

M A R C H 2 0 1 6

CARDEROCK SPRINGS COMMUNITY NEWS

CSCA Annual Meeting – New Directors Sought

The Annual Meeting of the Carderock Springs Citizens Association will be held on Sunday, April 17 at 6:30pm at the Club. We will have a short business meeting and elect our Board for the next year. There will be a celebration honoring the many years Mary Lou Shannon has devoted to our community. Please put this date on your calendar and plan to attend.

We are looking for two or three individuals to join our Board as a number of our existing members have decided to step down. This is a fairly low time commitment position -- (we meet 8 or 9 times a year, generally on the third Monday of the month, for an hour or so). It is a great opportunity to meet other Carderock neighbors and to help foster the community spirit. Please contact me, or any of the other members of the Board, if you have any interest in serving. *Jack Orrick at JOrrick@linowes-law.com*

CARDEROCK SAVES THE BAY! Carderock's Skipjack Trip out on the Bay Save the Date: Saturday, May 14

Join your neighbors for a half-day adventure on the Stanley Norman single-masted sail boat where we'll learn about oysters, the life of a Chesapeake Bay Waterman and Bay-related issues of the past, present and future.

The Chesapeake Bay Foundation shares their philosophy with us: *"To care for the environment, you must love it. To love it, you must know it. To know it, you must experience it"*.

As you have read in previous newsletters, Carderock is saving the Bay by having neighbors work together to install rainscapes and conservation plantings. House by house, residents are planting to reduce storm water runoff and pollutants before they go into our storm drains and into the Chesapeake Bay.

Register soon for your place on the boat. We have room for 24 passengers. Children must be in fifth grade or older. The boat leaves at 9 a.m. from the Annapolis City Dock, for which we have directions. The Carderock Citizens Association has subsidized the cost of our tickets. The reduced cost to you is \$18 per person. To reserve a place on the Stanley Norman, please email Jean Ratner at jfratner@gmail.com by April 8.

Sponsored by C3: Carderock Conservation Coalition

Carderock Springs Community Calendar

All events are at the Club unless otherwise noted

Day/Date	Time	Event
Sunday, March 6	7:00pm	"Oh Dear!" Strategies for Gardening with Deer in CS Sunday,
Monday, March 28	7:30 pm	CSCA March Meeting (RESCHEDULED DATE)
Sunday, April 17	6:30 pm	CSCA Annual Meeting and Honoring Mary Lou Shannon
Saturday, May 14	9:00 am	Carderock's Skipjack Trip out on the Bay, Annapolis City Dock

The Carder-Eco Column

Diane Karlik (dianekarlik@verizon.net) CSCA Environmental Chair

News from Bethesda Green:

Program: Clean Air and Your Home, Monday, March 7, 6-8pm at their offices in Bethesda, in conjunction with Suburban Hospital

Green Fest: Montgomery County Green Fest, a public event, on Saturday, April 30, 11-4 at Takoma Park Community Center. For-profit and non-profit companies/groups with an environmental focus are invited to participate. Contact kim@bethesdagreen.org

College internships: currently interviewing for three college internship positions

If you are interested in any of the above, check the website info@bethesdagreen.org

Habitat for Humanity Restore:

As I have mentioned before, if you are in search of any household or construction products, this is a good place to start. If you have any home project or renovation extras left over and still in usable condition, consider donating them. Proceeds go to the Habitat construction projects for low-income citizens. There are often sales, and you can find used and new items from house décor, to hardware, tools, tiles, cabinets, fixtures and more., all donated by individuals, as well as contractors and construction companies. The shop in Gaithersburg (formerly off of Shady Grove Road) has a new location at 1029 East Gude Drive, and is open from 9-6 Monday-Saturday, and 10-4 Sundays.

Farther afield is Community Forklift, a huge warehouse of mostly used and vintage items, plus displays by several antique and vintage decor dealers.

Montgomery County Solid Waste:

Reminder for our community, and especially for those who have recently moved here from other counties, states or countries, our local waste department has a website montgomerycountymd.gov/sws/ that you can access in order to request a bulk or scrap metal pick-up, to order a new recycling bin or to request a pick-up of an unusable bin.

In addition, under “trash and recycling”, you can access information on “how to dispose of...” for almost any item imaginable. If a particular item is not in the listing, you can even submit your request and you will get a personal response. In addition, instead of relying on my CS-chat messages re. changes in collection, you can get personally notified of any changes if you register with them.

