

J A N U A R Y 2 0 1 3

CARDEROCK SPRINGS COMMUNITY NEWS

CSCA BOARD PICKS PRIORITIES

First, I want to wish everyone a happy and healthy New Year. Most of what I have read that has “eulogized” 2012 seemed to place it in the “one of the worst years” columns, so maybe we need to enter the New Year with some hope that it will be better. One good thing, the end of the Mayan calendar didn’t seem to mean the end of the world for us, so that was a good thing, though I am wondering if we got it all wrong. Maybe their “end” meant we are in for a significant new beginning. Who knows? In any case, I stray on the side of hope.

I want to share two decisions the CSCA Board made in setting priorities for the coming year. Personally I think they are not only important for our community, but offer an opportunity for people to get involved in meaningful ways.

First, after our wonderful 50th anniversary celebration, it was clear that people in Carderock really value the opportunity to socialize with each other and to create a sense of community that can be supportive in times of need and be united around common concerns. The Board has decided that it needs to make an organized effort to make sure this happens on a regular basis during each year. So, an events committee has been formed, and Joe and

COMMUNITY POTLUCK

TO WELCOME THE 2012 NEWCOMERS

WHEN: Sunday, February 10, 2013, at 4:00 p.m.

WHERE: The Carderock Springs Pool and Tennis Club

WHO: Everyone!!!

See notice on last page of this newsletter

Carderock Springs Board Members

Phil Rider

Georgia Petsche

Gunnar Tomasson

Bob Stocker

Barbara Ames

Larry Ondrejko

Jack Orrick

Mary Lou Shannon

Joe Tobin

Noëlle F. Lewis

President

Vice President

Secretary

Treasurer

Membership

Member-at-Large

Member-at-Large

Member-at-Large

Member-at-Large

Newsletter Editor

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, 2013. 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.

Olga Tobin have volunteered to chair it. They have already held several meetings with others interested in the same goal. The first event for 2013 will be the "New Comers" party. The details of this can be found in another article in this issue of the newsletter. I only want to underscore that this is NOT a gathering of only new residents to Carderock. It is for everyone to come together and WELCOME our new neighbors, so we hope it will be another enjoyable opportunity to get together as a community.

Second, there has been a lot of concern raised over the last few months, mainly after the significant storms we endured, about our "forest" and the beauty of our environment in general. The Board has discussed such topics as reviewing the tree removal guidelines and the consequences of erosion in our neighborhood. We feel that this is a major concern, because it is really about protecting and enhancing the natural beauty of our neighborhood. So, we decided to make this a priority for the coming year -- to focus on evaluating what needs to be done to protect our "forest" by cutting down and pruning trees, replanting, clearing, etc., as well as several other efforts that can be made to continue to make Carderock Springs a beautiful place to live. We are very lucky to have several people who have already given a lot of their professional talent to this end in the past -- notably Diane, Nancy, Mary Lou, Jonathan, Georgia, and Lisa. I really appreciate (as I assume you do as well) all they have done to keep us focused on our environment and its beauty.

If you have any interest in working on either of these priorities, please let me know as soon as possible. We can't expect one or two people to do all the work, so volunteer your own time and talents to help make these priorities a reality.

Again, wishing you a happy and healthy New Year.

Phil Rider, President

Gardening in Carderock Time to take stock

The leaves are raked, the bulbs are planted, and the outside holiday decorations will come down soon. Time for the gardener to rest up and wait for Springright? Not really. Winter is the best time to really think about your garden and whether it is working for you. Luckily, this kind of work is mostly visual and mental and involves heavy thinking rather than heavy tools.

Winter is the best time to see the structure, or 'bones' of your garden without the spring diversions of vibrant colors and too much on sale at the garden center. With the distraction of most blooming plants removed during the winter, and deciduous plants leafless, it is easier to see if the general pattern of your garden makes sense. How are your views from the windows you most often use? How about your curb appeal? Do you have access to the important areas of your garden? Is your hardscape adequate? Take a hard look at areas that may be too crowded or lack diversity in interest and bloom time. Make a note to improve these areas when early spring arrives.

The other important opportunity presented this time of year is to develop your winter garden. The days of rolling up and ignoring your garden for winter are long over, and even with the twin challenges of hungry deer and unpredictable weather, your winter garden should bring you joy and beauty.

The winter garden is made interesting primarily through evergreens, berries, and bark. In many ways this is easier than spring and summer gardening because you have fewer options

and are outside less often, and a little winter interest goes a long way. Pick a couple of your favorite areas that you see or pass by every day, and decide if you are happy with them – they should bring a smile to your face when you see them every day. If not, they can be improved using these three components. First, the evergreens have endless variety in leaf form and habit (or shape). Plants from the tiny-leaved boxwood to the swaying pines to the stately magnolias and hollies enrich our winter landscapes and provide structure and order to our gardens. Less well-known evergreens such as pieris japonica, mahonia, and osmanthus ('Goshiki' is one of my favorites) add colorful accents and bloom.

