



# REGENCY RECORD



NEWSLETTER OF THE  
REGENCY ESTATES CITIZENS ASSOCIATION

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## 2017 #1 – June

### PRESIDENT'S MESSAGE



It's been a busy few weeks in Regency Estates. We held our Annual Meeting on May 3 at St. Andrew's with guest speakers State Senator Brian Feldman and Joe Corona from Montgomery County Office of Emergency Management and Homeland Security; Our annual Community Picnic took place at Regency Estates Swim Club on May 20 (and the weather held!), and our Community Yard Sale took place the weekend of June 3 & 4, this time jointly with Potomac Woods and Montgomery Square. In addition, you may have noticed that the street number painting has finally started! Reports on everything are contained in this issue.

However, overshadowing all the activities this Spring was the sad news of the passing of our former President, Andrew Kavounis. Andrew built Regency Estates and was devoted to our community and our Association. He will be greatly missed. This issue contains an obituary for Andrew and I'm sure on reading it you will understand more about his impact on our community. As a result of Andrew's passing, we have a vacancy on the RECA Board. If you are interested in volunteering and would like to contribute to our community by serving on the Board, please contact me.

Of course, Regency Estates received some media coverage too. We were featured on a NBC4 report about student parking, and then of course there was the news that the son of the President and First Lady will be attending St Andrew's in the fall. The Washington Post described our area as "an elite enclave", so of course we now need to keep up our appearance!

As usual, we are always seeking volunteers – it would be great if we could maintain the momentum we've had this Spring. If you have ideas about how we can encourage participation in our community and are prepared to help, please let me know. Remember that RECA is a Community Association, not a Home Owner's Association, so we're all about making Regency Estates a vibrant community and an enjoyable place to live. I hope you have a great summer!

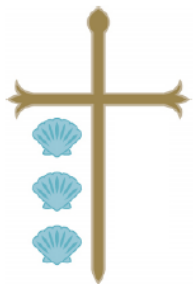
Kind Regards,

David Freeman

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#### Sunday Schedule

- 8:00 a.m.   Worship Service: Holy Communion
- 9:15 a.m.   Education for Adults; activities for children in pre-school through Grade 5; nursery for infants and toddlers
- 10:30 a.m.   Worship Service: Holy Communion for All; Sunday school and Worship for pre-school through grade 5; nursery for infants and toddlers

St. James' Children's School Full Day Summer Program for Pre-K – 7 years  
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#### Other Programs

- 12-step programs
- St. James' Children's School: 301-762-3246
- Study/community service activities
- Facilities available for parties / meetings / events

## ANDREW KAVOUNIS (1925 – 2017)

*By Bill Wydro, RECA Vice President*

Andrew Kavounis passed away on March 25 of this year. His



company built many of the houses in RECA in the 1960's, including his own home on Rosalinda Dr. He served as the RECA Vice President, President (and most recently as President Emeritus) since RECA's reactivation in 2002. He has been active in monitoring and commenting on planned construction projects, variances, and other issues that could have an impact on the RECA

community. In August of 2012 Andy testified at the Public Service Commission Hearing about PEPCO's abnormal instances of power loss. You can see him in action and get a good sense of his advocacy for RECA [here](#) (4 mins).

Andy was also one of the prime movers creating the RECA annual picnic. He and his brother served as the head chefs.

After the earthquake in Haiti in 2010, Andy with his engineering expertise was part of a rescue team sent to assess the damage and assist with relief efforts.

Andy never missed a Redskins home game since 1949. He was granted honorary membership in the Hogs. He was also an avid boater, and earned his captain's license. His boat, 'The Southern Belle,' was docked at Occoquan, Virginia, and he visited many ports of call. Another of his favorite pastimes was dancing!

Andrew Kavounis was born in the year 1925 in Greenville, South Carolina. When he was 10 years old in 1935, he moved to Spartanburg, South Carolina. He became the highest-ranking Boy Scout in the state at the age of sixteen.

Andy enrolled at Presbyterian College in 1942 and received a pre-med BS degree in Chemical Engineering. In 1946 he was the Presbyterian College's All-American Football Player and All-American Academic. He was on both offense and defense and set a record for being in the most plays in a season. At the 2009 Commencement, the college honored Andy with a painting and a certificate of achievement for being the best student in athletics and academics for the 1940's era.

Andy began medical school at Duke University. His program was interrupted by World War II and he was drafted as an Army medic. He served on the hospital ship SS Hope. After the war, instead of returning to Duke (his re-entry would have been delayed a year), Andy enrolled in Wofford College in Spartanburg, and received a BS in Civil and Mechanical Engineering. He continued his studies at the University of South Carolina, where he earned his MBA.

Andy moved to Washington D.C. to work for the Naval Research Center. At that time, he became active in the Saints Constantine and Helen Church. He served on the Parish Council for over forty years, in all the officers' positions including President for six years. Andy started the first Greek Orthodox Boy Scouts Troup which won top honors many times. He was awarded the Alpha Omega Religious award by the Archdiocese, which is the highest honor that a scout can achieve.