Food Packaging:

Reminder that as of January 1, 2016, using foam food packaging and packing peanuts are prohibited in Montgomery County.

Toxins:

In the last edition of this newsletter, I reported on where the research stands on the use of triclosan and triclocarbon and the FDA's activities to review the safety and effectiveness of those particular products where these chemicals are used. In a recent Wall Street Journal report on Health Care (Feb. 16, 2016) several others were mentioned, including isopropyl alcohol (especially for those in health-care professions), benzalkonium chloride (for carcinogenicity and potential hormonal effects), benzethonium chloride (for fertility and body weight at birth, and subsequent development), iodine (especially frequent topical use by certain health-care personnel), and chloroxylenol (exposure following repeated use).

Where are these found? The list is quite long, but hand-sanitizers, wound-cleaning, cosmetics, soaps, body washes, cosmetics, toothpaste, kitchenware, health-care antiseptics, creams, ointments, and more may contain one or more of these chemicals.

Even though an individual may use these products for a few seconds and then wash them down the drain, their negative effect on the environment may last for decades. In addition, although they may play an important role in health-care settings, their everyday use and effect in households, in our food and in our bodies is up for scrutiny.

Both sides of the debate have submitted evidence supporting their stance, to confuse the matter. The research includes all antiseptic products used in our battle against germs , at home and even in hospitals to fight the rise in virulent bacteria.

The biggest concern is antibiotic resistance, and that by over-using antibacterials to prevent spread of disease to people who are not infected (as opposed to antibiotic drugs prescribed to cure disease), we are contributing to this problem. These antibacterials can linger in the environment and can be absorbed in the body, and thus may affect the creation of superbugs that are resistant to the antibiotics used to fight them.

Next September , the FDA will announce a decision regarding whether these chemicals are safe and more effective than plain soap and water.

If you are a consumer of items at "Dollar Stores" or other mass merchandisers, be aware that although lead and cadmium, two potent neurotoxins that have been regulated by consumer protection , there are others that are not so scrutinized. Before you purchase any of these or any such products, for more information you can access:

[Ecocenter.org/healthy-stuff/](http://ecocenter.org/healthy-stuff/) to do a search of the specific brand/make of product you are considering , even large items such as strollers.

In addition, for the Dollar Store report on specific findings , access ecocenter.org/healthy-stuff/reports/dollar-store-report

Gardening for Food: There was recently a bit of discussion on the CS-chat regarding growing vegetables from seeds indoors vs. outdoors vs. purchasing seedlings. The Washington Post published a comprehensive chart on Thursday, Feb. 11 that you can access to find out specifics for our area.

Another method comes from the area of Phenology, or the study of cyclical and seasonal natural phenomena, especially in relation to climate and plant and animal life. Here are some suggestions for our area:

Plant chard, beets and onions when the daffodils bloom

Plant peas when the maple trees flower

Plant beans and cucumbers when the apple trees drop their petals

Transplant tomatoes into the garden when the peonies flower

Although our food gardens need protections from our local foragers, in the form of fencing or netting, there might be a bit of space here and here in your ornamental garden for some lettuces or small food-producing plants. They can be decorative as well.

Classified

Cabin John Dog Walking: Midday walks to keep your pets happy and healthy. Many happy Cabin John and Carderock pet owners and their pets will happily give their recommendations. Call Carolyn at 240-204-2953.

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

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. except in March we will meet on March 28 due to Spring Break. The meetings are open to all community members.

2016 Dues Notices

You should have received your dues notice for 2016 in the mail in early February. Dues for 2016 are the same as the past several years, \$50 per household. Please try to pay promptly.

We are also looking to update and correct our database, so if there are any errors on the dues statement, or in the 2016 directory distributed in the fall, please notify out Treasurer, Rob Gorman - robgorman9@gmail.com or cscatreas@gmail.com with corrections.

Carderock Springs Board Members

Jack Orrick

Bill Moore

Donna Schwartz

Rob Gorman

Barbara Ames

Stefan LoBuglio

Anne Carlson

Julie Weber

Larry Ondrejko

Noëlle F. Lewis

Doug Soe-Lin, Scott Wilets, David Wahl,

Katherine Stifel

President

Vice President

Secretary

Treasurer

Membership

Member-at-Large

Member-at-Large

Member-at-Large

Club Liaison

Newsletter Editor

Architectural Review Committee

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.