



CITIZENS' ASSOCIATION NEWSLETTER

October 2011

*Published by the Carderock Springs
Citizens' Association*

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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, 2011. 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.

October 2011 Newsletter

Carderock Springs Citizens' Association

Next Meeting of the Board
Monday, October 17, 7:00,
at the Club

Safety Committee Update

During the summer, the Safety Committee continued to work on a speed-reducing proposal for Fenway Road to present to the community and the CSCA Board. The following are specifics that the committee would like to communicate to the community:

- Committee members personally spoke with neighbors whose property would be most affected by the islands or bump outs in front of their homes to get their input and ideas.
- The committee took into consideration additional input on this issue from residents. First, several residents expressed that speeding is as much (if not more) an issue on Lilly Stone as it is on Fenway. Some also felt that the number of "cut through" speeders has increased considerably because of traffic on River Rd. Thus, the committee must also include Lilly Stone in its consideration of speed-reducing proposals.

The committee is now considering several proposals to be voted upon separately and implemented in steps.

The first proposal/step would be to place various speed limit "reminders" along Fenway and Lilly Stone such as:

- Signs (slow, children at play, speed limit 25 mph, etc.)
- Electronic sensors that record speed (a small, 1 1/2 x 1 1/2 ft. square that can be placed on a tree or sign post)
- Speed limit and stop lines painted on the road before a stop sign

The committee hopes the community will accept this proposal.

The second proposal/step may be to put islands along Fenway and Lilly Stone.

The third proposal/step may be to put temporary bump outs on Fenway Road.

PLEASE NOTE: These last two proposals/steps are still works in progress.

The committee is still open to input and ideas from the community and will continue to work on the issue, eventually offering specific proposals to the community and the CSCA Board for discussion and vote.

Phil Rider, Chair of the Safety Committee

Board Meetings

The CSCA Board will meet at the club each month on the THIRD MONDAY, starting at 7 PM. The agenda will be published on the CS-Chat prior to the meeting. CS residents are always welcome to attend and participate in any discussions.

CS-CHAT

The Board would like to encourage any resident who is not currently on the CS-Chat to consider signing up. Since it would be too expensive and time-consuming to send out paper announcements/information every time the Board has something to communicate, the chat offers an effective and convenient way to communicate with each other. And, it's FREE.

To Join the CS-Chat:

Send an email to

cs-chat-subscribe@yahoogroups.com

Emails from the chat can be received either as they are sent, a few each day ('Individual'), or one large email each day ('Daily').

If anyone has a problem with getting on the cs-chat neighborhood email list, send an email to cs-chat-owner@yahoogroups.com with a relevant Subject line such as 'problem getting on cs-chat'.

CSCA Annual Dues

For those who have not paid their \$50.00 annual dues, please know you can still do so and become an official, voting member of the association. Dues are used to pay for our phone directory, finance projects such as improving the entryway signs and programs such as our

welcoming social gatherings - to mention only a few things your dues support. The Board thanks those who did send in your \$50.00 - a good percentage this year.

The Carder-EcoColumn

News from the Environmental Committee

Ecological Uses for Ordinary

Household Products:

Vinegar and Lemon

Vinegar:

- For fluffier rice, put a teaspoon of vinegar into the water
- To relieve itching and bee stings, cover area with paste made from vinegar and cornstarch
- To kill weeds popping up between your flagstones and brick patios or walkways
- To remove deodorant or perspiration stains, or berry stains, soak garments in vinegar
- Put 1 1/2 cups into bottom of dishwasher once in a while to rid glasses of cloudiness and remove machine odors
- Use full strength vinegar to wipe down water spots on shower doors
- To remove stickers, price tags and decals, use a vinegar-soaked rag to rub away the glue
- Scrub your wooden cutting boards using a vinegar-soaked sponge and rinse in hot water
- Rub plate of a scorched iron with heated mixture of equal parts vinegar and salt
- Try to protect your gardens by using vinegar-soaked rags to repel deer...renew once dry
- To clean a sluggish drain, use one cup each of vinegar and baking soda, follow it with cup of boiled water, and let sit at least an hour. Repeat if necessary. Commercial drain cleaners are highly toxic

BUT NEVER USE VINEGAR ON MARBLE

Lemon:

- Whiten linens by placing in water boiled with a few lemon slices...soak for an hour
- Dip half a lemon into coarse salt, and rub it over tarnished copper
- Try biting into a lemon to cure your hiccups!
- Toss a wedge in top rack of dishwasher and in garbage disposal to eliminate odors
- To remove berry, coffee and tea stains, soak

in lemon juice. If stain remains, make paste of baking soda and water, and scrub gently

- To make a general household cleanser, mix a paste made half cup baking soda and some dish soap, spread on half a lemon, and scrub stainless and bath fixtures
- Forget those air fresheners! Simmer some lemon slices and cloves in a pan of water to remove odors, especially food odors

Take Part in an Eco Challenge: Reduce your environmental impact in one month!

