



The Luxmanor

Greensheet

Serving Luxmanor, Windermere, and The Oaks

North Bethesda, Maryland

February, 2010

www.luxmanor.org

Life's most persistent and urgent question is, 'What are you doing for others?'

Rev. Martin Luther King, Jr.

Contributed by Della Stolsworth

We all like to think that we are civic-minded, engaged members of our community. MLK Day offers us a wonderful opportunity (and for many, a paid holiday), to reflect upon how we are improving our world. Helping out can take many different forms: There are people who flew to Haiti to provide medical care; others who organized supply drives across the County, while some of us could only take a moment to text a donation or say a prayer—in whatever form help was given, everyone's contribution was important !

Use the New Year as a time to reflect on your priorities and adjust your game plan accordingly. Consider how you can work with our association to improve our community. Consider these options:

1. Have **4 hours per month**? Consider volunteering to be the Chair of our Neighborhood Reps Committee. Attend a monthly Board meeting, plus spend 2 or more hours per month on outreach.
2. Have **4-6 hours per month**? Chair a committee – Environment, Nominating, etc?
3. Have **2-4 hours per month – daytime**? Volunteer to be part of our Planning & Development., Traffic or Schools Committee. Even if you can't make our Board meetings, you can attend hearings and report back to our community.
4. Have the **odd hour here-and-there**? Help with our Special Events – from the Art Show to the Garden Tour.
5. How about **30 minutes or less per month**? Read and respond to the requests for emails to Council, forward good stories, or even just good story ideas, for the Greensheet, complete the survey on page 5 (online, if possible!).



The **bottom line** is this – our community is only as strong as its supporters. As Mahatma Gandhi said, "Be the change you want to see in the world"!

President's Letter

Dear Members,

I just read a polling website that said that 86% of Americans felt that January and February were the "slowest, most boring months of the year" - all I can say is that they obviously don't live in Luxmanor!!

(Did you see the great Dancing Snowpersons on Luxmanor Road?)

We are taking advantage of the slow month for polling by issuing the enclosed community survey - a chance for YOU to tell US what you think. PLEASE, take the 5 minutes it requires to express your opinion. Often, the loudest voices drown out the chorus - this survey is your chance to have your voice heard. If it all possible, PLEASE fill it out online - any mailed surveys will be tabulated, but that will involve yours truly (and anyone I can beg to help) keying in the paper copies, so online responses are GREATLY appreciated!



Speaking of making your voice heard, a giant THANK YOU to everyone who has taken the time to email/write/call the County Council and others about their thoughts on the White Flint Sector Plan. It really HAS made a difference - our elected officials are surprised by the level of community involvement AND it is affecting the outcome! We will need to keep this up - think of the White Flint development as parenting - even once the Plan is passed (like the child you send to kindergarten), we will still need to be engaged to make sure it stays on the right path - and this "child" really DOES take a village!!!

We have lots of exciting events coming up this Spring, lots of ways YOU can get involved (a little or a lot), and lots of planning for the future - stay warm, but don't get TOO comfortable!

Della Stolsworth
LCA President



Luxmanor Citizens Association

The Association serves Luxmanor, Windermere, and The Oaks.

Officers

President	Della Stolsworth	984-4475
Vice Pres.	Harris Leonard	897-8588
Rec. Sec.	Sander Davidson	493-4810
Corr. Sec.	Barbara Gold	571-0173
Treas.	Judy Morenoff	881-3132

Trustees

Paula Bienenfeld	984-2944
Lynn Waters	530-3620
John Beamer	881-7174

Committee Chairs

Directory	Robert Wilkinson	881-4321
Environment	Nathalie Silver	881-0861
Greensheet	April Chang	881-3021
Membership	Marilyn Hammerman	881-0011
Planning/Dev.	Paula Bienenfeld	984-2944
Public Safety	John Beamer	881-7174
Roads/Traffic	Bill King	881-2199
Schools	Ellen Paul	897-0022
Signs	Hilary Lavine	530-7616
Special Events	Judy Abramson	255-0035
Website/Yahoo	Todd Berman	468-6707
Welcome	Beverly Piccone	530-7449

Highlights of LCA Board minutes of January 11, 2009

Welcome Committee will drop of goodie bags to all new neighbors from 2009.

\$500 will be donated to Walter Johnson Prom breakfast.

Safety Chair, John Beamer, indicated that we SHOULD call the police non-emergency number (301-279-8000) if we see anything unusual. The police DO want to hear from us.

Sign Chair, Hilary Lavine, still looking for a place on Tilden for a Luxmanor sign. We may only be able to place one sign, instead of two as originally planned.

Also, see Special Events, Planning, and Survey items elsewhere in Greensheet.

