

F E B R U A R Y 2 0 1 6

CARDEROCK SPRINGS COMMUNITY NEWS

PROGRESSIVE DINNER

SATURDAY, FEBRUARY 27

Starting at 5:30 pm at the club

So, what's a Progressing Dinner? It goes something like this:

- People sign up to participate (the most important part of the process)
- I will then organize everyone into groups of 8, either by your preference of location (i.e., your immediate neighborhood) or a group of folks who don't know each other.
- When the groups are formed, I will ask you which part of the dinner you would like to host at your home.
- Choices will be salad, entree/side dish, dessert, bread/wine. It works for both couples and singles.
- The key is for you to make something in advance that can be ready or put together when your group arrives so you can join the group at each stage and not be home cooking.
- We will begin at the club with a cocktail hour at 5:30PM. This will be my part. I'll be making some favorite nibbles and our CSCA budget (from your dues) will supply the drinks.
- From the club, we will go in groups of 8 to the first house of each group for a salad, then to a second house for the entree and side dish (together with wine supplied by someone who is not hosting at their home), and the final house for dessert.

As you can imagine, this will take some time to organize, so it is important you RSVP ASAP, and no later than Friday, February 19th. This will give me one week to organize the groups of 8, find homes for each course, etc.

Personally, I've been on three progressive dinners. I have found them the best way to either meet new people or to renew old friendships. And they are fun. So....hope you'll sign up. RSVP to Phil at pmrbthmd@yahoo.com

Phil Rider, Social Chair

Carderock Springs Community Calendar

All events are at the Club unless otherwise noted

Day/Date	Time	Event
Monday, February 15	7:30pm	CSCA Monthly Meeting -Discussion on Traffic Issues
Saturday February 27	5:30pm	Progressive Dinner (see above)
Sunday, March 6	7:00pm	"Oh Dear!"--Strategies for Gardening with Deer in CS
Sunday, April 17	6:30pm	CSCA Annual Meeting

Annual Dues Statements

You will be receiving your annual dues statements from the CSCA in the mail within the month. Dues are \$50 per household for 2016, the same as the past several years.

The CSCA provides many benefits to the community, including (i) publishing a periodic newsletter with neighborhood news and information, (ii) publishing a biannual directory of households in the neighborhood, which in addition to providing contact information for neighbors, contains important information concerning neighborhood providers of child care and babysitting, pet care, and lawn and garden care, information concerning the recorded neighborhood covenants and the process for undertaking exterior modifications to residences and tree removal, and (iii) hosting various neighborhood social events. During the past year, for example, in addition to our two community-wide meetings, one in the fall and one in the spring, the CSCA held a welcoming reception for all newcomers to Carderock, reinstated the neighborhood house tour, held an international pot luck dinner, sponsored a community campout and hosted a wine and cheese tasting with craft oils and vinegars. The CSCA also appoints the Architectural Review Committee that approves exterior modifications to homes, sheds and fences and enforces the community covenants if issues arise.

Finally, but certainly not least of all, the CSCA is the voice of the community in addressing external County and other local issues. In 2015, the C3 Rainscape Committee was successful in obtaining a \$12,000 grant from the County to address storm water run-off issues in the neighborhood. Another committee chaired by Michal Freedhoff and Sue Eastman were successful in getting Pepco to investigate the causes for several electrical fires in the neighborhood and was to replace transformers and other electric transmission facilities. Pepco also agreed to conduct periodic testing of the feeders that were involved in the fires to assure future compliance with code.

All of these activities are accomplished by neighborhood volunteers. The dues that are paid to the CSCA allow us to continue to serve the neighborhood. Please pay your dues as quickly as you can after you receive the mailing – all payments are to be mailed to P.O. Box 237, Cabin John, MD 20818-0237. **Please do not deliver your checks to the Carderock Swim and Tennis Club** – theirs is a different dues payment for membership in the swim and tennis club only.

Updating the Carderock Springs Database and Newsletter/Directory Delivery Areas

As you probably know, the 2016 CSCA Neighborhood Directory has been printed and distributed. After we delivered the directory, we heard from a few neighbors who wanted to be listed, but were not. We also discovered that our newsletter delivery list was not entirely consistent with our directory delivery list and/or our database for sending dues statements. Finally, we wanted to develop a consistent system for delivering newsletters and directories to our neighbors in South Carderock.

In light of these issues, the Board has taken several steps to standardize our systems.

