

The Bugle



Published by the Strathmore Bel Pre Civic Association
March 2024

Volume 56 #1

Spring Thing May 11, 2024

(Rain Date May 12)

Open House, Community Social, and Festival



You Are Invited – 2 pm 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 show us what they do. We will have booths and fun from the Scouts, the Dolphins, our Rec and Civic Associations, SBP Village and more. Find out what's going on in the community and get ready for Summer!

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

Everyone is 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!

Pool Opening - Summer 2024

At this time, we anticipate the pool will open at noon on Saturday, **May 25, 2024** and will operate in accordance with normal Recreational Facilities Policy rules.

Contents (with clickable page links!)	
Spring Thing	1
Community Yard Sale	1
SBPCA Board	2
BPRA Board	3
President's Corner	4
Recreational Association News	5
Your Dolphins	7
BSA Troop/Cub Scout Pack 763	9
The Gold of Finches	11
SBP Village Happenings	13
Glenmont Exchange News	15
Preventing Identity Theft	16
Happy, Healthy, Less Stress	17
Welcome Newcomers	19
Choose 2024 Summer Movies	20
Editor's Corner	23



**Community
Yard Sale
June 8**

(Rain Date June 9)

Spring cleaning? Have items to sell? Save them for the Spring Community 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' locations. Contact LINDA BEA at (301) 460-0497 or linda.k.bea@verizon.net for more info.

Details in the May *Bugle* as well.

THE BUGLE

PUBLISHED BY THE STRATHMORE BEL PRE CIVIC ASSOCIATION SINCE 1969

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The Bugle is published four times a year, in March, May, June, and October. Please contact KATHY EMERY if you have comments on *The Bugle* content or would like to submit an article for *The Bugle*.



Civic Association

P.O. Box 6836, Aspen Hill, MD 20916
Annual SBPCA membership: \$25.00
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 listserv; 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.

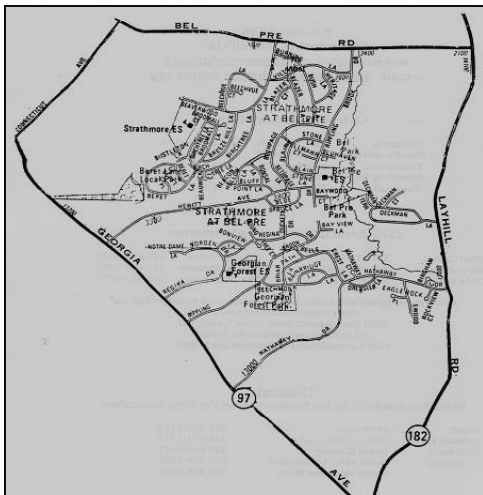
The SBPCA Board of Directors normally meets on the fourth Tuesday of each month at 7:30 pm on Zoom. The Civic Association's annual meeting is in November just before the BPRA annual meeting.

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 at johnbogasky@hotmail.com. You must be an SBPCA member to join the SBPcivic listserv.

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

Community Directory and Yard Sale: Contact LINDA BEA at linda.k.bea@verizon.net or (301) 460-0497.

July 4th Activities: Contact LILLA HAMMOND at (301) 518-7818.

SBP Village: Contact KRISTI HULLINGS at SBPvillage@gmail.com.

New Residents Welcome Committee: Contact SUZANNE LAWSON at suzanne57lawson@gmail.com or (301) 915-7775.

Pedestrian Safety: Contact BRITTNEY HORSLEY at bsthorsley@gmail.com.

Bel Pre Recreational Association

Established in 1966, the Bel Pre Recreational Association (BPR) is the homeowners' association for most of the Strathmore at Bel Pre properties. The BPR runs our community 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.

BPR Board and committee meetings are announced at <http://strathmorebelpre.org/meetings-meeting-minutes>. Board meetings are normally the first 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 first Tuesday of December, at 8 pm, on Zoom. Correspondence can be sent to the BPR 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
CHARLIE MEININGER	-	charlesmeininger@gmail.com
RODNEY OO	-	rodzoo88@gmail.com
ANDREW POPADICH	-	popadichaj1@gmail.com
CHRISTINE TYLER PELL	-	christine.tylerpell@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	CHARLIE MEININGER	charlesmeininger@gmail.com
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	BPRAPool04@gmail.com
Pet Waste Station Coordinator	JACKIE FARY-MOELLER	jfarymoeller@aspengroves.com
Pool and Recreational Facilities Committee Chair	JAY STAGGS	301 603-0304
Pool Gardening Group	SANDY FLEMING	sfleming04@hotmail.com
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	jeaton6365@gmail.com
Trunk or Treat Coordinator	Vacant	
Webmaster	BILLY RUPPERT	301 332-4901

The President's Corner

by Nancy Bechtol

President, Strathmore Bel Pre Civic Association



Hopefully, everyone reading the Bugle this month has already renewed their BPRA Assessment for this year and also checked the box on the form to join or renew their SBP Civic Association membership. 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 for homeowners whose annual dues are used to maintain the pool and pool property.

The annual dues for SBPCA membership are the best deal in town. For a mere \$25.00 per year, you receive *The Bugle*, our community newsletter, and have access to our listserv which helps everyone stay in communication throughout the year, and especially between editions of *The Bugle*. Only about one third of our community are members of the SBPCA and we would love for more households to join.

SBP Civic Association Listserv Access

When you join the SBPCA, if you also provide your email address, you are automatically invited to join the community listserv. By joining the listserv, you will receive community updates and access to an electronic version of *The Bugle*. SBPCA does not provide your email address to any other organizations. If you didn't join the SBPCA when you paid your BPRA assessment, please contact JOHN BOGASKY (johnbogasky@hotmail.com) to join the SBPCA or participate in the listserv if you are already an SBPCA member, so that you don't miss out on timely important updates that affect all residents of our community.