Second, an appealing winter garden utilizes berries. We all know the bright red berries of our native evergreen holly, but do you know the lovely berries of the native hawthornes and deciduous hollies, as well as the non-native nandina domestica? Winter berries in shades of red, orange, and yellow, and brighten any winter view. Even the green or brown berries (actually fruits or seed pods) of the junipers and the cedars add substance and interest.

Third, don't forget to add interesting bark to your winter garden. The native river birch with its paper-like white and pink bark comes immediately to mind, but other great examples are the red and yellow-twig dogwoods (shrub dogwoods, not trees), the lovely paperbark and coralbark maples, and the gorgeous cinnamon-colored bark of the native oakleaf hydrangea.

One final and less utilized component of winter interest is peculiar shape or form. Of course, a well-pruned and shaped deciduous tree is an object of beauty in winter, even devoid of its leaves. But other plants are grown specifically for their unusually-shaped branches that stand out in the winter. Perhaps the most common is Harry Lauder's Walking Stick (*Corylus avellana* 'Contorta'), named after a 19th-century Scottish stage comedian. Mine is already sporting wonderful catkins in addition to its twisted branches. Corkscrew willow is another good example of unusual shape and form.

So spend this cold-weather month thinking about how to improve all seasons of your garden when warmer weather arrives. All it takes is a few well-chosen books from the library or a bookstore, or surfing the internet for ideas – and get ready to implement your ideas in the early spring!

©2013 Nancy E. Everett. Nancy has graduate certificates in both Horticulture and Landscape Design.

Living in the Woods: How to Identify a Dangerous Tree

We value our trees in Carderock, yet falling trees or limbs can cause thousands of dollars in property damage. Peter "Treeman" Jenkins, an ISA-Certified Arborist, tells how we can spot a potentially dangerous tree, yet cautions that this is not a substitute for consulting with a Licensed Arborist who is trained to spot problems that we may not see. All tree care professionals practicing in Maryland must obtain a license to be able to practice or advertise tree services in the state. To become licensed, one must have experience and pass a qualified exam given by the International Society of Arboriculture (ISA).

How can you spot a dangerous tree? According to Jenkins, there are the four "zones" to inspect.

1. Overall Tree Inspection. Look closely at your tree. If the answer is "yes" to any of these questions, call a Licensed Arborist to determine if the tree can be preserved or whether it should be removed.

- Is it leaning? Is it leaning more than it was a week or a month ago?
- Is the leaf cover thin? Are the leaves small compared to the size of the tree? Are there some

sections of the tree where there are no leaves at all? If so, the tree may be unhealthy.

- Are there dead branches? This may indicate the tree is dying. Trees also drop limbs when they are not getting sunlight or it doesn't need the limbs anymore.

2. Ground Inspection. Pull back the pachysandra and closely examine where the soil meets the trunk. Although you cannot see it, there could be decay in the anchoring roots that support the tree and the tree is in danger of falling. Look for:

- Fungal growth, such as mushrooms, at the base of the tree.
- Coarse or fine sawdust (also called frass) at the base indicates that your tree has been attacked by borer beetles, which can kill a tree. A Licensed Arborist can give you the diagnosis.

3. Trunk Inspection. The trunk supports the massive weight of the tree canopy. If your tree trunk has any of these symptoms, call a Licensed Arborist .

- Cracks or cavities, which can be an indication of disease.
- Fungus or patches devoid of bark, which could mean part of the trunk is dead.
- Sawdust, or coarse shavings, which may indicate insects in the tree
- A long streak of missing bark coming down the tree, which usually means the tree was struck by lightning. Check to see if the tree is losing leaves.
- Your tree may be Multi-Stemmed and have two or more trunks. If there are crack or splits where the trunks join, one or both trunks may fall. If the junction is "U"-shaped, it is generally a stronger connection than a "V" shape.

4. Tree Canopy Inspection. Again, inspect for dead wood branches, which won't have leaves. If a pine tree has a branch with brown needles, the limb is dead. Weak, broken, or dead branches should be removed to protect people, property, and the health of your tree

When evaluating a tree service, be sure to ask the tree inspector if he or she is licensed. If the inspector declares that a tree needs to be removed, ask how he came to that conclusion. Your own inspection will empower you to get accurate information to make your decision. Remember that the cheapest tree estimate may not always be the best deal. Improperly pruned trees can never recover.