In 1950 Andy married Nina. They had 3 children: George, Anna, and Gus (Constantine). Nina died from cancer in 1985. Andy retired that year. In 1987 he married Emma. She passed away in 2000.

As a Builder/Developer and Engineer, Andy served as Vice President and President in three prominent companies. Andy also served on the boards of three other public companies. He was also voted "National Manager" of the year twice within five years, by two different companies.

After his retirement, Andy performed Management Consulting for many companies. He is also well known for his counseling of individuals and groups at his church.

Andy spent 37 years as an executive at assorted construction and development companies, which included a position as the National Vice President of Ryland Homes, a privately held company, in which capacity he was directly responsible for the construction of 17,000 homes annually, nationwide. From 1989 to 1991, Andy was the Executive Vice President of the Leadership Group, a Maryland based builder and developer. He was President of Core Development Co., Inc., a privately held construction and development concern, from 1991 until he retired from that position in 1995. He served as Director of Smith Midland Corporation since December 1995.

## AROUND THE NEIGHBORHOOD

### NEW TO THE NEIGHBORHOOD?



Have you recently moved into the Regency Estates neighborhood and not yet received a visit (and a little welcome gift) from RECA? If not, please contact us by completing the 'Contact Us' form on our web site,

[www.regencyestates.org](http://www.regencyestates.org)

We'd be pleased to drop by, welcome you to our neighborhood and collect your information so that we can keep you informed about local news, events and emergency situations.

## Communicating with Your 'Nextdoor' Neighbor (update)

By David Freeman, RECA President



In Regency Record 2016 #1, we introduced you to Nextdoor, a modern take on the concept of a listserv – a private social network accessible by invitation only. Nextdoor allows you to get time sensitive notices (for example lost pets, suspicious activity etc.) out to the area without having to wait for RECA emails to go out on such topics. It also provides a forum to canvass the neighborhood to obtain or provide services, receive recommendations, get answers to questions, make announcements etc. Nextdoor is an 'app', available from the Apple Appstore, Google Play, and on the web at [www.nextdoor.com](http://www.nextdoor.com).

Signups for Nextdoor continue to be good, but there are still plenty of residents who have not yet taken advantage of the service yet. Judging by the volume of threads, Nextdoor is proving to be a very valuable resource to those who have signed up for the service. I must once again emphasize that RECA has no commercial or other relationship or involvement with Nextdoor or in the administration or moderation of Nextdoor neighborhoods. It is simply a tool we are promoting to fill a need for which RECA has not been able

to provide a solution. The more residents that sign up, the more valuable it becomes.

A reminder on how to join, which is by invitation only. In order to receive an invitation, please fill out the form on [www.regencyestates.org/nextdoor.html](http://www.regencyestates.org/nextdoor.html), and you'll receive a link to register.

## RECA Annual Meeting



RECA's annual meeting was held on May 3 in the new Student Center at St. Andrew's Episcopal School. Residents who attended the meeting were provided with a variety of appetizers and drinks, including wine!



*Attendees at the RECA Annual Meeting*

The meeting began with a short welcoming speech by St. Andrew's School Head and RECA resident, Robert Kosasky and Joe Phelan, Director of Operations.



*St. Andrews School Head Robert Kosasky addresses the annual meeting with RECA President, David Freeman (left).*

During the formal business, all current Board members standing for election were reelected, however there is still one vacancy due to the passing of Andrew Kavounis. No one volunteered to fill the vacancy at the meeting.

RECA President, David Freeman, gave a report to the meeting that covered RECA's activities during the past year and a preview of forthcoming events. David did discuss the importance but challenge of maintaining an accurate and complete mailing list of members and asked that any residents who saw people moving in to either introduce

themselves and ask them to register on the RECA web site or let a member of the Board know so that we can follow up with them.

David also covered some of the issues that have affected the neighborhood and its residents – these included the limited access to Churchill playing field, parking, vandalism and a reminder about minimizing the risk of burglary and theft.

After the formal business, Joe Corona from Montgomery County Office of Emergency Management and Homeland Security gave a talk on emergency preparedness that was accompanied by a slide presentation and handouts that included free coloring books that teach emergency preparedness to children of different ages.

He explained what the office does and how it coordinates with other agencies in an emergency from its control center in Gaithersburg. The types of emergency that the Office gets involved with vary widely and include everything from watermain breaks and snow clearance to cleanup from the derecho. Joe explained that everyone should be prepared for emergencies lasting 3 days. This is particularly important when medical conditions are involved.

He also recommended that all households have an emergency preparedness plan and a bag containing essential items in case evacuation was required.

Joe pointed out that being prepared reduces fear, anxiety and loss. Many of the protective actions are the same regardless of the type of emergency involved. Most importantly, being prepared could save lives. He also provided pamphlets that provide information on what to do in an emergency and how to be prepared for an emergency.