The Bugle Newsletter

The Bugle comes to your door four times a year, in March, May, June and October. Dedicated volunteers deliver *The Bugle*, but the printing and paper are not free. For over 40 years, *The Bugle* has been our community newsletter, and we need your support to keep this tradition alive and well. This spring edition of 2024 is KATHY EMERY's first as our new editor. Both CHRIS SWAN and ELLIOT CHABOT have turned over the reins to Kathy and helped her transition as the new editor. We cannot thank these three folks enough for all they do to keep our neighborhood informed and I look forward to many new and exciting editions under Kathy's leadership in the years to come.

New Neighbors

If you are new to the neighborhood, please reach out to SUZANNE LAWSON at suzanne57lawson@gmail.com or (301) 915-7775. She has organized a welcome committee and is eager to welcome you and your family/partners/housemates. She is happy to stop by for a visit in person if you are interested or to just chat on the phone or via text to help answer any questions you might have regarding anything neighborhood related. She is a very positive person and a great person to add to your contact list as a new neighbor. New residents also receive a free trial SBPcivic listserv membership through the end of the membership year (March 31).

SBPCA-Sponsored Activities

The SBPCA organizes many community events throughout the year. We are busy planning our early summer events and cannot wait to see everyone at Spring Thing on **May 11**, the first movie of the year on **June 1**, or the Community Yard Sale on **June 8**. Thanks to KRISTI HULLINGS and her Villages Project committee, we have had many events all winter long this year. Hopefully, you have made it to one of our Volkswalks on the first Saturday each month, or line dancing, or one of our lectures on Zoom or at the Mid-County Recreation Center. They have planned activities for everyone, and everyone is welcome to attend. If you have an idea for an activity, please reach out or if you can host a program, that would be great, too.

If you have not yet joined the SBPCA, please do so soon. We welcome new members throughout the year so do not worry if you missed this recent call to renew memberships. We are clearly the most affordable deal in town!



Bel Pre Recreational News

by Karen Purdy, President
Bel Pre Recreational Association



Most of the information in this article (and more) can be found on [StrathmoreBelPre.org](https://www.strathmorebelpre.org). See the "Pool" and "Rec Association" menus at top right for information specific to the BPRAs 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](https://www.strathmorebelpre.org) website, please send your suggestions to BPRAPool02@gmail.com.

2023 Annual General Membership Meeting

On November 16, 2023, the BPRAs held its Annual General Membership Meeting, which included the election of three trustees, the adoption of a BPRAs By-Laws Amendment, a BPRAs year in review, and a question-and-answer session. The meeting was held via Zoom, with votes cast by drop-off/mail-in ballots.

Congratulations to CHARLES MEININGER, CLAIRE PAK and CHRISTINE TYLER PELL for their election to the BPRAs Board.

At the General Membership Meeting, the BPRAs membership voted to adopt the proposed amendment to the BPRAs By-Laws. The amendment allows Board of Trustees, General Membership, and Committee meetings to be held electronically, and allows voting at the annual membership meeting to be conducted by mail-in ballot.

From 2020 to 2022, the BPRAs operated under County Government COVID emergency authorizations to hold our meetings electronically on Zoom, and to use mail-in/drop-off ballots for the annual Board of Trustees elections. Those COVID authorizations are no longer in effect. In 2021, the Maryland State Legislature enacted a law authorizing electronic meetings but requiring that persons attend the electronic meetings to have their ballots counted. The adopted BPRAs By-Laws amendment enables the BPRAs to hold meetings electronically and to have all valid ballots be counted – whether or not the voter attended the electronic meeting. The adopted By-Laws amendment will be in effect for the 2024 Annual Meeting.

More information about the adopted By-Laws Amendment can be found in the October 2023 edition of *The Bugle*.



Officer Elections and Town Hall Meeting

On December 5, 2023, the BPRAs Board elected officers. President KAREN PURDY, Vice President JAY STAGGS, Treasurer DAVID PULLEN and Secretary CLAIRE PAK were re-elected by the Board.

Following the BPRAs Board Meeting, the BPRAs and SBP Civic Association held a joint Town Hall meeting via Zoom. Numerous community members participated, welcoming new homeowners and discussing a number of topics, including goals for the Village, welcome wagon activities, and requests for help coordinating 4th of July events.

Annual BPRAs Assessment

By now, you should have received your annual BPRAs Assessment notice. The annual assessment of \$400 was due March 1, 2024. Thank you to everyone who paid their assessment on time. For those who still need to pay, if we do not receive your payment by March 31, your account will be subject to a \$40.00 late fee, interest of 6% per annum (\$2/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 2024" 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 BPRAs 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.

– Continued on [page 6](#) –

Bel Pre Recreational News

(continued from page 5)

Please note, there will be a separate payment transaction for each Swim Membership Enrollment (BPRA Assessment, SBP Civic Association Membership, Pet Waste Station, SBP Dolphins, Summer Entertainment & Street Festivals) 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 www.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 dropdown list under the "POOL" menu on <https://www.strathmorebelpre.org/>.

From the community home page (www.strathmorebelpre.org), hover over "Pool" at top right, and then choose "eSoft Planner Login Page" from the dropdown menu.



Strathmore Bel Pre Civic Association (SBPCA) Membership Dues

Again, this year, 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 [page 2](#) and [page 3](#) of each edition of *The Bugle*.

SBP Summer Entertainment Series & Street Festival Donation

Again, this year, you can make a Summer Entertainment Series & Street Festival Donation when you pay your assessment online or by check. See [page 20](#) for more information about summer movies and how to vote for your favorite movies to see this summer.

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.



SBP Dolphins Swim Team

Again, this year, the BPRA/SBPCA annual dues mailing included information about the Strathmore Bel Pre Dolphins Swim Team. The SBP 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. You can now 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 <https://sdpdolphins.swimtopia.com>.

