-in and online assessment collection system. The coordinator(s) will interact with the BPRA Board, pool staff and BPRA members. The bulk of work will be performed between February and September, with significant interaction with BPRA membership in March, May, and June.

Pool Property Helpers – We have a small group of volunteers, led by JOE MOELLER, that do maintenance and repair projects at the pool and tennis courts. We are looking to expand that group. If you enjoy hands on projects, please consider joining this group.



Long Term Planning Committee Members – We need BPRA members to help with the planning of the recreational facilities. IF you have any architecture or engineering background, that would be very helpful.

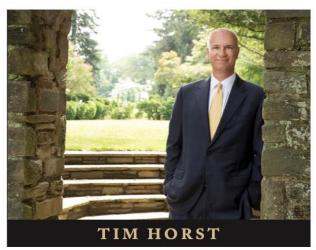
Recreation and Entertainment Committee – We are looking for one or more people interested in working with the Recreation and Entertainment Committee to plan and run community events.

If you are interested in any of these positions, serving on our committees or volunteering in some other way, please contact the appropriate committee chair listed on page 3 or contact me at klpurdy@hotmail.com

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LONG & FOSTER



(continued from page 17)

If you are interested in serving on the BRPA's Board of Trustees, please contact Nominating Committee Chair MARK FORAKER at mark4aker@hotmail.com. He can answer any questions you may have about serving on the Board.





Information about volunteer opportunities

can be found at https://www.strathmorebelpre.org/volunteers

From the community home page (<u>www.strathmorebelpre.org</u>), hover over "Rec Association" at top right, and then choose "Volunteers" from the dropdown menu. Information is updated periodically.

Upcoming Events

See <u>page 1</u> for information about the Spring Thing and the Community Yard Sale. Stay tuned for more information about movies and other possible outdoor events this spring and summer.

BPRA Board Meeting Schedule

The BPRA Board of Trustees normally meets on the first Tuesday of each month, at 7:30 pm. All BPRA meetings will be held via Zoom or at the pool. Please see <u>StrathmoreBelPre.org/meetings-meeting-minutes</u> for updates.

All members of the BPRA are welcome and encouraged to attend the meetings of the Board. A 15-minute period at the beginning of each meeting is normally reserved for members of the Association to speak on any issue you feel is important. If you would like to attend a Board meeting, please contact me at klpurdy@hotmail.com or (301) 603-9604 no later than 4pm on the day of the meeting to be added to the participants list and get Zoom log in information.



The BPRA Board will meet on the following dates in 2023:

Board Meetings:

March 7, April 11, May 2, June 6 at pool, June 20 (if needed), July 11 at pool, July 25 (if needed), August 1, August 15 (if needed), September 12, October 3, November 7, December 5, January 2, 2024.

Board Meeting and Property Walk Through. Saturday, 9am.

Tentative dates, to be confirmed later: March 18 or March 25, or April 15, May 13



The BPRA Meeting Schedule and related information, including preliminary meeting agendas and meeting minutes can be found at https://www.strathmorebelpre.org/meetings-meeting-minutes

From the community home page (<u>www.strathmorebelpre.org</u>), hover over "Rec Association" at top right, and then choose "Meetings & Meeting Minutes" from the dropdown menu.

The full meeting schedule is posted in mid-January each year with updates as needed. Meeting minutes are posted after minutes are approved by the BPRA Board.

Please Support the 2023 Summer Entertainment Series, our 11th season! by John Bogasky

For the past ten years, our Strathmore Bel Pre Civic Association (SBPCA) has sponsored summer movies and concerts on the pool grounds. 2023 will be our 11th season!

Each year, our SPBCA fundraises to make these entertainment events possible. **This year, you can contribute to our Summer Entertainment Series online when you pay your BPRA Assessment.** You can find details in the BPRA's Annual Assessment mailing, and on the <u>strathmorebelpre.org</u> website. If you prefer to send a check, mail it to JOHN BOGASKY at 2308 Eagle Rock PI, Silver Spring, MD 20906. Make your check payable to SBPCA. If you have questions, email JOHN at <u>johnbogasky@hotmail.com</u>.

We plan a reduced movie schedule this season to align with last year's decline in fundraising. We plan three movies and two concerts. We will add movies if this year's fundraising allows. We are hopeful that the BPRA's new online contribution tool will help more families support this annual tradition.

Our SBPCA uses the five sponsor levels at right to recognize our donors. We recognize all sponsors on a Thank You banner that we hang at Summer Entertainments events and publish in *The Bugle.* You can see our 2022 Thank You banner below.

Summer Entertainment Sponsor Levels		
SBP Superstar	\$500	
Community Champion	\$250	
Oscar Winner	\$100	
Band Leader	\$50	
Super Fan	\$25	



As we did in 2022, we plan to poll the community to help us select this summer's movies. Watch the SBPcivic listserv for the poll's release. We plan to announce the movie schedule in the May *Bugle* and on the SBPcivic listserv, after we know the results of this year's fundraising.

Thank you to our sponsors and volunteers who have made our past Summer Entertainment seasons possible. We look forward to another great season this year. See you at the pool!