Please, Please Complete the Enclosed Survey!

Prepared by a Committee of the LCA Board

This survey, which we discussed in the last edition of the Greensheet, is now ready for your input. For those who wish to fill out the enclosed hard copy, please complete and return to: Della Stolsworth, 11400 Hollow Tree Lane, Rockville, MD 20852. Please return by February 28!!

For those who wish to fill it out online, which is the easiest way for us to gather the data and will enable us to publish results MUCH faster, a link is provided on our Website, Luxmanor.org. Thanks!

More Special Events Planned

April 10 and 11 is our Arts in the Cabin event, so mark your calendars now for a spectacular Art Show by our own LCA Artists. It is not too late to contact Varda Avnisan to participate.

We are also looking for a house to host our annual "Spring Fling," to take place either Friday, April 30, or Friday, May 14. If you are interested in hosting this event (approx 60-70 neighbors attend) please email Judy Abramson. (judy.abramson@verizon.net).

Luxmanor's annual softball game will once again be held on Father's Day, June 20. We are looking for a neighbor to chair this event. If interested, once again, kindly email Judy. Lastly, our Garden Tour will also return, date TBA. More info on this in the next Greensheet.

Weekend Cookie Masters!

Contributed by Lynn Waters (Whisperwood)

When we're trying to explain to the County Council what a wonderful community we have, and why we want to protect it -- we should just invite them to the kind of Luxmanor Event that was enjoyed by the neighbors who attended the Cookie Exchange at the home of LCA Events Chair Judy Abramson and her husband, Stan (Tall Tree Terrace).

Outside it was a cold, grey, rainy January afternoon. Within, there was a warm welcome for friends, long time residents (and some who were brand new to Luxmanor) and coffee and tea, and candlelight and wines and fresh flowers, fruit and cheeses and COOKIES!

Judy provided name tags for guests, little signs for each platter heaped with the tempting cookies each brought to share; printed copies of all the recipes, and zip-lock bags for taking home a treasure trove of choices, all homemade by the talented ladies of Luxmanor. This was not a gender-ordained event, though: there were several cookie-sampling husbands around the table, enjoying coffee and conversation as well. But none, alas, who actually baked any cookies.

There were cookie brittle; chocolate pretzel sandwiches, Hello Dollys; cranberry-white chocolate chip oatmeal cookies, pineapple cookies, marzipan bonbon cookies, "cookie surprises," concealing either dates, cherries, nuts or chocolate; fragile almond crescents; Russian cookies; and lots of two-fisted types: molasses cookies, and granola cookies, and fudge drops -- and more.

Are you asking yourself why you weren't there, enjoying such a lovely time with Luxmanor friends? *Well, there's always next year . . .*

Thank you, Judy and Stan for hosting and arranging this fun event, and to Paula Bienenfeld (Tilden) for having the idea. We were delighted to provide the left-over cookies from "The Cookie Exchange" to the Bethesda-Chevy Chase Rescue Squad.

Don't block the box! (Or the Driveway, when it comes to that.)

Contributed by April Chang (Roseland)

Now, I ask you, how often do we get a call from our Mailcarrier? I do lots of waiving and saying "Thanks!" but actual phone calls are limited. But this month, we got a call. Apparently, we are making his life a whole lot more difficult. Residents are putting both cars and recyclables right in front of our mail boxes. I know I have been guilty of the latter. His rules call for him to remain in his vehicle when delivering mail in the truck. He would have to be an acrobat to reach over the recyclables and it is impossible to reach over the cars. So, we are giving him a choice between no mail and no rules – not fair at all. Please do not block mailboxes in future with ANYTHING.



I also note that on many of our narrow streets, folks make an effort to avoid blocking any driveways on the side they are parking ON. They do not often think about the poor souls backing out of driveways on the OTHER side. They can make things rather inconvenient for the backer-upper. And, if anyone backs up as badly as I do, it can be dangerous for your vehicle. Please bear it in mind. Thanks and look out!

News from the Development Committee

The Development Committee reports two areas of progress with respect to the White Flint Sector Plan. The first area concerns "green space." Developers have been receptive to a "Civic Green" concept, and to increasing the initially planned one acre of green space to a larger area. The second area concerns the library. MNCPPC plans call for an express library. The White Flint Community Coalition (LCA is a founding member) has been suggesting a larger, more community-friendly library to be part of a mixed-use building. The Library Department has been receptive to the ideas advanced by the Coalition communities– but there are no guarantees that the library plans will change.