Pool Opening - Summer 2024

At this time, we anticipate the pool will open at noon on Saturday, **May 25, 2024**. 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 2024 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 (www.strathmorebelpre.org), 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 21](#) –

The Bugle March 2024

Your Dolphins

by Lisa Mantel

Secretary, Strathmore Bel Pre Dolphins

Hello, Neighbors! Are you new to the neighborhood and want to learn more about your local swim team, the Strathmore Bel Pre (SBP) Dolphins? If so, then let's dive in!

Founded in 1969, the team is entering its 55th year of operation 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 on our website, 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 ("Icky la picky wiki!"). The Dolphins also participate in several "out-of-the-water" events throughout the season, including making tie-dye shirts, taking a team trip to Hershey Park, and getting down at the Dolphin Dance. If this sounds like fun, then please join us! Our season begins just after Memorial Day and the team is open to all Strathmore Bel Pre community children ages 4 to 18. Registration will open around early May.



Learn to Swim

If your child cannot swim, then consider joining the Lil' Dolphins, 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 developmental 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 contact email addresses appear below. 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	lisamariemantel@gmail.com
DENISE REYES	Treasurer	dawreyes@gmail.com
KAREN PURDY	"A" Meet Manager	klpurdy@hotmail.com

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

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Angela aka Angie Vaught
 301-787-2088
Angelavaught1@aol.com

Swim Instructor: Private lessons, Strathmore Bel-pre pool, and Montgomery County Olney.
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I live in your neighborhood! References upon request

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BSA Troop/Cub Scout Pack 763

by Jackie Fary-Moeller and Leaf Tyler Pell

BSA Troop 763 and Cub Scout Pack 763 are sponsored by the SBP Civic Association. Troop 763 is for boys in 6th grade through the age of 18. Troop 763 seeks to be a diverse, inclusive, welcoming, small but dynamic group of boys and their families. We have fun while teaching practical skills that aren't taught in schools. We understand that many families are not experienced in outdoor skills but can come learn them together at Troop 763. If you would like more info, please contact BILL TOTTEN at billatotten@gmail.com.

Cub Scout Pack 763 is for all children in kindergarten through 5th grade in the Strathmore/Bel Pre and Aspen Hill community. Pack 763 is a diverse, inclusive group of children and their families from all backgrounds who have fun together learning citizenship, character, personal fitness, outdoor skills and conservation, and leadership. For more information, please contact cspack763.silverspringmd@gmail.com.

Mulch Sale

We are pleased to announce that Country Boy is open for wholesale business and still very supportive of Scouting. Full info below, but nothing has changed from previous years:

Troop 763 will be having our mulch sale with deliveries on the afternoon of Friday, **May 3** and morning of Saturday, **May 4**. We will be selling natural shredded mulch (not colored) for \$6 for a 2 cubic foot bag, no minimum or maximum number. Bags of mulch will be placed alongside your driveway or front walk (tell us where). Place an order by emailing moeller@aspengroves.com or by calling 301-603-7387. We accept cash, checks made out to Troop 763 (picked up at delivery) 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!

Scout-tastic Adventures Unfold: A Popcorn-Packed, Blanket-Bonding, and Derby-Delightful Update!

Cub Scout Pack 763 has been buzzing with activity, turning weekends into whirlwinds of popcorn, kindness, creativity, and friendly competition. Our scouts have been on a roll, and we're thrilled to share their delightful deeds.



Popcorn Extravaganza: If you found yourself unable to resist the aromatic allure of buttery goodness wafting through the neighborhood, you were probably in the presence of our industrious Cub Scouts. Led by the dynamic duo of JACINDA and ERIC GOODMAN, our scouts transformed autumn weekends into popcorn paloozas, doubling our sales and fundraising goals. Huge thanks to the parents who sacrificed countless hours to support the Pack and, of course, our pint-sized sales extraordinaires who displayed remarkable dedication and sales prowess.

Scouting for Food Success: The Scouts embarked on a mission of goodwill with their Scouting for Food effort, collecting, sorting, and delivering food donations from generous neighbors. The result? A staggering 4,000 pounds of food donated to Manna. Kudos to the parents, volunteers, and especially all the generous donors who made this impactful initiative possible!

MLK Service Project: Our Scouts showcased their crafty side with a Martin Luther King Jr. Service Project, creating blankets and mental health journals for those in need. Nearly 25 Scouts, along with their families, contributed to the heartwarming effort, producing a mountain of blankets and some seriously stunning journals.

Pinewood Derby Spectacle: The Pinewood Derby, a perennial highlight, zoomed into action with scout-crafted drag racers. From fruit-shaped cars to superheroes, Harry Potter on a broomstick, and even a camo-clad tank, creativity knew no bounds. Special congratulations to Stone S., whose car claimed the title of fastest in the Pack. Massive thanks to JACKIE and JOE MOELLER, whose tireless efforts and open workshop made this day of racing, excitement, and camaraderie possible, and to a long roster of volunteers who decorated, provided snacks, and kept the event running smoothly.



Springing Forward: As the weather warms, our Scouts are gearing up for outdoor adventures. March brings a trail cleanup at the C&O canal, followed by a local cleanup on the Matthew Henson Trail in April. We are also getting ready for some fantastic hiking and camping events.

In closing, the Pack extends its heartfelt gratitude to everyone who supported these endeavors, and to the SBP Civic Association and Bel Pre Recreation Association for their ongoing support. You have all proven once again that together, we can make a positive impact on our community. The adventure continues!

 **2227 Bel Pre Rd Silver Spring, MD 20906**

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The Gold of Finches

by Cecily Nabors

Those small yellow birds like shards of sunlight in your yard are American goldfinches, *Spinus tristis*. They are found all across America, and in our area, they are with us all year long.