State Senator and RECA Resident Brian Feldman provided an overview of the legislative session that had recently ended. Brian told the meeting that 3,000 bills were considered in Annapolis during the 90-day period and that every bill gets a hearing and anyone can testify!



Brian explained that the State is constitutionally required to pass a balanced budget, which means that a lot of collaboration needs to take place. During the session, a \$38m structural deficit was addressed without the need for new taxes. Maryland is one of only 11 states with a AAA bond rating, which keeps the State's borrowing costs low.

Brian touched upon many issues and achievements during his talk:

- Education Maryland was recently ranked number 1 in the country for education by US News & World Report and Winston Churchill High School was rated the number 1 in the State! Tuition increases at the State colleges and universities was capped at 2%.
- Unemployment in Maryland is below the national average at 4.3%. There is downward pressure on the

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*State Senator Brian Feldman with RECA President, David Freeman*

size of the local Federal workforce from the Trump administration so diversification into industries like biotech, clean energy and cybersecurity are important to maintaining a vibrant job market in the State.

- I270 is supposedly getting some congestion relief by the Hogan administration's proposal to spend \$100m on increasing the number of lanes and controlling the flow of traffic onto the interstate.

Brian also covered such topics as Metro funding, the impact of the repeal of the Affordable Care Act on the State and funding for the continues health of the Chesapeake Bay.

The Board would like to give a special 'thank you' on behalf of RECA to Brian Feldman and Joe Corona from for taking the time talk at the meeting. Also, a special 'thank you' to St. Andrews Episcopal School for their hospitality, allowing us to use their new Student Center, and for providing a tour of their new, state-of-the-art facilities.

### St. Andrew's Announcement

As you have probably seen in the media by now, (here's the [Washington Post](#) article), Barron Trump, son of the President and First Lady, will be attending St. Andrew's Episcopal School starting in the Fall. Our main concern is the potential impact that heightened security around St. Andrew's will have on traffic, particularly around the start and end of the school day. Here is a link to a [letter](#) from Head of St. Andrew's (and RECA resident) Robert Kosasky to RECA residents that specifically addresses this issue.

If, and when there are visits to the school by the President and/or First Lady we can expect a far more significant impact, but all we can do is hope that these visits are infrequent and will not coincide with the end of the school day at our neighborhood public schools.

### Street Number Painting Update



After a long delay, we are delighted to announce that The Eagle Scout led project to refresh the curb side street numbers is underway. This project will continue after school ends. Parts of Charen, Gainsborough, Smoketree and Victory are partially done. However, as the painting of the black numbers must be done once the paint has dried on the white background, some residents may notice a blank white rectangle on their curb for a while.

RECA does not charge for this service, unlike commercial businesses who can charge up to \$15. Of course, donations to RECA are always welcome!

The Ivymount School | 11614 Seven Locks Road | Potomac, MD 20854  
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to schedule a tour.**

**Visit our website at [www.mccaedu.org](http://www.mccaedu.org).**

## RECA Picnic

The RECA Community Picnic was held at the Regency Estates Swim Club on Saturday, May 20, starting at 11:00am. Fortunately the weather cooperated this year and the turnout was great. Everybody enjoyed free food (hot dogs, hamburgers, chips etc.) and kids enjoyed the moon bounce. The picnic was followed by the Swim Club open house.



A contingent from the RECA Board in the picnic kitchen (left to right – David King, Steve Chojna, Bill Wydro and taking a well-earned rest from slaving over a hot stove, Jerry Garson).

Thank you to everyone who came along to the picnic and a special thanks if you made a donation to RECA. We'd also like to recognize Board member David King for his time and effort organizing the event.



A pristine pool with the ever-popular moon bounce in the background.

## RECA and First Tri Community Yard Sale – Bigger Than Ever

Yard Sale entrepreneurs from Regency Estates teamed-up with residents of Montgomery Square and Potomac Woods for the first tri-neighborhood yard sale over the weekend of June 3 and 4, 2017.



# ELEANOR SCHMETTERLING

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A total of 44 homes in the three communities took part in the yard sales, together with a parking-lot sale hosted by the Early Childhood Center of Beth Shalom Congregation on Seven Locks Road on Sunday. Eighteen participating homes were from Regency Estates.



*Dylan King and Vanessa Sobalvarro show off the toys and games they were offering for sale.*

Both RECA and Montgomery Square provided maps listing each of the locations where yard sales were held. Banners and lawn signs advertised the event, along with announcements on local web sites. Sellers benefited from exceptionally fine weather during the weekend.



*Budding sales-persons Cameron and Dylan King and Vanessa and Arturo Sobalvarro show off their wares during the weekend yard sale.*

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### **Access to Churchill Athletic Field**

I wanted to make you aware of the following announcement that has been issued by Lisa Welleck, School Business Administrator, Winston Churchill High School regarding community access to the Churchill Athletic Field. If you have comments or concerns with this announcement, please contact Lisa.

