



The REGENCY RECORD

Newsletter of the
Regency Estates
Civic Association

Fall/Winter 2023



President's Message

Warmest season's greetings as we head into the winter months!

First and foremost, as you began reading this issue, I hope you noticed a significant welcome change to this first page. That's right—we've officially changed our name to Regency Estates Civic Association (previously Regency Estates Citizens Association) after receiving IRS approval as a 501(c)(3) nonprofit organization. As I shared in the last issue, this name change and tax status will usher in several benefits: we will not need to pay Maryland sales tax, gifts from our donors will be tax-deductible, we become eligible to participate in Montgomery County Public School's Student Service Learning (SSL) program, and we become more inclusive and welcoming to our diverse resident population. In the coming weeks, we will roll out this name change across our platforms.

For over 30 years, our volunteer-led organization has worked passionately to maintain and improve our neighborhood.

We appreciate each and every member of our community that has helped to make this possible. In addition, your philanthropic support fuels our efforts and provides resources to host community events, make improvements around the neighborhood, distribute important news when it happens, and much more. If you would like to make a donation, please make your checks payable to **RECA** and send to:

RECA
Attn: Jerry Garson
8308 Raymond Lane
Potomac, MD 20854

All donations are fully tax deductible. We are grateful for your contribution and hope you have a pleasant winter holiday!

Best,
Rick Chen
President

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In Our Neighborhood

Record Number of Participants for RECA's Fall Community Yard Sale

On Saturday, October 28 and Sunday, October 29, bargain hunters, retro scavengers, and friendly neighbors took advantage of the warmer weather to seek out treasured finds at the RECA Fall Community Yard Sale.

From exercise bikes to wall art, board games to bathroom mirrors, the sale offered a unique selection of used goods at reasonable prices. We had a wonderful seller turnout of more than 20 residents located across 16 streets. They included Bunnell Drive, Gainsborough Road, and Victory Lane. While shopping, members of the community were able to admire the Halloween decorations. Several vendors noted significantly greater foot traffic on Saturday due to the unseasonably warm weather. By contrast, Sunday's rain put a slight damper on visitors.

This year's sale took a strategically different approach to advertising and signage by leveraging technology. Instead of paper maps, RECA created new signs that included a QR code that linked to a Google map of participating yard sales. Not only was this more convenient for visitors (given most people own phones with camera-scanning abilities), but we could track interest in real time—nearly a total of 1,400 views!

Thanks to all who participated and look forward to seeing you next year!



Photo credit Al Belsky



Photo credit Dan Belsky



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I am happy to report that the news is still good about our home sales in zip code 20854. Inventory picked up in October and November. Most homes sold rather quickly in spite of the increased interest rates but buyers are being more selective and price and condition do matter!

If you're thinking of selling in 2024, call me today for input!

Lorraine Spero Gottlieb

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Around the City and State

Proposed Improvements to the American Legion Bridge

By RECA Board Treasurer Jerry Garson

As longtime Transportation Chair of Montgomery County Civic Association, I'd like to summarize Governor Moore's proposed improvements to the American Legion Bridge, followed by my thoughts on its effect on our neighborhood.



On August 23, 2023, Governor Wes Moore announced a path forward in addressing mobility and access challenges along the American Legion Bridge, I-495, and I-270, with the submission of a formal federal grant application for improvements to those corridors. This application advances a critical piece of the Moore-Miller program for multimodal enhancements in the Washington region along the I-495 and I-270 corridors.

Governor Moore emphasized that the program of activities envisioned for I-495 and I-270 identifies opportunities to be responsive to communities, improve transit and multimodal access, and spur inclusive economic growth. To meet this charge, the Maryland Department of Transportation will advance the following transportation solutions alongside stakeholder engagement:

Phased Approach to Managed Lanes

Implementation of managed lanes will be phased, with the American Legion Bridge, I-495 to the I-270 West Spur, and the I-270 West Spur being the focus for initial implementation. The section from the I-270 West Spur to I-370, including through the City of Rockville, will be addressed in a later phase. This phasing will allow for a rational and fiscally prudent phased development.