Goldfinch flocks move around in non-breeding seasons, but they don't migrate far. The reason they seem to disappear in autumn is that they molt into drab attire. In September, when breeding season is largely over, the yellow males start to look patchy. By mid-November, males and females both have brownish-gray plumage, with the males retaining a bit of yellow on their shoulders.



The birds molt into their breeding plumage in mid-spring. The canary-yellow plumage on a goldfinch male (above) makes him a garden dandy. Females (on the left) don new olive-green feathers, good camouflage for nesting. Both sexes have black flight feathers and pale wing-bars, but the male tops off his yellow outfit with a sexy black beret.

Goldfinch songs and calls are distinctive. The male's courtship song is high-pitched and musical, a twittery, tinkling series of notes, like a tiny far-off wind chime. In their undulating flight, both males and females issue flight calls at the low curve of the sine wave, as if urging themselves to achieve that upper curve. That diagnostic call sounds like "perchickoree" or "potato chip." In addition, they often do

plaintive contact calls—the sounds that gave them the name *tristis*.

Not deep-forest birds, they prefer open woodlands, weedy areas and meadows, and streamsides, with shrubs for cover and nest sites. These little birds are vegetarians: their diet consists almost entirely of seeds. Unlike most seed-eating birds, they seldom feed insects to their nestlings, but stuff those noisy gaping beaks with regurgitated seeds. They especially like thistle seeds, and also use soft thistle and cattail down to line their nests. Thistles flower later in summer, so goldfinches nest later than many other garden birds.

A cheerful sight at birdfeeders, goldfinches readily eat hulled sunflower seeds, but prefer the tiny black nyjer seeds, an exceptional energy source. (Nyjer is often called "thistle" but it's actually the seeds from an African daisy.) Pines and spruces in your yard provide great year-round shelter and their winter cones can be mined for seeds.

To lure American goldfinches to your garden, plant native thistles (*Cirsium*), coneflowers (*Echinacea*), black-eyed Susans (*Rudbeckia*) and sunflowers (*Helianthus*). When blooming is finished, don't be quick to deadhead the plants. Goldfinches eager to take the seeds will come to your garden like flying flowers.

Happily, these beautiful birds are common and widespread; their conservation status is "species of least concern" and their population is stable. That's good news.





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Strathmore Bel Pre Village Happenings

by Kristi Hullings

Strathmore Bel Pre Village is taking root as an additional, inclusive community organization with the mission to help all neighbors feel a sense of *Support, Belonging, and Purpose*. Not only is the village supplementing the great social offerings of the Strathmore Bel Pre Civic Association and the Bel Pre Recreational Association, but we are also working towards our goal of standing-up a robust volunteer program within our community, at no cost to individual neighbors. Stay tuned for more information in upcoming editions of *The Bugle*.

Social Programming Highlights

Your SBP Village Team has been busy hosting a combination of fun, healthy, and informative social engagement opportunities throughout the fall and winter months. A special thank you to NANCY and TED BECHTOL for a fascinating tour of their conservation garden and beehives as well as the delicious desserts served with tea and delectable honey from their buzzing tenants. Thank you also to MARIA “COOKIE” STAGNITTO for opening her home to host a festive and scrumptious cookie swap on National Cookie Day. Attendants at both events raved about the hosts, the treats, and these unique opportunities to get to know more neighbors.



Thanks also to Cookie and friends for their suggestion of swapping out February’s village meeting in favor of joining a Line Dancing event at Silo Falls in Brookeville. Strathmore Bel Pre made a strong showing at the crowded venue, and at least a dozen of us got in about a week’s worth of choreographed “steps” in a couple of hours’ time. There were a lot of missteps and laughs, but all had a terrific time. In fact, we are looking into recruiting a Line Dancing instructor to alternate with our Zumba classes at the pool this summer.

The New “Village Volksmarch” Tradition

One increasingly popular, recurring activity we have initiated is a monthly Village Volksmarch. Volksmarch (sometimes called Volkswanderung or Volkswalk) is a German term for the European tradition of non-competitive fitness walking. Members of a community join together to leisurely walk a designated trail for the purpose of fresh air, exercise, and companionship.

Last summer’s social activities survey indicated that “walking buddies” was a popular request here in the neighborhood; therefore, we decided to schedule regular Strathmore Bel Pre community walks. The first monthly SBP Village Volksmarch began last fall, and we have steadily gained a few new walkers each month.

Please join us the first Saturday of each month at 10 AM, where Rippling Brook Drive dead-ends and intersects the Matthew Henson Trail. From this location, we walk east (towards Layhill Road) until we reach the turnaround point at Alderton Road. The full loop makes for a beautiful 5K hike. This is a fun, healthy way to get to know other neighbors as we chat and stroll at a comfortable pace. All neighbors and walking ability levels are welcome!



Education and Wellness Programming

SBP Village has also hosted several engaging guest presenters in the last few months. PATTY VITALE from the Montgomery County Office of Consumer Protection coached neighbors on how to vigilantly protect ourselves from a variety of scams. (To learn more about her specific tips, please read MARIA STAGNITTO’S highlights in, *Protecting Your Identity*, on [page 16](#).)

– Continued on [page 14](#) –

SBP Village Happenings

(continued from page 13)

SBP Village was also fortunate to welcome two of our neighbors/resident-experts: AMANDA CORNAGLIA, LGPC, and ROBIN ANTHONY KOUYATE, PhD. Prior to the holidays, Amanda led a group of us through some timely stress-reduction exercises and had wonderful advice about how to help friends and loved ones who might be stressed or grieving. Robin conducted an encouraging, interactive session, prompting attendees to reflect and discuss how we each might make progress towards healthy balance in our personal wellness journeys. Thanks to each of these women for sharing their time and inspiring us with their valuable expertise. (Read their tips for *How to Be Happy, Healthy, Balanced, and Less Stressed* on [page 17.](#))

Unique Village Voices

SBP Village is eager to introduce a new series of guest interviews, featuring SBP neighbors from a variety of countries and/or cultures around the world. We all grow when we have the opportunity to learn from one another. If you are (or know) an SBP neighbor from another country, we would love to hear from you! Our hope is to meet a different neighbor each month to expand our horizons and learn about culture, life, and history from other places and perspectives.