First, we have added to our service area a few streets in Carderock Springs that for various reasons had not been included in the directory, dues statement and/or newsletter distribution list. These include all of the homes on Upper Fenway Road, Fenway Road between Lilly Stone and Comanche Court, Fenway Drive, Lilly Stone near Seven Locks,

Edenwood, Comanche Court, and Kachina Lane. We will also add households in South Carderock, including homes on both sides of Tomlinson Avenue, Osage Lane, Buxton Terrace, and Endicott Court.

All of the households in this newly-expanded area will now receive newsletters, directories, and annual dues statements.

Second, we have switched from an "opt-in" to an "opt-out" system for the directory. Historically, households had to opt into the directory. We think that a number of households did not realize this and therefore may have been accidentally left out. Starting with the next dues statement (coming in the next month or so), households **will be included in the directory unless they choose to opt out**. There will be a box on the dues statement for you to check if you do not want to be in the directory; otherwise, the household will be included.

Third, we will print a supplemental listing of any changes that we have heard of since the publication of the directory. This will be distributed with the annual dues statements to those households in our database and presumably have received the printed directory. Later this spring we will be printing a limited run of directories that include the contact names for the households that had not been previously included which will be distributed to those households at that time.

How does this affect you? First, check the 2016 directory to see if all of your information is correct. If any of it is incorrect, or you are not listed and want to be listed, send an email to robgorman9@gmail.com or cscatreas@gmail.com with the updated information. Second, if you do not want to be listed in future directories, let me know by using the same email. Third, be on the lookout for our annual dues statement, and correct or add to any information that may not be accurate on that statement so we can update our database for future directory information. Printing the directory is a significant expense; a portion of your \$50 annual dues goes to pay for printing the directory and newsletters.

Thanks!

Rob Gorman, CSCA Treasurer

Katherine Stifel Appointed to ARC

At the January Board meeting, Katherine Stifel was appointed to the Architectural Review Committee (ARC). Katherine has her own architecture practice, KG Stifel Design Collaborative, which she recently relocated to her home in Carderock Springs. Her work includes full-scale architectural services and consulting, from smaller projects to furniture and commissioned work and community-based living. She joins Scott Wilets, Dave Wahl and Doug Soe-Lin on the ARC.

Traffic Issues in Carderock

There have been some recent posts on CS-Chat regarding the need to reinstitute a neighborhood Traffic Safety Committee to look at ways to reduce speeding on local streets, repair street damage due to the Washington Gas activity and curtail stop-sign running at Lilly Stone and Hamilton Spring Road. The Board is willing to entertain discussion from any interested persons on these topics at its upcoming meeting on February 15, starting at 7:30 pm at the Club. We encourage members of the community who have concerns to not only discuss them on the Chat, but to volunteer to serve on this committee.

Jack Orrick, CSCA Board Chair

Carderock Springs Residents to Testify Again at Hearing on Artis Alzheimer Facility

A hearing on the proposed 72-bed Artis Senior Living (Alzheimer) facility (which would be located on River Road opposite the entrance to Carderock Springs Drive) will be held on February 11. The hearing is being held by a Montgomery County Zoning Examiner following the decision by the Montgomery County Board of Appeals last December to remand (return) the case for further investigation of the project's impact on the traffic safety of River Road and Carderock Springs Drive. Several Carderock Springs residents and others from neighboring communities argued against the Artis facility before the Board of Appeals and will testify against the project again at the upcoming hearing. They will argue that the Artis project will complicate what is already a difficult intersection by bringing additional turning movements and more traffic. The Board of Appeals asked that measures to calm traffic and improve safety be considered, including turning lanes, speed limits, speed cameras and crosswalks. However, the Maryland State Highway Administration (SHA) does not believe any of these measures are possible and/or appropriate.

Anne Carlson, Member-at-Large

The Carder-Eco Column

After a number of years writing this column and knowing that we have many new neighbors in our community, this month I am going to repeat some suggestions and "recipes" for Rodale's home concoctions you can use in cleaning your home. While it is enticing to purchase cleaning products off the shelf, there continues to be a growing concern, but not definitive proof, that what we are actually doing is introducing additional toxins into our homes and bodies. My reading of Rodale and mBio articles emphasize the fact that the chemicals triclosan and triclocarbon, which have actually been around for years, are used not only in cleaning and personal hygiene products, but also in exercise clothing and socks, toys and even school supplies. They can be found in tests of blood, urine and breast milk and might lead to thyroid problems and other hormonal abnormalities, abnormal heart health, early puberty, and a rise in inability to treat antibiotic resistant infections.