Pursuing Federal Grants for This Multimodal Corridor Program in Partnership with Virginia and Local Jurisdictions

Maryland has applied for a Multimodal Project Discretionary Grant from the U.S. Department of Transportation. This grant will support the reconstruction of the aging American Legion Bridge and the construction of managed lanes from the bridge to the I-270 West Spur, and on the I-270 West Spur. In doing so, the grant will support reliable and frequent bus transit between Virginia and Montgomery County and the larger Washington region.

To continue the engagement with the public, the department will conduct open houses in Montgomery and Frederick counties this fall and winter. These open houses will give residents an opportunity to weigh in on the different elements of this program. Dates and times for these open houses will be announced in the coming weeks.

My Thoughts on the Proposal

The proposals to widen I-495, I-270, and the American Legion Bridge will help reduce the traffic in Regency Estates area. This is due to the significant amount of traffic on Seven Locks Road created when the Beltway and I-270 western spur cannot handle the traffic demands.

Currently, the traffic data on the Beltway near Persimmon Tree Road show that the peak traffic in the afternoons from after Labor Day to September 20, 2023 occurred between 2–3 p.m. on all days, except Friday, September 15, when it occurred between 1–2 p.m. After 3 p.m., the traffic capacity is reduced on the Beltway and I-270 because of congestion and some of the traffic is the diverted to Seven Locks Road. The amount of traffic between 3–6 p.m. on the Beltway is reduced by over 20%.

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Full Page	\$125	\$475	Full Page	\$130	\$495
Half Page	\$75	\$280	Half Page	\$80	\$300
Quarter Page	\$40	\$145	Quarter Page	\$45	\$165
Business Card	\$20	\$70	Business Card	\$25	\$90

Pedestrian Safety and Convenience

By RECA Board member Bill Wydro



On October 10, Montgomery County approved a Pedestrian Master Plan that is quite ambitious. The main goals are to:

- Increase walking rates and pedestrian satisfaction
- Create a comfortable, connected, and convenient pedestrian network
- Enhance pedestrian safety
- Build an equitable and just pedestrian network.

Details are [on this site](#). Scroll down to “Highlights of Pedestrian Master Plan Recommendations,” and you will see this not only includes safety issues, but other pedestrian friendly amenities, like seating and restrooms in urban areas.

[Check out this pamphlet](#) for a summary and quick overview of the plan, [and this site](#) for a series of one-minute video explanations of some major pedestrian issues being addressed.

COVID Test Update

By Bill Wydro

Have you noticed another round of COVID happening? Feeling a bit ill? Have you been exposed to someone with COVID and want to test yourself? But darn, you just have that stockpile of expired tests kits gathering dust! Well, as of late September you can request four free tests per household at <https://www.covid.gov/tests>.

Also on that site is a list of places to go for no-cost antigen and PCR COVID-19 tests, and a link to an FDA table listing which at home test kits have extended expiration dates. The table shows pictures of the various test kit boxes to make identifying them even easier.

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Hello from Don!

by RECA Board member Don Carney



Hello, my name is Don Carney. I live on Charen Lane. I was interested in connecting with people in the neighborhood, so I joined the RECA board. So far it's been fun, and the board members are friendly and outgoing.