Our first interview is currently being rescheduled with neighbor OUSMANE KOUYATE from Mali, West Africa. This free event will be held simultaneously live and virtually to allow for maximum participation and inclusion.

Join Us for Future Events

- **SBP Village Volksmarch:** 1st Saturdays of the month @ 10AM (Raindates: 2nd Saturdays)
- **Village Meetings:** 2nd Thursdays of each month @ 7:30 PM: tinyurl.com/SBPvillageZoom
- **Brookside Gardens Walk** with Guide Sandy Fleming: April 2nd @ 1:00
- **Village Voices Culture Chat** with Ousmane Kouyate from Mali: Date TBD in April
- **Garden Tour and Seed Swap** with Master Gardener Brigitta Bastek: Date TBD in late May

To learn details about these SBP Village events and more, email SBPvillage@gmail.com and ask to be added to our email list. Events are also posted on the Strathmore Bel Pre Civic Association listserv and on Strathmore Bel Pre's community Facebook page (www.facebook.com/strathmoreatbelpre) and "Like" it by clicking the button. The new SBP Village website is still in the works and should be active by summer.

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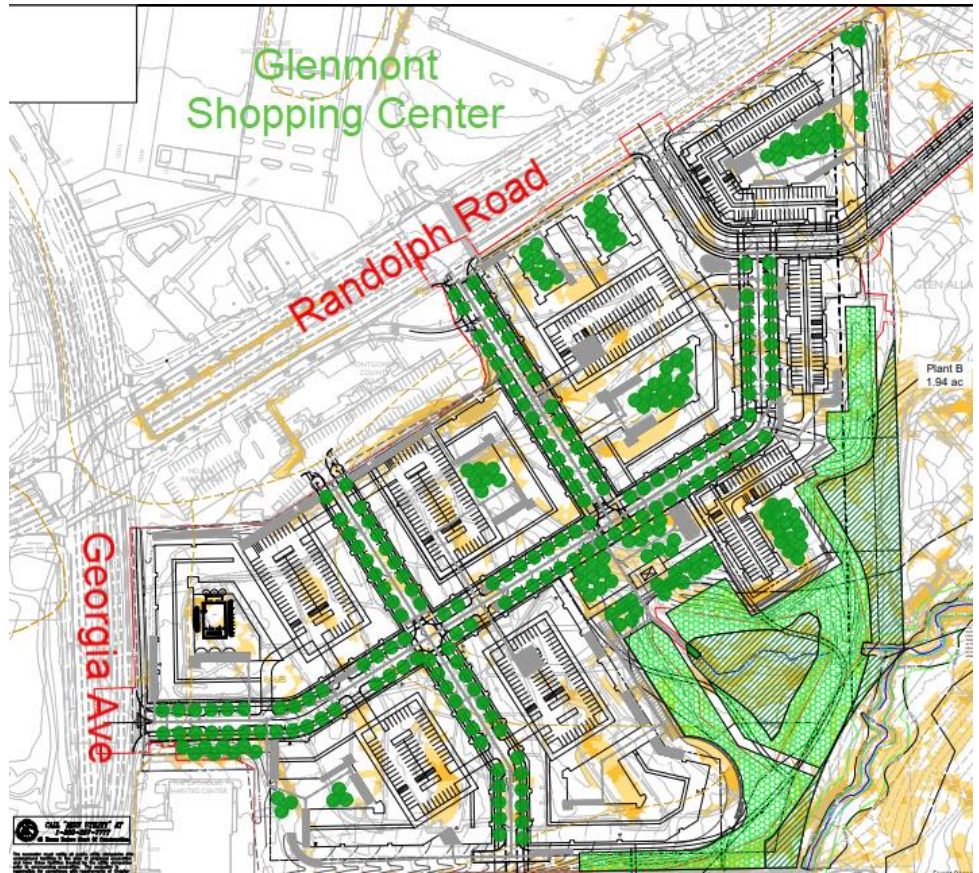
Notes from the Glenmont Exchange

By John Bogasky

Developers submitted a draft Forest Conservation Plan for the redevelopment of **Glenmont Forest Apartments** at the southeast corner of Randolph Rd. and Georgia Ave. This is a potential redevelopment that the 2013 Glenmont Sector Plan anticipated.

No Site Plan has yet been developed, so the building layout in the diagram could change. This submission primarily focused on plans for tree cover on the site.

The proposed building density conforms with the Sector Plan's recommendation to rezone the property. The developer proposes to build 2,275 residential units on the site, with 15% (342) reserved for affordable housing (MPDUs). There are 482 units in the current structures. The plan also includes 5,000 SF of commercial space designed to serve the new apartment community. They anticipate that most or all these new units will be rental housing.



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The Montgomery County Planning Board will hold a public hearing on the proposed Forest Conservation Plan in early June. You can find proposal details at the Development Activity Information Center (DAIC) on the M-NCPPC website: www.montgomeryplanning.org/development.

Given that our community has been waiting over ten years for progress on fulfilling the Glenmont Sector Plan vision, it's encouraging to see a private developer showing major interest in our area. Few are pleased with the status quo, and we will need private investment to see the improvements many of us wish for.

There continue to be strong rumors and few hard facts about investor interest in redeveloping the shopping center. Given that the shopping center site has more than ten separately owned parcels, any potential developer will first need to assemble the parcels, a process that is nearly always carried out in secret. District 6 Councilmember NATALI FANI-GONZALEZ'S newsletter has recently hinted that progress is occurring.