In addition to the following DIY cleaning products, read labels and avoid anything that says "anti-odor", "odor-fighting technology", "antimicrobial", "antibacterial", "microban" or "germ killing" because these labels could signal use of these toxins.

Since 60% (mass) of chemical drugs found in treated and then usable sewage sludge, later used as fertilizer, is made of these two chemicals, buying organic as much as possible is a wise decision, since the use of such fertilizers is banned in certified organic foods. In addition, the foods that most often have the most chemical residue (from fertilizers, anti-fungicides, herbicides and pesticides and thus best to purchase organic are apples, bell peppers, celery, cherries, grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries. The products that are the least offenders are asparagus, avocados, bananas, broccoli, cauliflower, corn, kiwi, mangos, onions, papaya, pineapple and peas.

If you looked into my cabinets, you would certainly find some of the culprits I mention above as well as some non-organic food products, as I know how much time and thought it takes to make a switch. I began with drain cleaner, and although I often have to repeat it several times, I find that the old baking soda/vinegar/hot water treatment works just as well. I choose soaps and soap refills that don't say "antibacterial" etc. or we use alcohol based hand cleaner. I actually use a spray bottle with vinegar only since even alone it is a germ-fighter. I have purchased and mixed various ingredients such as those mentioned below to eventually replace all of the commercial products that I have previously used. I wish I had known this when my children were younger!

The essential oils in the cleaners below are essentially used for their aroma, and not cleaning attributes. They do not have to be used. They are available in natural food stores, along with the other ingredients below with which you may not be familiar. Choose any scents that are most pleasing to you. You could also find other "recipes" for cleaning products if you search on the internet, or purchase them ready-to-use at natural food stores. Label checking is essential.

Many of you probably know that often in the U.S., the FDA and/or EPA hesitate to restrict or ban certain chemicals, products and drugs that have already been banned in other countries. In the US, these two entities do not (yet) call these two chemicals "harmful" as is done elsewhere, although they do acknowledge that certain animal studies tend to find a correlation, if not a cause.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm205999.htm>

Check the following link for more on the EU's banning of it.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm205999.htm>

<http://www.prnewswire.com/news-releases/beyond-pesticides-applauds-eus-decision-to-ban-triclosan-while-epa-and-fda-reject-calls-for-us-ban-300105143.html>

Super Surface Spray

Use this aromatic and disinfecting solution for cleaning kitchen counters, cabinets, refrigerator shelves, blinds, painted wood surfaces, painted walls, molding, fan blades, and more.

Ingredients:

7 ounces distilled white vinegar

7 ounces water

7 drops tea tree essential oil

7 drops lavender essential oil

7 drops lemon essential oil

Directions:

Mix all of the ingredients together in a 16-ounce spray bottle.

Herby Soft Scrub

Ingredients:

½ cup baking soda

½ cup castille soap

15 drops antimicrobial essential oil, such as rosemary or sage

Directions:

Mix ingredients into a 12-ounce glass jar until you have a nice consistency like cake frosting. If you have leftovers, add 1 teaspoon of vegetable glycerin to keep the blend nice and moist. Be sure to put a lid on the glass jar between uses.

Antibacterial Soap Spray

Use this cleaning spray to disinfect your bathroom surfaces. You can use the Super Surface Spray (mentioned above) to rinse away any residue left behind by the castile soap.

Ingredients:

14 ounces water or rosemary hydrosol

3 Tablespoons castile soap

15 drops tea tree essential

15 drops oregano essential oil

Directions:

Mix all of the ingredients together in a 16-ounce spray bottle.

Refreshing Linen Spray

Spray to refresh your mattress, pillows, bed linens, couches, and fabric-covered chairs, or spritz clean winter blankets before storing them for the year. It also makes a wonderful ironing spray!

Ingredients:

3 ounces unflavored vodka

12 drops lavender, ylang ylang, peppermint, orange, or another favorite-smelling essential oil

12 ounces organic hydrosol of your choice (hydrosol is like an essential oil that is in a less-concentrated form)

Directions:

Mix all of the ingredients together in a 16-ounce spray bottle.

Natural Lemon Furniture Polish

Ingredients:

1 cup olive oil

25 drops pure lemon essential oil

¼ cup distilled white vinegar

Purified water

Directions:

Mix the oil, essential oil, and white vinegar together in a 16-ounce spray bottle and fill the remainder of the bottle with purified water. Shake well before each use. Spray onto your rag or directly onto furniture. Buff surfaces dry immediately.