*As many in the community are aware, the Churchill Stadium and Athletic Fields were extensively vandalized twice in late January and again in late February of 2017. Since this time, we have worked with MCPS Security and Maintenance divisions to determine what type of security measures will be most effective and affordable. Additional lighting (motion activated) is scheduled to be installed soon. In addition, we have worked closely with the school security team and Resource Officer (MCPD) to identify potential threats and increase evening patrols. These measures have been taken to deter further vandalism and inappropriate use of the facilities at night.*



By the time our lighting is installed and the Spring sports seasons end, we will be very close to the end of the school year so the gates will remain closed until the end of the school year.

Starting June 18th through August 9th, the track will be available for community use:

- Monday through Friday: 6am until sundown
- Saturdays 7am to 3pm
- Sundays and Holidays: Closed

August 9th through September 5th, the track will be restricted from community use when athletic teams are practicing or competing. Otherwise, it will be available during the summer hours listed above.

During the 2017-18 school year, the track will be available for community use:

- Monday through Friday: 6am - 7am and 5pm to sundown, Restricted when athletic teams are present and from 7am -5pm

- Saturdays: 7am to 3pm
- Sundays: Variable, as staff is present

This schedule will remain in effect as long as the following guidelines are adhered to:

- No community use on school days from 7:00am though 5:00pm and during all athletic practices, contests or any school events.
- NO DOGS PERMITTED on school grounds. This includes the track and fields. Dog waste has become an increasing problem for our building service staff and PE and Athletics Departments.
- No one is permitted to use the Stadium Field or school equipment without proper approval. The school will issue a permit if approved.

See something, say something. Please say something to your neighbor if they do not follow the guidelines. If you feel uncomfortable, provide information to the school so it can be addressed.

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### Montgomery County HS Parking Report featuring Churchill HS

In case you missed it, in early May, the NBC4 I-Team reported this week on student parking, which featured Winston Churchill High School.

The report indicated that some residents who allow students to park on their front yards have received citations for code violations from the County. You can view the report [here](#).

### Beverly Farms ES First Spelling Bee

Beverly Farms Elementary school hosted their first ever spelling Bee in February and it turned out to be a great success.

Since this was a first, a trial session was held so that that younger participants could go on the stage and address their stage fear ☺. Two groups were created – Group 1 for 1<sup>st</sup> and 2<sup>nd</sup> graders and Group 2 for 3<sup>rd</sup> through 5<sup>th</sup> grade. The winner from Group 2 was eligible to represent the school at district level in Bethesda at Holton High School.

Thirty Eight kids participated in the competition. The winner from Group 2 attended the Montgomery County regional

spelling bee. She was the only 3rd grader in a group of thirty eight children up to 8th grade. She made it through the third round before being eliminated for the word 'diphthong' (she missed the first 'h').

Ten parent volunteers helped with the organizer and it was a great experience for the kids. The parent community appreciate the effort of the parent organizer, Principal, the school, and PTA for supporting this great event.

### Beverly Farms ES First STEAM Night

Beverly Farms Elementary school also hosted their first ever Science, Technology, Engineering, Art and Math (STEAM) night in February.

Four companies (STEM Academy, Stonebranch Arts, Bio Reliance and NASA) participated to show off cool projects and technology.

In addition, FTC (First Technical Challenge) Team, Technical Difficulties (#11389) and 2 FLL (First Lego League) teams shared their robots. The younger kids could get their hands on to drive the robots hoping to compete in the future.

Twenty parents volunteered along with twenty middle and high school volunteers helped at the event. The parents and kids enjoyed the event and want another event. The PTA benefitted from the sales at the event to hopefully fund other events.

The parent community appreciate the effort of the parent organizer, Principal, the school, and PTA for supporting this great event.

### AROUND THE COUNTY & STATE

#### Montgomery County Extends Summer Program

The Montgomery County Recreation Department has extended summer programs to help families who may not have the option to take off additional weeks from work to care for their children. This follows the executive order that Gov. Larry Hogan signed last fall, which required Maryland's public schools to start classes after Labor Day, beginning with the 2017-2018 school year. Montgomery County Public Schools traditionally started the school year on the first Monday of the last full week in August.

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## **\$100 Million in I-270 Congestion Relief Announced**

Commuters may see a break in the I 270 congestion in the foreseeable future. County Executive Ike Leggett joined Governor Larry Hogan, State Highway Administrator Gregory Slater, and representatives from the winning firms to announce the advancement of the state's \$100 million I-270 Innovative Congestion Management Project. This program is expected to save drivers up to 30 minutes on their morning commute southbound from Frederick to I-495.

The plan will use innovative traffic management solutions to allow vehicles to move more efficiently along I-270 between I-70 and I-495. Final design is underway this spring with construction to begin this fall. The entire project will be completed in 2019. Read more in the [press release](#).

## **Montgomery County Public Library to send Text Notifications**

Montgomery County Public Libraries (MCPL) has announced two new services to help library cardholders manage their accounts.

The text message notification option is a new way to notify cardholders when their holds (or requested item) has become available. At this time, the text message service is only available for hold notifications. Residents can continue to receive paper or email notifications, if preferred. Library account holders may sign up for text message service for holds at any MCPL branch.