I enjoy a lot of things about Regency Estates, including the proximity to Cabin John's and Park Potomac's restaurants, the C&O Canal hiking and biking trails, pickleball courts, and easy access to Washington, DC. I have also developed many friendships here over the years. While we have experienced challenging events, such as the DC Sniper (2002), Snowmageddon (four feet of snow in 2010), an earthquake (2011), and the derecho wind storms (2012), generally it's temperate and pleasant, making it easy to

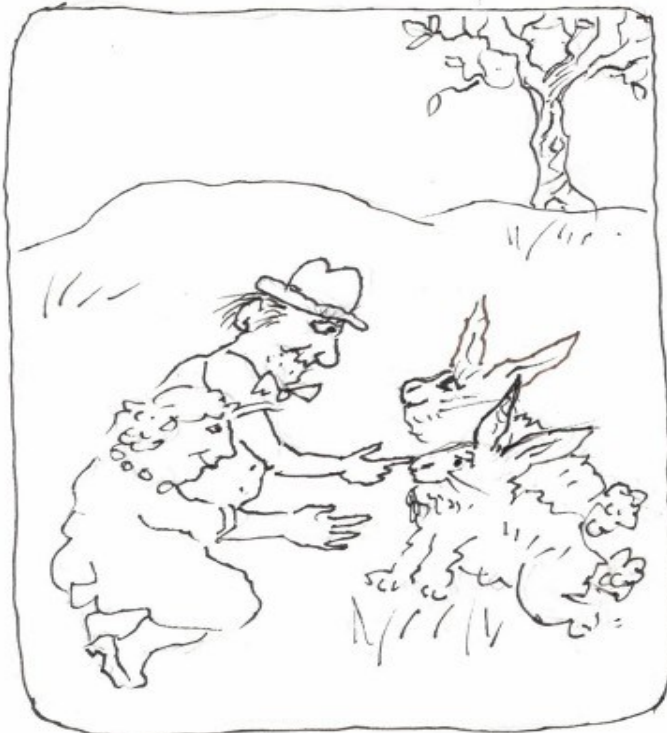
stick around. That's especially true since we added a screened-in porch for relaxing outside. It prevents swarms of bugs from coming inside during the summer. I also like it when the President (whoever that may be) and his entourage fly over our neighborhood en route to Camp David in the old green and white Sikorsky Marine One helicopters—typically on Friday and Sunday afternoons or evenings—as it's a reminder we live close to both mountains and the nation's capital.

I work a hybrid work schedule, commuting a few days a week to an office in Northern Virginia. This has led to my deep interest in regional transportation issues, especially expanding or developing alternatives to the Memorial Bridge crossing the Potomac, to make Maryland to Virginia commutes more viable. I think there are opportunities to greatly improve this quality of life issue.

I am taking guitar lessons this fall, and if it goes well I will be looking for other musicians to form a band. If you are interested in forming a band, or playing pickleball or poker, let me know at don.carney@regencyestates.org.

A MATTER OF PERSPECTIVE

By Marge Bender and Rick Chen



A few hours later...



This article was provided by one of our advertisers, Geneva Day School.

How to Welcome a Refugee Prekindergartner in Potomac: Warmth, Routine, and the Geneva Method



Through the philanthropic efforts of Beth Shalom Temple in Potomac, congregant (and neighbor to Geneva Day School), Mrs. Judy Frank helped shepherd an Afghan refugee family into the embrace of Geneva so as to grant routine and a warm welcome to its Prekindergartner.

“Our synagogue adopted the family. . . We got them through an immigration agency, IROC. I contacted Geneva to. . . Initiate the relationship. Geneva has been incredibly supportive. So amazing. We are so grateful to Geneva,” said Mrs. Frank, of the school, which has welcomed families from around the world since 1965.

Each morning, an entourage from Beth Shalom arranged for carpool pick-up of its adopted scholar, followed by afternoon drop-off to his home. Although there may have been moments of hesitation for this scholar (who at the age of four, had never undergone a preschool experience and did not speak English), he soon felt at ease. In little time, he began to practice English vocabulary. Within months, he could give simple accounts of his day to his designated carpool drivers. This delighted the Beth Shalom entourage, reported Mrs. Frank.