Strathmore Bel Pre Speed Limit: What's the Rush?

by Brittney Horsley

Last Fall I was taking my dogs on our evening walk, as had become our tradition. We'd grown to look forward to this time of day, getting our daily exercise, enjoying the beauty of our neighborhood as the sun set slowly, hearing children laughing and playing, my dogs trying their hardest to be good boys as we passed a family of deer, and saying hello to neighbors who seemingly with the same routine as us. Suddenly, I heard a car



approaching us from behind, the engine becoming louder and louder. I quickly ducked behind a car parked on the street and into a neighbor's driveway to avoid any incident. Frightened and frustrated, I yelled out "SLOW DOWN" as the car sped past us and down Birchtree Road. My dogs were unrattled and eager to continue our journey, but I couldn't say the same for myself. Unfortunately, this had become a nightly occurrence; different cars, different drivers, but the same situation: people were driving way too fast in our neighborhood. I knew that winter would be soon approaching, bringing earlier sunsets and darker conditions and the reality that our daily walks would no longer be safe.

The reality is, even the posted speed limit of 25 mph is too high for most of our residential area. Roads like Hewitt and Beaverwood that have a sidewalk on each side and extra wide roadways for street parking are less of an issue, but on other more crowded streets, it's simply not safe. This poses a danger to not only pedestrians and dog walkers like myself, but the children and elderly in our neighborhood as well. Not to mention, with the large population of deer roaming our streets, drivers are at higher risk of hurting themselves and wildlife.

So far, concerned members of our community have weighed in with their experiences dealing with speeding in our neighborhood and we've contacted Montgomery County Department of Transportation to conduct a road study in our area. We're happy to say that the county has acted swiftly and agreed that the speed limit in SBP is too high, and will lower the speed limit in our neighborhood to 20 MPH. We can expect all signs to reflect the new speed limit by the end of April. Additionally, we've taken the issue to the county planner to discuss other potential solutions to make our community more safe in accordance with the MD Vision Zero initiative. Our hope is that our community leaders will show commitment to keeping SBP safe and will work with us for a multi-pronged solution to speeding in our neighborhood.



In the meantime, we can do a few things ourselves to keep our community safe:

- 1) Be mindful of your speed when driving through our neighborhood and driving past pedestrians. Consider slowing down as you pass others, especially where there are no sidewalks, to ensure the safety of all.
- 2) Some neighbors have signs indicating vehicles should slow down like those seen above. If you're interested in purchasing one for your street, you can find them in many local hardware stores as well as online on sites such as Amazon.
- 3) Practice safety while walking on the road by wearing reflective gear, carrying a flashlight at night and ensure children have on safety gear while riding bicycles.

Join Us!

If you're interested in joining our campaign for safer driving in SBP, please feel free to reach out to BRITTNEY HORSLEY (<u>bsthorsley@gmail.com</u>) to share ideas and suggestions! We'll continue to update the community on our progress here in *The Bugle* and in the SBPCA listserv.

In Memoriam: Bill Hammond



BILL at a 4th of July event. Notice the camera in his hand.

WILLIAM M. HAMMOND, known in our community as "BILL HAMMOND", passed away on November 27, 2022, the weekend after Thanksgiving. We have lost a good neighbor and friend.

Long-time Civic Association Board Member

BILL supported our Strathmore Bel Pre Community in many ways over the decades. First, he joined the Strathmore Bel Pre Civic Association (SBPCA) Board in 1987. His Civic Association Board membership would last for some 35 years. He was the Board's Vice President from 2007 to 2022.

Bugle Editor and Webmaster

BILL worked with AL RITTER, the SBPCA President at the time, to write, edit and get *The Bugle* published each and every month. The two of them would meet on the weekend, compare their notes, select their best stories, edit them and format them for printing. BILL acted as editor of *The Bugle* from 1988 to 1994. BILL launched our community's first website, and served as the Civic Association's webmaster from 2010 to 2014.

4th of July Co-Chair

BILL served as Co-chair of our 4th of July celebration for many years, helping out where he was needed, and taking lots of excellent photos of the events each year. He also was a great photographer. When asked his secret to such good photos, he answered that he only kept the good ones.

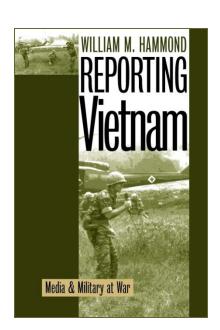
Military Historian and Teacher

Professionally, BILL worked for the Department of the Army as a military historian, specializing in the relationship between the military and the media, with a focus on the Vietnam War. He also taught classes in the honors program at the University of Maryland for many years.

His favorite topics were American history, religion and theology. Those close to BILL, knew that he was happy to talk about, explain, and share his opinions on many a subject. His favorite topics were American history, religion and theology, and, of course politics.

Painter and Story-teller

BILL also loved to paint, using watercolor, oil and pastel. He inspired his children to be artists. Simply put, he truly enjoyed just being with people. In later years, he spent much time with his family and, of course, his grandchildren. They loved him and his many stories of fictional characters, including "Rodney the Reindeer" who would possibly steal the children's presents at Christmas if they weren't being good. We will truly miss BILL!



More information about BILL can be found is in his obituary in *The Washington Post*, Tuesday, December 13, 2022.



Mark your calendars!

Strathmore Bel Pre's 2023 July 4th Celebration will be on a Tuesday

The Strathmore Bel Pre community comes together every year to celebrate our country's birthday on July 4th!

Events for everyone:

Flag ceremony the children's parade possible car parade live entertainment field games

As we start planning this year's celebration, let us know whether you are interested in receiving updates or being a part of the events.

Our 4th of July event has lots of opportunities to meet your neighbors, have fun, celebrate, and enjoy a wonderful summer day together.

Get the latest news about our July 4th plans!

Send your contact information (name, email and phone number) to:

Nicole at <u>mzcole77@gmail.com</u> or Luba at <u>Lubadowhaluk@gmail.com</u>.



THANK YOU!!

We look forward to hearing from you!!
The Strathmore Bel Pre July 4th Celebration Committee