- Drive with cruise control on highways...gain 10 percent on a single tank of gas
- Eat meat-free once a week...producing a pound of beef consumes 145 more times fossil fuels than a pound of potatoes
- Be lazy! Use a commercial car wash that would use less than half the water to wash your car and/or find a car wash that recycles their soap water
- Be sure to tighten your gas cap until you hear 3 clicks...147 million gallons of gas evaporate in one year in the US because of gas gaps
- Get off junk mail lists...try dmachoice.org
- Purify your air by using indoor plants... 15, such as ferns, lilies or ivy on windowsills and tables can absorb most airborne toxins from a home in 24 hours
- Use your dishwasher's air dry cycle and cut your energy use up to 50%
- Wash laundry in cold water, or use warm wash/cold rinse cycles...most detergents work equally well
- Use a toaster oven for simple baking tasks...they consume half as much energy as electric ovens and keep the kitchen cooler
- Use bar soap or re-use your liquid soap containers with refills to help keep 2.5 million pounds of plastic out of landfills
- Use fans rather than AC when possible
- Stop watering the lawn and make it a chemical-free zone for your pets, kids and neighbors
- Use a re-usable washable coffee mug rather than paper, and get credit/discount at many coffee shops...keep one in your car
- Air dry laundry when possible (paying

attention to covenants and neighbors...but still possible!)

Bring your own cloth bags to shop. Starting in 2012, the law in Montgomery County changes and you will be charged for plastic and paper. If you still do not have your recycled plastic, US made, machine-washable (yes, you should be washing your reusable bags so make sure those you purchase can be put into a machine!) custom Green Neighbors bags, advertising your favorite ecological neighborhood, Carderock Springs. They wash beautifully over and over again! They can be bought at the Co-Op for \$5.00. If you purchase them from Diane Karlik (dianekarlik@verizon.net) your price is two for \$8.00. An alternative is to help with scheduled neighborhood clean-ups by the Environmental Committee, a bag is your thank you gift!

Beautification Committee Report

The Carderock Springs sign located at the main entrance to Carderock on River Road and Carderock Springs Drive will be landscaped and new lights will be installed. Work will begin soon on this project. This area has been neglected for several years.

The Carderock Springs sign located at the intersection of Persimmon Tree Lane and Lilly Stone Drive has been refurbished by Drew Phelan. Drew spent a lot of time and effort on this project. Many thanks to Drew. Also this area has been kept in pristine condition, thanks to the Goldsteins, as their property adjoins this area.

Wear Your Bike Helmet, Every Time!

By Zack Hanline

(This article was excerpted from *The Republican*, Oakland, Maryland, summer 2011, by permission of the author, Zack Hanline. Zack is a close friend of a member of the Carderock community)

My name is Zack Hanline and I am 14 years old. On the evening of June 6, 2011, I jumped on my new bike (note: it was a bicycle, NOT a 4-wheeler or dirt bike), to take a quick ride around my yard before dinner. I did not put my helmet on because I was only taking a short ride. What a huge mistake. I had no idea what a nightmare I would be living for the next week.

I do not really remember the wreck that well, but I think my foot slipped off of the pedal, and in

between the bars, and then the bike slammed me to the ground, and my head hit the road really hard. My parents looked out the window of the house, and saw me lying on the ground by my bike. I did not respond when they yelled for me, because I was completely unconscious. They ran out to get me, and I started to wake up. My head was killing me, I was burning up, and really tired, dizzy and weak. I could not remember anything about the wreck, or about that day. I could not even remember being in school that day. Soon I was really sick to my stomach, so my parents knew I had a concussion. They loaded me up in the car (I could not even walk by myself), and took me to the emergency room.

I was given a ct scan. My parents and I waited for the doctor to come back and tell us that I had a concussion, and that I needed to go home and take it easy, but he had much worse news. He walked in with an image from my ct scan, and said I needed to be taken to another hospital because I had a subdural hematoma (bleeding on my brain). From there, it all happened so fast. The next thing I knew, I was being strapped onto a stretcher, from head to toe, which was very uncomfortable, especially since I was still throwing up.

When we arrived at Ruby Memorial late that night, I was admitted into the Pediatric Intensive Care Unit, for observation of the hematoma. If it did not grow, I could go home, and take it easy. I had ct scans every 12 hours to measure it. Wednesday morning I got the next piece of bad news. It was still bleeding, and beginning to put pressure on my brain stem and temporal lobe. This was very dangerous, and the doctors decided surgery was necessary, to drain the blood. Mine was too big to just have some holes drilled for drainage. I had to have a craniotomy. They had to make a 5-inch incision, remove a part of my skull, remove the blood, replace the skull, and put 22 staples in the incision. I also had to have a drain put in my head, to get rid of the blood from the surgery. That day, after surgery, was the worst day of my life. I literally felt like I was going to die. Everything hurt. I had IVs in both arms, and bands around my legs that inflated to keep me from getting blood clots in my legs. I had spots of hair shaved from the incision, and from the "GPS" things that they put on my

head to show them where to operate. I was miserable. The next morning was bad too. It hurt so bad when they pulled out my drainage tube. Slowly, I started to feel better though, but I ask myself everyday, "Why didn't I just put on my helmet?" Because of this accident, I had to miss my last 4 days of Middle School, the last school dance, and worst of all, half of baseball season. I have to be very careful about everything I do, for the rest of the summer, instead of just enjoying myself. I have to battle headaches everyday. All because I did not take 1 minute to put on my bike helmet.

I am writing this article to encourage everyone to wear a bike helmet, EVERY TIME you ride. Accidents can happen in the blink of an eye. You don't have to be going on a long ride to have a wreck and get hurt.