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Four times-per-year, *The Bugle* reaches all 750+ homes in our Strathmore Bel Pre community. Call or email JOHN BOGASKY (johnbogasky@hotmail.com or 301-980-3215) to arrange to place your ad in ***The Bugle*!**

Protecting Your Identity: You don't know what you don't know!

By Maria Stagnitto

In November, SBP Village sponsored a Zoom talk about Identity Theft and Scam Prevention with PATTY VITALE, Investigations Administrator with the Montgomery County Office of Consumer Protection. The presentation contained a lot of useful advice. For those who missed it, here are some key takeaways:

1. If a door-to-door vendor comes calling, ask for their vendor license which should include a photo ID, a county seal, and a license #. Without that, they are not permitted to ring your doorbell.
2. If a contractor is doing any work for you, check the state licensing site (www.dllr.state.md.us) to make sure they are legitimate and are licensed. Montgomery County also maintains databases of licenses for home builders and complaint history for all merchants (www.montgomerycountymd.gov/OCP).
3. Screen your calls. If you don't recognize the number, let voicemail answer the call. If you think a call might be legitimate, call the party back on a number you had before the call or confirm the number on an official website.
4. Be aware that AI tools can be used to generate the voice of a family member or a person familiar to you. If you get a call asking for money to be sent to them, do not send anything but tell them you will text/call them back to make sure it's the person you know.
5. If you get a scam text, forward it to 7726 (SCAM) as a way to report the source.
6. Due to rampant mail theft, outgoing mail should be dropped off inside the post office rather than left in your mailbox with the flag up or dropped in the post office's big blue mailbox, particularly if the mail contains money or gift cards.
7. If you are the victim of identity theft, Identity Theft Resource Center (www.idtheftcenter.org) is a US non-profit that provides identity crime advice and victim assistance at no cost. This site also has a lot of online educational resources.

Much more information is available on the Montgomery County Office of Consumer Protection website (www.montgomerycountymd.gov/OCP), including alerts about new scams. Thanks to the SBP Village for arranging this very useful presentation!

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How to Be Happy, Healthy, Balanced, and Less Stressed

SBP Village Lessons Learned from Presenters

Robin Anthony Kouyate, PhD & Amanda Cornaglia, LGPC

Strathmore Bel Pre Village was fortunate to host wellness presentations from neighborhood experts in public and mental health. Here are some useful highlights from each.

Personal Wellness

DR. ROBIN ANTHONY KOUYATE introduced the Wellness Wheel as a tool to help visualize the multiple dimensions of personal wellness. She emphasized that achieving balance in one's life requires focusing on all dimensions and not just physical health. After self-assessing the different areas of personal wellness, Robin suggests selecting one at a time to target. By brainstorming active steps you can take, your wellness score in that dimension can really get a boost. Perhaps some of the suggestions below will help you along your personal wellness journey.

Physical Wellness Tips:

- Sleep, hydrate, eat a healthy diet.
- Sit less! Move more!
- Split 30 minutes a day of physical activity into three 10-minute sessions and remember that household activities such as gardening and vacuuming count!

Emotional Wellness Tips:

- Listen to music to relieve sadness and create happiness.
- Spend time out in nature - aim for 2 hours total each week.
- Try moving meditation while walking, doing yoga, dancing, or even cleaning.

Intellectual Wellness Tips:

- Pursue hobbies and interests to keep your brain engaged.
- Do puzzles, play games, or participate in creative activities such as the arts.
- Learn any new skill or activity.

Meaning-Making Wellness Tips:

- Seek relationships that make you feel valued and help you feel a sense of belonging.
- Find purpose in using your strengths to help others.
- Recognize that your story is always evolving and you get to edit, interpret, and retell it.

Social Wellness Tips:

- Reduce stress, increase trust, and get a dopamine "high" with face-to-face contact.
- Interact with people daily and form close relationships to improve health and longevity.
- Refresh relationships and routines by trying new activities with family and friends.



– Continued on [page 18](#) –

How to Be Happy, Healthy, Balanced, and Less Stressed

(continued from page 17)

Recognizing and Alleviating Stress

Licensed Graduate Professional Counselor AMANDA CORNAGLIA graciously offered numerous suggestions for self-care as well as pointers for supporting others going through difficult times.

Self-Care

- Ask first if stress could be hunger, thirst, tiredness, boredom. Sometimes stress can be simply alleviated with food, water, a nap, or a change of location.
- Avoid comparing self to others - particularly to "highlight reels" (perceptions or social media posts).
- Reduce "decision fatigue" stress - remove some tasks/decisions (ex: meal planning).
- Visualize letting a stressful idea float on a leaf down a river and let it go.
- Practice mindful breathing to activate your "wise mind" and to turn off your "fight/flight" mind.
- Tense then relax each part of your body to feel the tension release.
- Set aside time for yourself - do something you enjoy.
- Learn how to set boundaries and say, "No" before reaching a tipping point.

How to Support Others

- Notice changes in behavior such as sleeping more or less, changes in eating habits, or withdrawal from activities previously enjoyed.
- Warmly welcome back someone who may have withdrawn.
- Keep communication open by saying, "I've noticed _____, can I do something to help?"
- Rather than telling the person to call if they need anything, make a specific offer to help with a stressful task such as, "Can I bring you dinner tonight?"
- Check-in often with others - most people need someone to listen.
- Help distract someone from grief by inviting them to places and events.