Often recognized as “number one” in the region for early childhood education, Geneva enjoys cozy classrooms and sprawling Maryland Green School grounds. Monarch butterflies alight within its milkweed gardens, which are planted with the express purpose of assisting their migratory flight. Students participate in a mission of protecting this endangered insect and see themselves as “custodians of Nature.”

“I think the major thing is a sense of belonging. Students must feel like they’re a part of something bigger than the classroom. . . This creates a way for them to nurture friendships and to blossom in their academic learning,” said Director Lizama. “Importantly, (our Prekindergartner) also felt welcomed and loved,” she stated of his remarkable progress.

Geneva students recurrently remark that they hold fond memories of their time in and out of the classroom. A lifelong love of learning really does begin with a warm welcome, routine, and the Geneva Method.



Pickleball 101

By Bill Wydro



Did you know pickleball is one of the fastest growing sports both in Montgomery County and nationally? It is a co-ed, multi-generational sport. Pickleball was invented in 1965 by Joel Pritchard, a congressman from Washington State, and his family and friends at his home near Seattle. They could not find their badminton equipment, so they decided to create a new game the whole family could play.

Montgomery Parks is actively working to increase the number of pickleball courts in the county. Most middle schools have pickleball courts and teach the game in PE class. High schools may soon make it a varsity sport.

Want to try it? The Montgomery Parks indoor courts occasionally offer free classes. My favorite class is on Thursday afternoons at the Margaret Schweinhaut Senior Center (MSSC) with Brad. He gives instructions to beginners at 1 p.m., intermediate at 2 p.m., and advanced at 3 p.m. Dill Dinkers also offers clinics and private lessons for a fee.

Read more about it below and get ready to “thwack” away!

How to Play

If you don’t know, pickleball is a fun, fast-paced, but low-impact sport that is a combination of several classic racket or paddle sports like badminton, tennis, and table tennis. It can be played indoors or outdoors. Outdoors it’s played on either a shared court with tennis, or a dedicated court with a tennis-like net. The court dimensions are smaller than a tennis court. The sport uses short handled rectangular paddles about twice the size of a ping pong paddle, and a plastic whiffle-like ball. Pickleball is easy for beginners and people of all ages to learn, and often becomes very competitive among experienced players.

Here is a [USA rulebook](#) that gives both a “quick start” overview for beginners, and the complete rulebook for those seeking details or to resolve disputes.

The ball has holes that create air resistance, so it generally travels more slowly than other paddle or racquet sports, increasing reaction time, which makes it especially appealing to seniors. That being said, the ball *can* be hit with quite a high velocity. Players find it most rewarding to play against those of a similar skill level.

Community center multi-use gyms typically have room for three pickleball courts. It is most commonly played with partners, two vs. two. You do not need to bring a partner. In what is called “Open Play,” games are played with whoever is present, and changing partners each game is typical.

Where to Play

Each pickleball venue has its unique characteristics and clientele.

[This site](#) has some of the pickleball playing times and places in Montgomery County (the site begins with league play—scroll down for open play).

Here are the public courts closest to Regency Estates:

- Potomac Community Center (PCC, off Falls Rd)
- Bauer Drive Recreation Center (BDRC, off Norbeck Rd)
- King Farm (KF, off Rockville Pike)
- Margaret Schweinhaut Senior Center (MSSC, off Forest Glen)

Also one of the tennis courts at the Beverly Farms Park (next to the school) has temporary pickleball court lines that hopefully soon will become permanent.

[Potomac Community Center](#)

(240) 777-6960

In good weather they have active play, both indoors and outdoors. When the outdoor courts are unplayable, there can be quite a wait time for the three indoor courts. Currently, the indoor courts are available Monday, Wednesday, and Friday from 9 a.m.–12 p.m.

[Bauer Drive Recreational Park](#)

(240) 777-6922

There are six dedicated outdoor courts—the best in the area. They are open from sunrise to 11 p.m. (lighted). The indoor courts are designated for seniors Monday afternoons and Friday mornings.