Additionally, MCPL has an upgraded telephone renewal service with a new robust system which includes Spanish and French language options. Residents can check for hold availability and renew items already charged to their account by calling 240-777-0007 and entering their library account and Personal Identification Number (PIN).

"By adding text message notification for holds, and language options for telephone renewal, MCPL is delivering services asked for by our customers," stated Parker Hamilton, MCPL director. "As we move forward with technological improvements to our services, we are focused on delighting our customers and providing a positive library experience." For more information on MCPL go to [www.montgomerycountymd.gov/library](http://www.montgomerycountymd.gov/library).

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## Montgomery County Transportation Assistance

By Bill Wydro, RECA Vice President

### Transportation Services for Seniors & Persons with Disabilities



Senior Transportation Resources At A Glance

[Department of Health and Human Services Transportation Resources page](#)

[Transportation Network Directory for People with Disabilities & Adults 50+](#)

[Transportation Options in Montgomery County](#)

[Information and Spoken Interpretation in Other Languages](#)

There is a wealth of resource information available to seniors and those with disabilities on the Montgomery County Government (MoCo) web site. Follow this [link](#) and explore! Each resource has its own definition of a qualifying 'senior' - anywhere from age 50 to 70. (Another way to find out what is available is to call 311 and explain what you need.)

This article focuses on some of the transportation options referenced on the MoCo site. Some of these have age, income, and/or disability requirements. Some are available to any adult. Some are free or subsidized, and some are paid services.

If you type in the search box "transportation assistance" one of the first results is "transportation services for seniors and adults with disabilities." The choices offered from this starting point are extensive. Depending on your circumstance, you may quickly find what you need, but also expect that it may take patience and perseverance to connect with the service that is best suited to your needs. What follows is an overview of what this site and its links provides. (Some of the sites have overlapping information.)

Did you know that those over 65 can ride Metro for free on weekends, and during certain times, and half price all others? Click on the [Ride On](#) logo for details.

If you are disabled and register with [Metro Access](#), you can be picked up and taken just about anywhere in the area, door to door. The [Call-n-Ride](#) program is similar but has low income requirements.

## Senior Transportation Resources At A Glance

[This PDF](#) is a quick reference guide with names of transportation services and their phone numbers.

## Department of Health & Human Services Transportation Resources

[This guide](#) is a comprehensive listing of public, private and non-profit transportation in the Washington Metropolitan Region, State of Maryland, and beyond that can be used by everyone in the community with an emphasis on people with disabilities and older adults. Comprehensive is right! This page has a nicely organized list of 23 transportation topics, each with a pop-out list of sub-headings.

Choose Airport Transportation and there are links to both public transportation and private services to local airports. Choose "Taxi's" and all 5 companies operating in Montgomery County are listed.

Need a ride to the grocery store? There's a category for that, too! For instance, if you're over 70, you can call '[Daughter for a Day](#)' and arrange for a ride to the store that includes help with shopping, or have food delivered to you.

Another example is 'GoGoGrandparent.', under Transportation Network Providers. Once you register, this will simplify arranging Uber or Lyft rides. You call the service, press '1' on your phone, and a car will be sent to you, usually within 15 min. The driver will call you when his/her car is about 4 min. away. Call again, press '2,' and you will be picked up from wherever you were dropped off last. Rides can also be scheduled in advance.

The Rt. 45 bus schedule, MARC and AMTRAK train maps and schedules, or the Greyhound Bus schedule.

There are also references to rehabilitation training for driving if you have been injured, and "escorted services" for transporting those with medical conditions, and links to sites that perform vehicle modification for the handicapped.

## Transportation Network Directory for People with Disabilities and Adults 50+

[This directory](#) has a comprehensive listing of public, private and non-profit transportation in the Washington Metropolitan Region, State of Maryland, and beyond that can be used by everyone in the community. The Commission on People with Disabilities of the Montgomery County Department of Health and Human Services and the Department of Transportation compiled this listing of useful transportation services to assist County residents to better coordinate their transportation

needs. Now, finding information about transportation services is easier than ever with this resource guide. This is a 62 page full color PDF document with details about the services it lists, and hyperlinks to them. If you want everything there is to know about these resources w/o an internet connection, this is it!

## Transportation Options in Montgomery County

A [PDF brochure](#) that highlights a handful of major transportation services.

Good luck exploring!

## Metrorail Safetrack comes to Montgomery County

The Washington Metropolitan Area Transit Authority's (WMATA) last SafeTrack surge -- **Surge #16 – will completely close the Shady Grove and Rockville Red Line stations from Saturday, June 17 through Sunday, June 25.** Metro will be providing shuttle bus service from the Shady Grove and Rockville stations, but is urging commuters to avoid the stations if possible, particularly during weekday, peak travel hours and consider telecommuting, ride sharing and other alternatives. Travelers are also encouraged to consider using the Brunswick Line MARC Train from Metropolitan Grove or starting their Metrorail trip at Twinbrook, White Flint, Glenmont or Wheaton stations.