Homestead Tax Credit

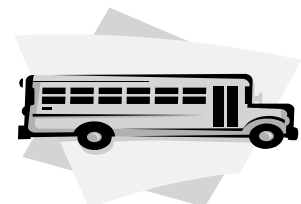
Contributed by Bernice Fox and Rob Wilkinson

Bernice Fox (Stephalee) reminded us, as we receive our new tax assessments, that you may wish to apply (or reapply?) for the Homestead Tax Credit. Information about the tax credit is included in your assessment. Even if your property value decreased, you still need to complete this application so it is on file for the future. They suggest that the application be filed on line. Rob Wilkinson (Poindexter) indicates that the application is very difficult to find so he did the work for us. It is a part of the State Department of Assessments and Taxation (SDAT) and you can go directly to it via this link: <https://sdathtc.resiusa.org/homestead/>.

Budget for the Montgomery County Public Schools

For those of you interested in the MCPS budgets, below are the important dates for the remainder of the process where decisions will be made. We encourage everyone to voice their opinions!

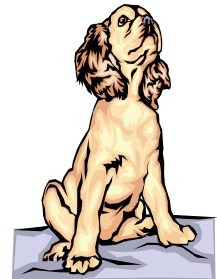
February 9 – Board of Education adopts proposed FY2011 Operating Budget
March 1 – Operating Budget request presented to County Executive & Council
3/15 – County Executive issues Operating Budget
April, 2010 - Council holds budget hearings (exact dates to be determined)
May 20 – County Council approves operating budget
June 8 – BOE takes final action on FY 20100 operating budget



Neighbors' News

Our neighbor of 23 years, Carin Holstein Cooper, RN, MPH, of Winderemere Circle, is co-teaching a course at NIH, Losses in Our Lives: Pathways to Healing. The course offers an opportunity to work through feelings of loss and grief in healthy ways. We all experience losses in our lives; loss and grief are part of our shared humanity. This course offers various experiential exercises designed to facilitate healing, i.e., writing, poetry, sharing, music, movement, storytelling, and other creative processes. This course is open to the public and as well as the NIH community. The course will be offered twice: on Wednesday, Feb. 10th 4:30-7:30pm and again on Feb. 17th 4:30-7:30pm at NIH. Fee: \$60 per person. Registration: contact the R&W Activities Desk at NIH @ 301 496-4600.

Bernice Fox, our neighbor at 11130 Stephalee Lane is supporting the Lucky Dog Animal Rescue (www.luckydoganimalrescue.org) which pulls dogs from high-kill shelters and cares for them until they can find adoptive homes. Currently, their vets and shelters are in need of bath and beach towels. So, if you are cleaning out your linen closet and find that old smurf towel that nobody would use anymore and Goodwill won't take – they will. There are clearly more pressing issues in the world and if you have to choose – choose those. But if you just have a towel or two that you would be embarrassed to throw away – we'd love it. Feel free to pass this e-mail around at your office, gym/country club (we'd love some of their old towels!), etc.. And if any of you are looking for a dog... Bernice would be happy to come pick up towels or you can drop them off on her porch at 11130 Stephalee Lane.



Good Words

Contributed by Marilyn Reside at the Davis Library

New Year's Eve has passed and Valentine's Day will soon follow - two major stumbling blocks to diet and exercise plans. This could be the time to embrace a new beginning. Perhaps one or more of these resources will prove useful when the next stumbling block appears.

Change is not easy. David Kessler, in his book, *The End of Overeating: Taking Control of the Insatiable American Appetite*, examines how biological stimulus and modern food production often conspire to encourage unhealthy eating patterns. As a former Food and Drug Administration commissioner, Kessler urges policy reform, but he also offers impulse control ideas.

There are a lot of different choices when considering diet options. *Health* magazine's website enables a user to compare 47 different diet plans, evaluating differences such as medical benefits, food preparation, expense and other factors. Go to Health.com, search for "diet guide," and compare Atkins to Weight Watchers.

If the same, tired meals keep on ending up on the table, check out Cristin Dillon-Jones' blog, Eat Like Me, which features photos and nutritional content for most of her meals. As a dietician, she wants to demonstrate that "...it's truly possible to eat balanced, nutritious meals in the course of a normal (busy) day." The blog (www.self.com/fooddiet/blogs/eatlikeme) provides fresh, simple meal ideas.

To get moving, try a new exercise DVD. Valerie Bertinelli, of Jenny Craig fame, and her trainer developed *Losing it and Keeping Fit*. For those who quickly get bored with a routine, several DVDs provide a variety of activities with interval or circuit training, such as *Results Fitness: 10 Days to a Better Body* and *Banish Fat Boost Metabolism*. Target problem areas with *Exale: Core Fusion Thighs and Glutes*, which integrates Pilates and Yoga techniques.



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Actually, don't just note it.
Fill it out, please.



Important!
Please note the enclosed survey
of residents of YOUR
neighborhood!