[King Farm](#)

(240) 731-7192

Outdoor only; lighted.

[Margaret Schweinhaut Senior Center](#)
(240) 777-8085 (ask for Lydia or Karen)

It's best to call each venue to verify their current pickleball schedule.

There are also two local private indoor court facilities that just opened this fall. They are [Dill Dinkers North Bethesda](#) and [Dill Dinkers Rockville](#). Each has a dozen courts with both "open play" and courts that can be reserved. There are annual memberships available, and reduced court fees for members, but courts are available for anyone.

Pickleball Issues

The "thwack" noise of hitting a pickleball is a much higher decibel than that of hitting a tennis ball, so pickleball games set in tennis courts have been the subject of complaints in residential neighborhoods that have adjacent tennis courts.

As with any sport, injuries are possible. An increase in senior injuries (and other ages) has been attributed to pickleball, including strained hamstrings, strained calves, ruptured Achilles heels, and injuries from falls. [Here is a resources](#) with some helpful ways to avoid injuries.

In my own personal experience at 77 years old, I have strained, and recovered from, a hamstring pull. I play frequently, and have witnessed other player's falls—which are very rare—and most are minor, but some more severe. As an overview, I don't see this as a deterrent from playing. I have lost weight, increased my leg strength (I can climb stairs two at a time), and I have increased my endurance since playing, and I feel in better overall health for it. And it's fun. As an aside, I have acquired some new social friends as a result of meeting them at pickleball courts.



Blast from the Past

Regency Record back issues compiled by RECA board member Jan Peterson

Note: These archival articles are republished for entertainment purposes only. Any listed contact/links most likely are out-of-date.

Kids Ride Free

Montgomery County's 2-year-old "Kids Ride Free" program on Ride-On buses is being expanded to Metrobuses that operate within the county. All school children, up to and including high school seniors, can ride free between 2 and 7 p.m. from Monday through Friday throughout the year, including holidays and summer months when schools are not in session.

For more information, contact the Transit Information Center at 240.777.7433 (RIDE) or visit the website at <http://www.rideonbus.com>.

Free Radon Test Kits

To celebrate National Radon Action Month this January, the Montgomery County Department of Environmental Protection's Indoor Air Quality Program will provide free radon test kits to eligible residents.

More than 30 percent of households in Montgomery County have radon levels that exceed recommended limits set by the U.S. Environmental Protection Agency. These residents are strongly urged to take action to cut health risks by lowering radon levels in their homes.

Radon is a naturally occurring, invisible, cancer-causing radioactive gas given off by uranium in rocks and soils. Radon, the second highest cause of lung cancer in the United States, becomes a health concern when it seeps into homes, where it is easily inhaled.

To find out how safe your home is and learn more about radon and radon testing, visit <http://RADON.askdep.com> or call 240.770.7770 for a free radon test kit.

Neighborhood Construction Projects

See our website and local papers for additional details

Seven Locks Road: Plans are underway for road improvements including sidewalks, intersections, and bus stops.

Fortune Parc: Current plans call for a mixed-use office plus housing development at the northeast corner of Montrose and Seven Locks. The RECA Board met with the developers and has expressed concerns about the impact of the new construction on traffic.

Cabin John Mall: Renovations to the mall, at least five years away, are included in the Potomac Sub Region Master Plan.

Barnhardt Property: Officially named “Potomac Crest,” this development will create 21 single-family homes on the northwest corner of Tuckerman and Seven Locks. Access will be from the north via an extension of Patriot Lane. The developers for this project will address our next RECA Board meeting on February 6.

Parking

Now that the Churchill High School renovations have been completed, parking is again available at the school for students, although the number of spaces is still less than the number of students. Currently, only seniors are allowed to park at the school, so juniors must still park on the streets. The county’s permit parking system is based on the wishes of the residents. If your block wants to have parking restrictions changed or eliminated, you can petition the county.



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