

S E P T E M B E R 2 0 1 5

CARDEROCK SPRINGS COMMUNITY NEWS

Artis Alzheimer's Facility

As this newsletter goes to print, a Montgomery County Zoning Examiner is expected to announce a decision very soon on the proposed 72-bed Artis Senior Living (Alzheimer's) facility to be located on River Road opposite the entrance to Carderock Springs Drive. The CSCA and other Carderock Springs residents have expressed strong opposition to the project in hearing testimony and submissions to the record. We believe the project will make the intersection considerably more dangerous than it already is. In response to our alarm, the Zoning Examiner asked the Maryland State Highway Administration (SHA) to review the safety of the intersection and the crash data from the site. The SHA determined that the accidents (which have involved vehicles waiting on River Road to turn left on Carderock Springs Drive being hit at high speed from behind) were not of sufficient number or severity to warrant concern (i.e., no one has died). Whether or not the Artis facility is approved, the CSCA will continue to urge the SHA to improve the safety of an important entrance to our community. Copies of related documents and developments have been posted on CS-Chat in recent months if anyone wants additional details.

CARDEROCK COMMUNITY POTLUCK TO WELCOME OUR NEW NEIGHBORS

SATURDAY, SEPTEMBER 19 AT THE CLUBHOUSE

5:30 PM -- gather for drinks, appetizers and conversation

6:00 PM -- Pot luck dinner

Please bring an appetizer, salad, side or entree for at least eight people. This event is an adult night out. If you need to arrange for a baby sitter, contact Phil Rider (pmrbthmd@yahoo.com) who has names of local teens who are willing to sit.

Please RSVP to Mary Lou Shannon CSCAwelcome@gmail.com

Coordinated by Phil Rider (Social) and Mary Lou Shannon (Welcome), Carderock Springs Citizens Association (CSCA)

Social Events for the Year

As the CSCA Events Coordinator, it is my goal to offer at least one opportunity each month for Carderock neighbors to have some social time together. In doing so, I believe it will lead to an even better experience of community for us all. The Event Coordinator position is also that of a "Coordinator" instead of a "Chairperson" because I will be working with other groups in our neighborhood who offer similar opportunities so we can better coordinate both events and timing. Another difference -- instead of asking people to join a committee to work on all the events, **I am instead hoping you will be willing to volunteer to help with just ONE or TWO events (possibly one that especially interests you). If so, please contact me at pmrbthmd@yahoo.com. THANK YOU**

So....here are the events that are planned over the next months. Mark your calendars now so you can plan to attend. Watch for details in upcoming newsletters.

SEPTEMBER (Sunday, Sept. 19th) All community pot luck to welcome those who are new to Carderock. (See the block ad on the first page of this newsletter for more info)

OCTOBER (Sunday, Oct. 25th) The annual UNICEF fun day at the club

NOVEMBER (Saturday, Nov. 21st) An INTERNATIONAL Thanksgiving pot luck at the club to celebrate the national diversity of our community. A family event with some fun activities.

DECEMBER (Sunday, Dec. 12th) Discover the artists in our community at Carderock Creates

JANUARY (Sunday, Jan. 17th) Wine tasting and nibbles. Let Phil know (pmrbthmd@yahoo.com) what your favorite wine is. He will use your suggestions to select which wines will be used for tasting.

FEBRUARY (Saturday, Feb. 20th) Valentine desserts and dancing

MARCH (Saturday, Mar. 19th) Neighborhood progressive dinner, starting at the club for drinks and appetizers, then to local homes in various neighborhoods for different dinner courses.

APRIL (date to be determined) - We will work together on some local volunteer, community project.

I am not planning events for May 2016 through early September 2016 because the Carderock Springs Swim and Tennis Club has several community events during that time, including the parties for Memorial Day, 4th of July and Labor Day. The Club graciously opens these events to the whole community without charge, so each is a further opportunity to gather for some good social time. If you haven't been to a social event recently, please join us for the upcoming Labor Day event on Saturday, September 12th.