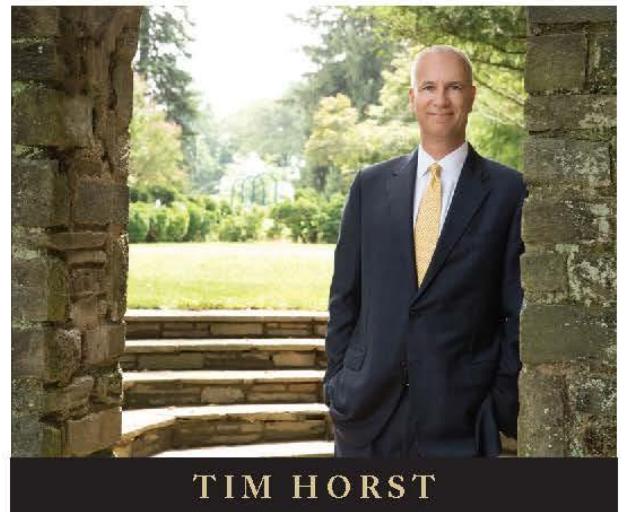


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Welcome SBP Newcomers!

A hearty “WELCOME” to all who have recently moved into our SBP neighborhood! We look forward to meeting you at our upcoming neighborhood events.



Moving house is high on the list of life’s most stressful activities. Some folks unpack their boxes at high speed and miraculously settle within two weeks. Others may take a year or more. There are numerous questions: Which day of the week is trash collected? Is there a neighborhood babysitter? Which are the nearby kid-friendly restaurants? The internet makes research easy, but it is so much nicer to speak with someone in the neighborhood instead of engaging in lengthy internet research.

Please don’t hesitate to avail yourself of two key services which will help you quickly integrate and feel at home here:

- (1) If you have questions or could use a helping hand, please reach out to our welcome wagon project lead, SUZANNE LAWSON. Call or text her on (301) 915-7775. She would be pleased to speak with you on the phone or, if you wish, arrange to meet in-person.
- (2) Get connected to others in our community by joining the SBP Civic Association and its membership listserv. Signing up couldn’t be easier. Simply send an email to JOHN BOGASKY at johnbogasky@hotmail.com with your request. New residents receive a free trial SBPcivic listserv membership through the end of their first membership year (March 31). Thereafter, it is included with SBP Civic Association membership whose annual dues are \$25.

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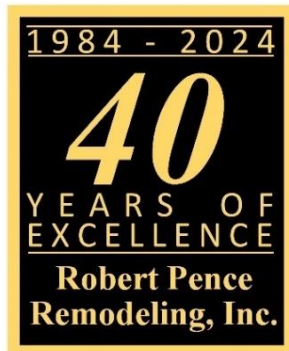
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Help Choose Our 2024 Summer Movies

By John Bogasky

2024 will mark our Civic Association's 12th year of summer movies at our SBP pool! We plan to show four movies this summer. You can help us choose this summer's movies! To participate, use the QR code on this page to cast your vote. Here are the choices in the 2024 movie poll:



Use this QR Code to Participate in the 2024 Summer Movie Poll

Barbie	Mean Girls (2024)
Wonka	The Boys in the Boat
The Fall Guy	42-The Jackie Robinson Story
The Marvels	The Little Mermaid (Live Action)
The Holdovers	Spider-Man: Across the Spidaverse
Despicable Me	Mission Impossible: Dead Reckoning
Hunger Games: The Ballad of Songbirds & Snakes	
Teenage Mutant Ninja Turtles: Mutant Mayhem	

Our movies start at dusk, after 8 PM, so we don't include movies longer than three hours in the poll (e.g., Oppenheimer). Also, we can only include movies that we can license to show at the pool. Generally, streaming services like Amazon and Netflix do not make their original movies available for licensing.

Please Support Our SBPCA's Summer Entertainment and Street Festivals

Our SBPCA's summer movies, concerts, and festivals are funded by community donations. We need your support to continue to provide these community events. Thank you to those of you who have already sponsored this summer's events via the BPRAs website, where you paid your BPRAs assessment.

You can also sponsor our summer events by check. Simply make your check payable to SBPCA and mail it to JOHN BOGASKY, SBPCA Treasurer, 2308 Eagle Rock Pl, Silver Spring, MD 20906. The SBPCA recognizes all donors in a banner that we hang at our summer events. You can see last year's donor banner below.

Recognition Tiers	Amount
SBP Superstar	\$ 500 +
Community Champion	\$ 250-499
Oscar Winner	\$ 100-249
Band Leader	\$ 50-99
Super Fan	\$ 25-49

The SBP Civic Association Thanks Our 2023 Summer Entertainment Sponsors!!!

SBP Superstars

Community Champions

Oscar Winners

Chris Swan & Elliot Chabot	Gabriele Richard	Ted & Nancy Bechtol	Lilla Hammond & Family
John & Shelly Bogasky	Paul & Maria Stagnitto	J. Steed & Sharon Edwards	Michele Cimbala

Band Leaders

Peter & Diane Kendall	Linda & Charles Bea	Janet Kisler	Tigran Iskanian & Shannon O'Rourke	Bob & Deb Perry
Norman & Maureen Stulz	David & Sara Pullen	Christopher & Lauren Mazenac	Patrick & Sunita Joshi-Taylor	Larry, Rita, & Angela Vaught

Super Fans

Beverley Collins	Sandeep & Laura Krishnan	Daniel & Raquel Mann	Kathleen Dyer	Liza Lieberman	Susan Griesbauer	
Carmen Lopez	Cecily Nabors & Lou Martin	Elaine Dynes	Heidi & Michael Eldridge	Kathleen Schmeich	Marsha Ellen Bisker	Timothy Schulz & Isadora Cipoletts

And Our Host - The Bel Pre Recreational Association

Our Summer Entertainment Series has always received strong support from our SBPCA community. We look forward to seeing that support continue and grow for our 12th season! Thank you for supporting our Civic Association!

Bel Pre Recreational News

(continued from page 6)

Volunteers

The BPRPA is always looking for members interested in volunteering. Here are some key open positions.