Lisa Wilcox Deyo, Masters of Landscape Architecture from University of Virginia, Carderock Tree Removal Advisor

The Carder-Eco Column

News from the Environmental Committee

Winter Clothing Drive: Watch for postings on the CS-chat for collection sites and/or to schedule a pick-up from this committee for new and used PROFESSIONAL clothing and accessories to help A Wider Circle add to their inventory for their clients who are being trained and outfitted to interview and get back to work. Sportswear is not accepted for this drive. New shoes that have not been worn will also be appreciated. There is no way out of poverty without employment, so this effort expands on the organization's efforts.

If you are not on the CS-chat, contact dianekarlik@verizon.net for details and/or to put you on an e-mail list for donations, collection homes, and pick-up.

Box Tops for Education: (on-going) Check those stationery, food and household item containers before discarding in trash/recycling...many have little coupons that can be cut off and delivered to the lobby of Carderock Springs Elementary School or deposited in the

covered crock at my door at 8027 Fenway Road. The school is able to purchase a few “extras” with the bonus they get from redemption. We all use some of these items...please take that extra minute to check, cut off, and deliver to either site. See boxtops4education.com for additional information and list of products.

New Year Strategies: Bear with me as I may repeat some important messages, but consider adding to your family’s New Year resolutions by making efforts to include more organic foods into your and your family’s diet, and to incorporate more environmentally-friendly practices on your lawn and garden and in your home. Please feel free to contact me if, at any time, you need information. Many neighbors have done this, and I am happy to supply answers and/or the best web sites.

Food: You may have read the findings of the Stanford study on organic foods, basically finding no discernible nutritional benefits from them. That is not the whole picture, however, since the study also found that due to pesticide content, those organic foods are obviously safer. It has been 50 years since Rachel Carson’s *A Silent Spring* when scientists, environmentalists, health advocates, birdwatchers and citizens have been alerted to and been able to curb use of and exposure to toxic chemicals.

However, today, more than ever, such chemicals are being used by agricultural America to grow our food. GMO products have actually increased the use of chemicals by 24%. Recent studies have shown that routine, casual, continuing exposure, so-called “chronic exposure” result in genetic damage to all creatures, including man.

The American Academy of Pediatrics studies has linked such agricultural chemicals to cancer (brain tumors and leukemia), adverse neurodevelopment (lower IQ, autism, ADD, hyperactivity), genetic changes, and endocrine disruptors. They have even stated that such chemicals in pregnant women may cause obesity in their children.

All chemicals cannot be implicated equally. Obviously, effects differ according to which chemicals are used and the quantity of and frequency with which they are used. However, the impact on non-target organisms such as birds, fish, beneficial insects (such as bees, and many more) , pets, humans (especially children) shows a huge impact.

What to do?

- Consider first purchasing at least some of the ten most affected agricultural products as identified by the US Dept. of Agriculture and the FDA and other such groups (peaches, nectarines, apples, strawberries/berries, pears, sweet bell peppers, celery, imported grapes, spinach and potatoes). Where each individual piece does not contain enough to be harmful, the repeated effects may well be.
- Grass fed beef and eggs from pasteurized hens have a lower cholesterol level and saturated fat than others, and are higher in healthy omega 3 fatty acids and vitamins A and E. Look for products that say other things than “natural” (natural? Of course all meat and eggs are natural!) such as hormone free/pesticide free/grown without antibiotics. Some may be found at the Bethesda Co-op, Whole Foods and Mom’s Organic Market, of course, but also increasingly so at Trader Joe’s and local grocery stores. There may be a “special” section for the meat products...worth a second look and certainly worth the sometimes extra price if one considers the effects of “chronic” exposure.
- People such as Dr. Oz have retracted former statements made, now saying that organic food buyers may be “elitist” because they frequent shops such as those above. He has not considered antibiotics or pesticides, however. Is avoiding those “elitist”?or just wise given the implications. What may be contradictory (or controversial) occurs in those who purchase

organic, more expensive food products and then use yard maintenance companies who routinely and indiscriminately, and not on a “need” basis, apply toxins to our lawns and gardens...places where wildlife roam, where our children and pets play, and which drains into our stormwater/rivers.

Home products: see previous articles on purchasing the basic products needed for home cleaning products instead of purchasing the more toxic and polluting ones. Do a search or check eartheasy.com for “recipes” or purchase the safer varieties found in almost all stores.

Lawn and Garden Practices: It is the time of year when many homeowners try to rid their lawn and garden beds of fallen leaves. There are alternatives, which environmentalists and some landscapers adhere to.