Red Line trains will operate near normal service between Twinbrook and Glenmont every eight minutes (normally every six minutes). Additional Red Line trains will operate between Grosvenor and Silver Spring every four minutes (normally every three minutes). However, commuters are advised to allow additional time to travel to their destinations.

More news and information about transportation in the County is available in '[Go Montgomery](#)'.

## NEIGHBORHOOD NOTES

### New Pastor for St. James'

The vestry and congregation of St. James', Potomac are pleased to welcome The Rev. Meredith Tobin Heffner as our fifth rector. Following the retirement of The Rev. Cynthia O. Baskin in 2015, St. James' went through a little more than a year of developing a parish profile, discerning our wants and needs for ministry leadership, and reviewing, evaluating, and praying about the many outstanding candidates. During this interim period, The Rev. Dr. Bill Doggett offered leadership, pastoral care, and guidance as we prepared for the future.

Late last year we were delighted when Rev. Meredith accepted our offer. An experienced lay leader who went on to graduate from Virginia Theological Seminary (VTS), she spent eight years as an assistant rector at St. Mark's, Alexandria. During that time, in addition to priestly duties, she performed a full range of pastoral tasks, led several mission trips, and participated in a VTS program aimed at improving preaching.

In addition to serving as rector, The Rev. Heffner has become fully engaged with the ecumenical group made up of Seven Locks Road pastors and Potomac Area Interfaith Communities clergy group. St. James' hopes to maintain these connections, and we will make a special effort to involve all in our neighborhood. Everyone is welcome to attend our regular Sunday services at 8:00 and 10:30 a.m. and any special programs noted on our banners. Rev. Meredith was formally installed as our rector by the Episcopal Bishop of Washington, The Very Rev. Marianne Edgar Budde, on May 20.

### We're Glad You're A Neighbor

Your may have seen these signs in Spanish, English and Arabic in the front yards of homes in Regency Estates. The origins of this sign are [here](#).



If you would like to obtain one of these signed, please contact Nina Chien at [nchienone@yahoo.com](mailto:nchienone@yahoo.com)

### Regency Area Coach Leads Bullis Bulldogs to IAC Title

On February 18, 2017 the Bullis Boys Varsity basketball team won the Interstate Athletic Conference championship with a 62-60 win over heated rivals Georgetown Prep. The Bulldogs

are led by Regency Estates resident and Head Coach Bruce Kelley, who is now in his 13th year at the Potomac School. This year, Bullis was 19-5 under Coach Kelley and won the regular season championship with a conference record of 8-1. This year's championship game was a nail-biter, with Bullis taking the lead with 1.8 seconds remaining (Article available at the [Washington Post](#) and video highlights [here](#)).



Since 2004, Bullis has won the IAC Tournament Title an astonishing 7 times. That is more than double the championships of any other school in the IAC, which includes traditionally strong programs like Georgetown Prep, Episcopal and Landon. That included a run of 3 straight championships from 2013-2015. In 2014, Bruce was named Washington Post Boys Basketball Coach of the Year after winning 29 straight conference games on his way to those 3 championships.

A number of Bruce's student athletes have gone on to play in college. Recently, several of them have played at Division 1 programs, such as, Maryland, UVA, Holy Cross and the Naval Academy.

Coach Kelley teaches middle school math at Bullis, in addition to running the basketball program. He played collegiately at Catholic University before getting into coaching. Prior to coaching at Bullis, he had a successful stint at St. John's Prospect Hall from 1998-2004, where he followed famed coach, Stu Vetter.

Bruce has a son, Brian, who played at Bullis and is now attending and playing basketball at Babson College in Massachusetts, and a daughter, Jocelyn, who is a senior field

hockey standout at Churchill. Bruce and his wife Louise can often be seen jogging around Regency Estates.

Congratulations to Coach Kelley and the Bullis Bulldogs for another championship and successful year!

## SRES Marketplace Newsletter – Rite Of Spring

*Provided by Fifa Northrop, Berkshire Hathaway HomeServices*

If you're itching to get into your yard and plan your outdoor projects, be sure your new landscape design brings both enjoyment and a return on your investment.

Two reports can help you choose the best projects.

The American Society of Landscape Architects' (ASLA) 2017 Residential Landscape Architecture Trends Survey found that people want to enjoy nature and connectivity simultaneously. That wish for wireless/internet connectivity popped up on its top ten project list for the first time this year.

Here are the 10 project types ASLA it expects will have the highest consumer demand.