- **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 BPRPA Board, pool staff and BPRPA members. The bulk of work will be performed between February and September, with significant interaction with BPRPA 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 BPRPA 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 community events, including the Spring Thing, BlocktoberFest, and Trunk or Treat.

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.

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 (www.strathmorebelpre.org), hover over "Rec Association" at top right, and then choose "Volunteers" from the dropdown menu.

Information is updated periodically.

BPRPA Board Meeting Schedule

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

All members of the BPRPA 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 issues they feel are 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 BPRPA Board will meet on the following dates in 2024:

- **Board Meetings:** March 5, April 9, May 7, June 4, June 18 (if needed), July 9 at the pool, July 23 (if needed), August 6, August 20 (if needed), September 10, October 1, November 5, December 3, and January 7, 2025.
- **Board Meeting and Property Walk Through:** Saturday, 9am. Tentative dates, to be confirmed later: April 13, May 11 (if needed)
- The **2024 Annual Meeting** is currently scheduled for Thursday, **November 21, 2024** on Zoom.



The BPRPA 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 (www.strathmorebelpre.org), 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 BPRPA Board.

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Editor's Corner

By Kathy Emery

Hello Strathmore Bel Pre Neighbors. I am the new editor for *The Bugle* and this is my inaugural edition. Many thanks to CHRIS SWAN and ELLIOT CHABOT for their tutelage. Any mistakes you find in this edition (hopefully few) are mine.

I am a somewhat new resident of the neighborhood, having moved in the very day everything shut down due to the pandemic. Since moving in, I have spent most of my time renovating my fixer-upper (a gross understatement) house. While I have gotten to know my immediate neighbors, I am only now starting to branch out to meet more people and experience some of the great things this community has to offer. On a personal level, I thought being *The Bugle* editor would be a good way to get more plugged into the community and, so far, it has been very educational.

One thing I was surprised to learn was that only a fraction of SBP residents are active members in the Civic Association and participate in the listserv. I have found the listserv to be very helpful for getting to know people and finding recommendations for service-providers in the area, which is especially useful for someone who owns a "fixer-upper". It is also a great resource for disseminating time-critical information. While *The Bugle* contains a lot of useful information, it is only distributed four times a year, in March, May, June, and October.

Our community website (www.strathmorebelpre.org) also contains a lot of useful information, but that is a "pull" method of communicating. It requires people to actively look for the information and to have a basic understanding of what they want to know and where it is located. The listserv and *The Bugle* are ways to "push" information, especially information people may not know they need or care to know about.

Since some people prefer receiving information electronically, *The Bugle* is distributed via the listserv and posted on the community website in addition to being distributed to every household in the neighborhood in paper form. Eventually, households will be able to opt out of receiving paper copies if they only want to receive electronic copies. This will save printing costs and be more environmentally friendly.

The Bugle is a communication umbrella that reaches the entire community. While the bulk of the articles are from regular contributors, like the Civic Association, the Recreational Association, SBP Village, the Dolphins Swim Team, the Scouts, and several stalwart individuals, if anyone wants to see additional topics covered in *The Bugle*, please reach out to me at koemery@gmail.com. My in-box is always open for feedback on past articles, suggestions for future articles, recommendations for newsletter improvements, or contributions (whether they are polished articles, information to be turned into an article, or photos). I'm looking forward to hearing from the community.

Keeping Our Matthew Henson Trail Clean

Editorial from information provided by JACKIE and JOE MOELLER

Walkers on the Matthew Henson Trail have noticed trash bags attached to metal poles near the intersection of the trail at Rippling Brook Drive, near the spur to North Gate Lane. While the effort to pick up trash is laudable, depositing the trash at this location makes the situation worse, as trash left at this location is not collected. Trash cans are located in the trail parking lots at Layhill Road and Georgia Avenue as well as at Bel Pre Elementary School. Park staff only empty those trash cans. Any trash left at the metal poles sits there until volunteers remove it. Volunteers prefer to spend their time keeping the trail beautiful and wildlife habitats safe by removing plastic and litter that enter the trail area other ways.

In addition to always putting your trash in the provided trash cans, please consider helping with a scheduled trail cleanup. Cub Scout Pack/BSA Troop 763 will be out there for a cleanup on April 20th. Another group of young, dedicated volunteers cleans up the park near Georgia Avenue roughly once a month. You can also help by collecting any trash that accumulates in the street in front of your house to prevent it from washing into storm drains that empty into streams and wetlands.

For more information on cleanup efforts or to volunteer to help keep our streams, wetlands, parks, and trails clean, please visit www.rockcreekconservancy.org or www.montgomeryparks.org/support/volunteer.





Mark your calendars!

**Strathmore Bel Pre's 2024 July 4th
Celebration will be on a Thursday!**

The Strathmore Bel Pre community comes together every year to celebrate our country's birthday on July 4th. This is a great opportunity to meet your neighbors, have fun, celebrate, and enjoy a wonderful summer day together.



The celebration includes events for everyone:

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|-------------------------------|-------------------|
| Scout's Flag Raising Ceremony | Children's Parade |
| Car Parade | Children's Games |
| Live Entertainment | |

Many volunteers are needed to make the celebration a success. Volunteers are needed to help with signs and decorations, to coordinate the parades, games, and live entertainment, and to help with setup and cleanup on the day of the celebration.

Please consider joining the SBP July 4th Celebration Committee to help with overall advanced planning. Many hands make light work. If you have new ideas or can help line up volunteers or do some advance preparation, please call Lilla Hammond at (301) 518-7818 or send an email to lilla.hammond@verizon.net with your name, contact information, and availability to get together via a Zoom call to share ideas and collaborate on event planning.



THANK YOU!!

We look forward to hearing from you!!

The Strathmore Bel Pre July 4th Celebration Committee