- Save time, effort, leaf bags and the price of transporting your leaves
- Mow with any rotary lawn mower, remove the collection “bag”, and leave pieces on the lawn. You may have to do this more than once. If purchasing a new mower, consider the “mulching” type which does not use a bag at all. You should find that this practice results in increased water infiltration and microbial activity, plus quicker greening in Spring and fewer dandelions. Even the Scotts Lawn company says that (but suggest you add their nitrogen fertilizer). The pieces left on the lawn should be dime-sized, according to Michigan State University.
- Rake them in a pile and ignore them. After two years or less, the pile will be 1/20 of its original size. Most of us have corners in our rear yards where we can do this or have wooded areas where this can easily be accomplished.
- Shred them in the Fall (use mower or inexpensive leaf vacuum/shredder) and they will be ready for mulch in July. You can even use a weed whacker inside your garbage bin to accomplish this.
- Vacuum/shred/blow off beds and shred and put them back into flower beds. If by Spring, the pieces are still too large, remove them for emerging plants.
- There is no need to remove your leaves from robust plants and ground covers such as pachysandra.

Post-Holiday Practices:

- Use food or other packaging materials to store your decorations. Refrain from purchasing special and more “stuff” to do this. Fruit often comes in compartmentalized plastic that lend themselves to store fragile items. Even egg cartons can be used for smaller ones. Why recycle when you can repurpose?
- Re-purpose tinsel by wrapping around a foam or other circle to make a “new” wreath for next year. You can also do this with lights
- Use lights the whole year as an accent light or night light in mason jars, empty bottles, glass blocks, or other decorative objects (which need a hole or area hidden for the electric cord).

Christmas Tree Disposal:

- Place for recycling at curb between Dec. 26 and Feb. 1. You must remove all décor, tinsel, metal pieces, etc. No artificial trees and no “live” trees with root ball. Do not place in a plastic bag.
- After Feb. 1, trees must be cut down according to county procedures for yard waste.
- Wreaths can be placed in a paper bag but must be prepared as a tree (above)
- Consider using branches and needles as a winter mulch
- Consider chopping up and adding to compost piles
- Consider leaving tree whole in rear yard or woods to provide shelter for birds and other small

- animals, and where it will eventually decompose, thus providing more food for birds and enrich the soil.
- Should you wish to dispose of an artificial tree, consider using a free service such as BCC freecycle or Craigslist rather than throwing in the trash.
 - Any above items that still have metal or decoration must be placed in the trash, since trees and greenery recycled into mulch and offered to county residents free of charge should not contain little bits of such contaminants.

Above all, have a healthy and happy New Year. Best to you for 2013.

Diane Karlik, Environmental Committee

Newcomers to Our Neighborhood

Please welcome....

Martijn and Ilse Nagtegaal and their sons Lucas (9) and Olaf (8) to 8312 Lilly Stone Drive. You can reach them at 301-365-5327 or mjnegtegaal@gmail.com

Christine and Thomas Schiedel and their son Christopher (9) moved into 7021 Buxton Terrace this fall. Feel free to contact them at teschiedel@aol.com

Mary Lou Shannon, Welcome Chairman

Classified

Cabin John Dog Walking: Midday walks to keep your pets happy and healthy. Call Carolyn at 301-257-1076.

House Keeper: Our reliable, hardworking, honest housekeeper has time available. Milly has been with us six years and feels like part of the family. She's high energy, pays attention to detail, and always comes with a great attitude. Speaks English/Spanish and has her own transportation. For references, contact loiskramer@msn.com or 301-758-8088. For more information, contact Milly directly at 240-462-5453.

Handyman: Jose Louis will help with any and all chores in and around the house and garden, including painting, drywall, carpeting and indoor repairs, as well as snow shoveling, yard clean up, deck and patio power washing, fence, pathway or platform construction, and any other kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor Ray at 301-469-0192.



COMMUNITY POTLUCK

TO WELCOME THE 2012 NEWCOMERS!!

SAVE THE DATE

- WHEN:** Sunday, February 10, 2013, at 4:00 p.m.
- WHERE:** The Carderock Springs Pool and Tennis Club
- WHO:** Everyone!!!
- BRING:** Something super tasty! (We will supply the beverages, so please bring appetizers, entrée dishes, and desserts. Please call Linda Stocker at 301-828-6196 to let her know what kind of dish you are bringing so that we can keep track and balance out the dishes. Thank you!)
- WHY:** For newcomers – everyone who moved into a house in the Carderock Springs community during 2012 – to come and meet the members of the community, other newcomers, and all the Carderock Springs Citizens Association (CSCA) Board Members.
- QUESTIONS?** Call Joe Tobin at (917) 454-8089 or joetobin@hotmail.com (Interested in helping the CSCA Events Committee plan the event? Please let Joe Tobin or Mary Lou Shannon (at maryloushannon@verizon.net know.)

**MEET THE 2012 NEWCOMERS
AND GREET YOUR NEIGHBORS!!!**