1. Native/adapted drought tolerant plants – 82.31%
2. Native plants – 81.60%
3. Low-maintenance landscapes – 79.25%
4. Food/vegetable gardens (including orchards, vineyards, etc.) – 76.52%
5. Permeable paving – 76.31%
6. Reduced lawn area – 72.66%
7. Fire pits/fireplaces – 71.51%
8. Drip/water-efficient irrigation – 71.05%
9. Wireless/internet connectivity – 70.77%
10. Rainwater/graywater harvesting – 70.32%

And if making your outdoor space more sustainable is on your to-do list, see ASLA's list of most popular sustainable elements. They are:

1. Native/adapted drought tolerant plants – 82.31%
2. Permeable paving – 76.31%
3. Reduced lawn area – 72.66%
4. Drip/water-efficient irrigation – 71.05%
5. Rainwater/graywater harvesting – 70.32%
6. Recycled materials – 64.91%
7. Solar-powered lights – 57.16%
8. Compost bins – 46.35%
9. Geothermal heated pools – 28.36%

For more about landscaping trends, also revisit the NAR's 2016 Remodeling Impact Report: Outdoor Features”

<http://bit.ly/2mgsTYP> from fall 2016 to see what projects most appeal to buyers and add the greatest resale value to your property.

	<b>REALTOR® rank of projects' appeal to buyers (highest to lowest)</b>	<b>REALTOR® rank of projects' likely added value to home for resale (highest to lowest)</b>
1.	Standard Lawn Care Program	Landscape Upgrade
2.	Overall Landscape Upgrade	New Patio
3.	New Patio	New Wood Deck
4.	New Wood Deck	Standard Lawn Care
5.	Softscape	Sod Lawn
6.	Sod Lawn	Softscape
7.	Seed Lawn	Seed Lawn
8.	Outdoor Firepit	Outdoor Fireplace
9.	Outdoor Fireplace	Outdoor Firepit
10.	New Pool	New Pool

## All things Internet

### SAFETY: Start Lying to Avoid Getting Hacked!

*By Mitangi Mehta, RECA Board Member*

According Ken Colburn of Data Doctors “while honesty is the best policy, it also makes it easier for the hacker to steal your online identity” (<http://wtop.com/tech/2016/12/data-doctors-want-to-avoid-getting-hacked-start-lying-online/>)

Email is the easiest and most desirable vehicle for hackers. Since email has become the most important feature of the Internet, people have become relaxed about protecting it, even though almost everyone has a wealth of information in their emails.

So, protect your email as if you are protecting your wallet or bank account. How do you protect email? Don't give your real date of birth. Do you need to give your real date of birth to Yahoo, Google and every other coupon site? Not really!!

They don't need to know how old you are. They just need to know you are old enough to create the account. The year can be correct but the rest should be made up.

If you want to learn, discuss more on Cyber Security topics, feel free to contact me ([mitangi.mehta@regencystates.org](mailto:mitangi.mehta@regencystates.org))

## Taking care of elderly loved ones: Start using technology!

By Mitangi Mehta, RECA Board Member

Are you taking care of your elderly loved ones with your own busy life and causing stress, running around?

Make use of technological advances to make your life easier and reduce stress. I am talking about Uber, Lyft, TaskRabbit, Instacart, Amazon, Target and many more.

**Uber and Lyft:** Just like taxi except you reserve them via the phone app. If your elderly parent has an appointment and they don't drive but can get themselves to the driveway, then use Uber or Lyft. They don't have to worry about payment and you know when the "Uber", "Lyft" car got to the house and to the destination.

Lot of stay home parents are doing this to earn some money because of the flexibility it offers.

**Grocery and Errands:** There are lots of apps to help you be productive:

- **TaskRabbit** – Once you register on the site you can pick what type of task you need help with. They have people who can assemble furniture, run errands, stand in line for those tickets that you badly want.
- **Instacart** – Grocery delivery from many local stores such as Costco, Giant, Safeway, Harris Teeter, WholeFoods. Check out the FAQ for how they charge based on the store. Maybe you can get together with your neighbor and pay the delivery fee.
- Online Retailers such as Amazon, Target, Walmart – They all want your business. They offer free delivery for basic goods (lotion, shampoo, snacks, soap, etc.) if the order is \$25 and up.

## ARE YOU A GOOD NEIGHBOR?



### Watch out, there's a thief about

We continue to receive reports of thefts from homes, vehicles and yards in Regency Estates. Below are some safety tips that can be used to make homes and vehicles as secure as possible.

#### Home Safety

- Always keep doors and windows locked when away from your house.
- Close the garage door when working in the back yard.

- Make sure the garage door is closed overnight.
- Your house should be well lit. It is a good idea to use automatic timers for the outdoor and indoor lights; motion sensors can be used also.
- Never leave easily removed items such as bicycles in your yard.

#### Vehicle Safety

- Doors to vehicles should be locked at all times.
- Make sure all valuables are out of sight i.e. cameras, laptop computers, loose change and GPS systems.
- Garage door openers and keys should not be left in vehicles.

#### Neighborhood Safety

- **IF YOU SEE SOMETHING, SAY SOMETHING!** Report any and all suspicious activities to the Montgomery County Police, (non-emergency number 301-279-8000/emergency number 911).

## Montgomery County Offers Tips on Surviving the Heat

[http://www2.montgomerycountymd.gov/mcgportalapps/Press\\_Detail.aspx?tem\\_ID=16230](http://www2.montgomerycountymd.gov/mcgportalapps/Press_Detail.aspx?tem_ID=16230).