Tropical Carpet Deodorizer

This handy carpet powder will freshen things up in 30 minutes flat! Works wonderfully as a mattress deodorizer, too!

Ingredients:

1 cup baking soda

10 drops lemongrass essential oil

10 drops mandarin essential oil

10 drops ginger essential oil

Directions:

Mix together and sprinkle the aromatic blend onto your carpet, let sit for 30 minutes, and vacuum as normal.

Lemony Wood-Floor Mop Formula

Spray, mop as usual, and quickly buff dry to protect your floors. They will be glossy and clean with a lovely lemon scent!

Ingredients:

- ½ cup distilled white vinegar
- 1 teaspoon vegetable glycerin
- 20 drops lemon essential oil

Water

Directions:

Mix all the ingredients together in a 20-ounce spray bottle and clean away!

Mop-It-Up Formula!

This is the perfect liquid cleaner for tile floors, vinyl, or linoleum.

Ingredients:

- ¼ cup castile soap
- ½ cup distilled white vinegar
- 20 drops tea tree essential oil
- 20 drops sweet orange essential oil

Directions:

Mix the solution with 2 gallons of hot water and mop away the dirt and grime!

Diane Karlik (dianekarlik@verizon.net) CSCA environmental chair

Architectural Review Committee Meetings

1st Wednesday of the month, 7:30 pm

The Citizens’ Association has an Architectural Review Committee (ARC) meeting on the 1st Wednesday of each month at the Clubhouse. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. Design and review procedures plus other documents are available at CarderockCitizens.org. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any & every community member to attend, whether you are renovating or not.

CSCA Monthly Board Meetings

3rd Monday of the Month, 7:30 pm

The Citizens’ Association Board meets the 3rd Monday of the month at the Clubhouse. The meetings are open to all community members.

Classified

Snow Removal: Jose Luis Rosales is available for snow removal from driveways, patios and sidewalks. Call or preferably *text* name and address to 301-919-0198.

New to Our Neighborhood

Lisa Godwin and Todd Wilson have recently moved into 7916 Fenway Road with their children Skylar Godwin (8), Collin Godwin (5) McKenna Wilson (5) and Xavier Wilson (2). You can reach them at 727-207-0424 or by email to curlie_lmh@hotmail.com

Mary Lou Shannon, CSCAwelcome@gmail.com Welcome to all!!!

"Oh Dear!"--Strategies for Gardening with Deer in Carderock

Sunday, March 6 at the Club, 7pm

You can learn a lot about the deer that roam your yard and eat your plants. Join Nancy Everett to discuss deer overpopulation, techniques to discourage deer, and deer-resistant plants. Deer in Carderock are dining on our young trees and shrubs, adversely affecting our gardens, decimating our wooded areas, making them less rain-absorbent. Bring any of your own tried and true techniques to share during the Q & A.

Did you know that...

Nursery labels stating that a plant is deer-resistant are often inaccurate?

Deer eat many native plants. Native does NOT mean deer resistant!

Deer over-browsing in our wooded areas and parks increases our drainage and storm water problems.

Mark your calendars for March 6 at 7pm to join Nancy Everett to learn strategies to keep you from giving up on your gardening dreams.

*Sponsored by **C3**: Carderock Conservation Coalition*

Carderock Springs Board Members

<i>Jack Orrick</i>	<i>President</i>
<i>Bill Moore</i>	<i>Vice President</i>
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<i>Rob Gorman</i>	<i>Treasurer</i>
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<i>Julie Weber</i>	<i>Member-at-Large</i>
<i>Larry Ondrejko</i>	<i>Club Liaison</i>
<i>Noëlle F. Lewis</i>	<i>Newsletter Editor</i>
<i>Doug Soe-Lin, Scott Wilets, David Wahl, Katheine Stifel</i>	
<i>Architectural Review Committee</i>	

The Carderock Springs Citizens Association publishes The Community News at least six times each year. Residents of Carderock Springs and surrounding areas may join the Citizens Association for an annual due of \$50 for a membership year ending December 31, 2016. Dues and family information for the Carderock Springs telephone directory may be mailed to the Carderock Springs Citizens' Association at P.O. Box 237, Cabin John, MD 20818-0237. Our Association represents the Carderock Springs community and implements its land covenants.