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.

Looking To Rent: Basement apartment or similar. Long-time Cabin John renter is looking to rent private space, quiet and responsible with Cabin John and Carderock references, call Carolyn (240) 204-2953

Carderock Ladies' Bridge Group

The Carderock Springs ladies' duplicate bridge group is switching from twice a month in the evenings to once a month during the day. Our preferred day is the 2nd Thursday of the month from 1 pm to about 3:30 pm. Please give us a call if you are interested in joining us. Maxine Cohoes 301-229-7478 or Anne Eason 301-365-1979.

New to Our Neighborhood

Gretchen and Tom Williams and their eight year old daughter lola are now settled into 8200 Stone Trail Drive. Feel free to contact them by email to glynn519@gmail.com.

Bei Wu and Bill Draper, and their son Liam, age four, are enjoying their new home at 8509 Fenway Road. You might see them walking their dog Kaptain along Fenway.

Heather and Matt Graham will be moving into 8303 Still Spring Court, certainly in time for school for Gus (7) and Alex (5). Their daughter Violet (5 months) will be at home with mom for a while. They are available by email, hezgraham@yahoo.com

Also moving in for school are Jennifer and William Yu, and their daughters Bridget (8) and Maddie (5). They are now in 8008 Park Overlook Drive and be reached with email, jenniferlyu@hotmail.com.

Welcome to all!!! *Mary Lou Shannon, Welcome Chair*

The Carder-Eco Column

Indoor Air Quality: At July's Bethesda Green Community liaison meeting, the director of Breathe Easy Home, a division of EcoBeco (home energy auditing in the Bethesda Green network), gave a presentation about indoor air quality in our homes. Although some pollutants like radon, pollen, grasses and dust are natural and/or come from the outdoors, others, such as formaldehyde, can be quite harmful as well. For example, PM 2.5 are ultra fine particles that we breathe in and neither coughing nor swallowing will expel these from our body. This can lead or exacerbate COPD, chronic bronchitis, sinusitis and asthma (which has increased 60% since 1980). Those most affected are children, older adults and those who are immune-compromised. The company recommends "Whole Home Control", and emphasizes that one needs to activate all 5 of the following for the best result. These include sealing air leaks, upgrading insulation, controlling humidity, filtering recycled air with hospital-grade filters, and improving air flow. Warning: All of this comes at a high price but may well be worth it to you if you have allergy sufferers or other susceptible individuals living in your home. EcoBeco can do your home energy audit participating with PEPCO and their \$100 rebate program, and for an additional \$100, Breathe Easy will evaluate your home and make recommendations for

improved air quality. I, personally, have not had this audit or know their work, but in our home over the years we have installed several, but not all five, of their suggested fixes. Please let me know if you avail yourself of this opportunity. I would be interested in knowing your opinions/actions. Breathe Easy Home, Lydia Sullivan, director, 240-396-2143 x750, Lydia@breatheeasyhome.com

Interesting Articles Removing poison ivy without chemicals: <http://www.rodalorganiclif.com/home/remove-poison-ivy-5-steps-no-herbicides-required>

News on the ingredients in sunscreens:
<http://www.rodalorganiclif.com/wellbeing/toxic-stuff-sunscreen-thats-affecting-your-health>

For those interested in food issues
from Food Tank <http://foodtank.com/news/2015/08/two-hundred-fifty-must-follow-twitter-feeds-for-every-food-activist>

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.

Carderock Springs Board Members

<i>Jack Orrick</i>	<i>President</i>
<i>Bill Moore</i>	<i>Vice President</i>
<i>Donna Schwartz</i>	<i>Secretary</i>
<i>Rob Gorman</i>	<i>Treasurer</i>
<i>Barbara Ames</i>	<i>Membership</i>
<i>Stefan LoBuglio</i>	<i>Member-at-Large</i>
<i>Anne Carlson</i>	<i>Member-at-Large</i>
<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,</i>	
<i>Noureen Chohan</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, 2015. 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.