The following article, which was provided last summer, is reprinted as a reminder.

With temperatures forecast for the upper-90s to 100° this week (and very likely over the rest of the summer), and heat indexes forecast to exceed that, County officials are urging residents to take precautions to protect themselves against heat-related illnesses such as heat stroke and heat exhaustion.

Residents are also asked to check on elderly friends, relatives and neighbors who may be isolated to be sure they are not showing signs of heat-related illnesses. County facilities, including libraries, swimming pools, recreation and senior centers, as well as regional services centers, will be open and may provide respite from the heat.

"Summer heat can be dangerous, especially for seniors and those with chronic illnesses," said County Health Officer Dr. Ulder J. Tillman. "It is important for all of us to check on our friends, relatives and neighbors to make sure they are safe during extreme temperatures.

The following precautions will help residents remain safe and comfortable during excessive heat days:



- Stay indoors, whenever possible. Visit nearby air conditioned buildings in your community if your home is not air-conditioned. In addition to County facilities, residents can visit shopping malls, movie theaters and museums. A hyperthermia plan for homeless shelters has been activated and shelters that are normally closed during daytime hours will remain open so that individuals can stay indoors. Progress Place in downtown Silver Spring will remain open from 8 a.m. to 6 p.m. for all homeless individuals.
- Be careful to avoid strenuous activities that can result in overexposure to the sun, such as sports and gardening. If you must do a strenuous activity, do it during the coolest part of the day, which is usually in the morning before 9 a.m.
- Libraries, recreation centers and pools are good places to cool off, along with shopping malls and movie theatres. To quickly find the location of public facilities, go to <http://www2.montgomerycountymd.gov/mymontgomery> and type in your location. The website includes the locations of pools, parks, libraries, regional services center, recreation centers, Metro stations and hospitals. Residents with questions about specific locations and hours of operation should call 3-1-1 or 240-777-0311 from a cell phone. Anyone without air conditioning and unable to get to a cool facility should call the Montgomery County Crisis Center at 240-777-4000 for assistance.
- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Remind others to drink enough water.
- Avoid drinks containing alcohol, or caffeine or, high amounts of sugar.
- When outdoors, wear proper protection from the sun. Light-colored clothing, a hat, sunglasses and sunscreen protection are recommended.
- Never leave young children, the elderly, or pets in a car for ANY amount of time, even if the windows are cracked open.
- The Montgomery County Animal Services and Adoption Center staff recommend that domestic animals be kept indoors during periods of extreme heat. Many types of animals can be subject to serious injury and possible death from a variety of heat-related causes. Animals that

must remain outdoors need to be provided with shade and given plenty of water. Executive Regulation 10-10AM, Anti-Cruelty Conditions for Dogs, Section 1.0-II-D is enforced in the summer months as long as and/or whenever the Weather Service issues an Excessive Heat Warning. This regulation states that, "A person must not tether a dog under circumstances that endanger its health, safety, or well-being, including: unattended tethering of a dog during a weather emergency." The penalty for this violation is a fine of \$500.

- Monitor those at high risk. Those at greatest risk of heat-related illness include:
  - Infants and children up to four years of age;
  - Individuals 65 years of age and older;
  - Individuals who are ill or on certain medications; and
  - Individuals who are overweight.

Knowing the signs of heat exposure can prevent serious illness from becoming life threatening. Should any of the following occur, get out of the heat, loosen any tight or heavy clothing, and drink plenty of water:

- Heat cramps: symptoms include painful muscle spasms, usually involving the abdominal muscles or legs;
- Heat exhaustion: first signs are cool, moist, pale or flushed skin, dizziness, nausea, headache and weakness; and
- Heat stroke: the most serious sign of overexposure. Symptoms include red, hot, dry skin, weak pulse, rapid breathing and changes in consciousness. Seek emergency medical attention by calling 9-1-1.

For general information about County programs and services, call 3-1-1.

For more tips on having a safe and enjoyable summer, please go to the County's Summer of Safety A to Z page a [montgomerycountymd.gov/summersafety](http://montgomerycountymd.gov/summersafety), or on social media, follow tweets with #MoCoSafety.

**Memberships  
Available**

## Join your friends and neighbors at **Regency Estates Swim Club**



Our beautiful pool at 11511 Gainsborough Road in Potomac, MD,  
has summer fun for everyone!

- Water slides
- Fountains and water buckets
- Beach entry
- Fenced toddler pool
- Shaded playground
- 3-meter and 1-meter diving boards
- Water volleyball
- Lap lanes
- Swim lessons for all ages
- Swim and dive teams
- Masters swimming
- Picnics and barbeques
- Ice cream parties
- Raft nights

### **Memberships Available**

Come join the summer fun at Regency Estates Swim Club.  
Payment plans available. For more information, visit us at  
[www.rescswimpool.org](http://www.rescswimpool.org) or email us at [rescpool@gmail.com](mailto:rescpool@gmail.com).

**Join today!**