

A P R I L 2 0 1 4

CARDEROCK SPRINGS COMMUNITY NEWS

CARDEROCK SPRINGS CITIZENS ASSOCIATION ANNUAL MEETING

MONDAY, APRIL 28, 6:45 PM - SOCIAL TIME,

7:15 - ANNUAL MEETING (see below)

7:45 - SPEAKER (see below) AT THE CLUB

The CSCA annual meeting is an important event for our community. Once a year we gather to hear the Board's report to the association on some important topics, including the proposed budget for the coming year, a proposed slate of officers for 2014-15, and a summary of the previous year's annual report. All these require a vote by the association members, so your presence is encouraged. In addition, there will be a short review of what the Board and its committees have been doing in the past year and ideas for the coming year.

Following this brief meeting, we will also have a speaker on a very important topic. Officer Dana Stroman of the county police department will talk about things we can do to protect our homes against theft. She will also share information about starting up a Neighborhood Watch Program in Carderock Springs. Because of the recent number of thefts in Carderock and similar communities in Montgomery County, this is obviously an important issue to be addressed. Again, it is our hope you will attend and be part of this discussion.

The proposed slate of the CSCA Board for the coming year includes:

Phil Rider, President

Jack Orrick, Vice President

Donna Schwartz, Secretary

Barbara Ames, Membership

Bill Moore, Member at Large

Larry Ondrejko, Club liaison

Margit Meissner, ARC liaison

We are in need of two more members of the board: Someone to be the treasurer and another person to be a member at large. If you have any interest in either of these positions, please contact Phil Rider as soon as possible.

Carderock Springs Community Calendar

(All events are at the Club unless otherwise noted)

<u>Date/Day</u>	<u>Time</u>	<u>Event</u>
April 21 Monday	7:00	CSCA Monthly Meeting
April 23 Wednesday	10:00- 11:30	Informal Coffee at the Goldsmiths
April 28 Monday	6:45	CSCA Annual Meeting with Speaker Dana Stroman of the Montgomery County Police Department
May 21 Wednesday	3:00-4:30 pm	Preparing for Your Doctor's Appointment

April Senior Program **Wednesday Morning, April 23, 10:00 - 11:30**

Come for coffee! If you are a Carderock Springs senior, you are invited to John and Kathleen Goldsmith's house for light refreshments on Wednesday morning, April 23rd, from 10 to 11:30. Please drop in to say hello and help us celebrate Spring.

The address is 8113 Hamilton Spring Road. It's the Glenmore Rambler on the corner at Park Overlook, with the star/sunburst on the front. There are no steps other than the one into the front door. It might be a nice day for a walk; but if you need a ride, call the Goldsmiths in advance at 301-469-6455. We hope to see you.

If you would like to get a small group together for lunch at a local restaurant, a walk on the C&O Canal or maybe watch a movie together, send me, maryloushannon@verizon.net, the information and I'll get it out to the senior e-mail list.

If you would like to receive e-mail notices and reminders for the Senior Program, please send an email to maryloushannon@verizon.net.

May Meetup Program

Head to Toe: Preparing for your Doctor's Appointment.

Speaker: Dr. Lila McConnell is with Internal Medicine Physicians in Friendship Heights and has special training in geriatrics.

The Senior Meetup Program is about connecting with your neighbors in large or small groups. This type of social engagement in your neighborhood is bound to enrich your life and deepen a sense of "community."

The Carder-Eco Column

News from the Environmental Committee

Upcoming dates:

- Prescription take-back day: April 26 (I will collect the week prior for your convenience)
- Lots of Earth Day activities occurring all month...check the CS chat and local newspapers for listings. Individuals are encouraged to post interesting activities on the CS chat.

Spring Environmental Event held March 24, 2014:

Our get-together on the 24th of March was a success, with over 40 people in attendance and lots of inspirational information. For those of you unable to make it, I am listing below the names and contact information of the speakers, should you wish to contact them yourselves. Please note that I am not endorsing the goods or services several of them provide, since with the exception of Nick Maravell, I have not had personal experience with them. That said, their certifications, honors and expertise speak for themselves. You can always contact me via dianekarlik@verizon.net if you have any questions or would like further information.

Nick Maravell, Nick's Organic Farm (Buckeystown, MD and pick-up in Potomac, MD)
Nicksorganicfarm.com nicksorganicfarm@comcast.net Grass-fed angus beef, sausage, jerky, pastured chickens and turkeys, free-range eggs and honey. Nick has been appointed to the National Organic Standards Board by US Sec of Agriculture for his expertise and experience

Sophia Maravell, educational director of Brickyard Educational Farm whose goal is to connect students of all ages with the land, food, and biodiversity that sustain them.

Patrick Detzner, working with Sophia, in MCPS high school greenhouses to teach horticulture students how to grow from seed, and sell their products.
Sophia@brickyardeducationalfarm.org

Justen Garrity, owner and founder of Veteran Compost, winner of numerous entrepreneurial business awards, 100% certified organic compost, worms and vermiculture products, planting and soil mixes, home pick-up, uses wind power and employs veterans
Veterancompost.com info@veterancompost.com

Zack Kline, owner and founder of A.I.R. lawn care, accredited and local leader, MoCo Green certified landscaping business, ecological practices
airlawncare.com info@airlawncare.com

Other exhibitors:

SafeGrowMontgomery.org SafeGrowMontgomery@gmail.com seeking legislation in MoCo to protect against exposure to lawn and yard pesticides where we live, work, and play, coalition of volunteer and environmental, health, civic, business, and faith-based organizations

Realfoodforkidsmontgomery.org realfoodMCPS@gmail.com a grass-roots parent advocacy group promoting whole, delicious and fresh foods in MCPS. Check their web site to sign petition and get further information

Below are a few highlighted and important facts presented by speakers and exhibitors:

To be brief, companies patent seeds and the chemicals needed to grow these same plants. They generate and demand more profit because the GMOs they patent require additional and new types of fertilizers and pesticides. Farmers, large and small, cannot legally save their own seed (and money) for subsequent plantings, and risk law suits should they do otherwise because of the patents. Super weeds are now tolerant to the amount of types of herbicides we have used up to now, similar to the over-use of antibiotics in individuals and thus the formation of "super bugs" that are now resistant to the antibiotics currently on the market. These companies practice mono-culture: growing the same crops in their fields year after year, depleting the soil nutrients, resulting in a greater dependence on chemical fertilizer to replace nutrients, which leads to environmental damage to our land.

Be aware that not all lawn companies with the names "Eco," "natural", etc. are organic lawn companies. Carbon is a natural product, but not necessarily what is needed for our lawns and

landscapes. Before spending time and money, a soil test can determine the soil nutrients needs. Refer to the March 2014 newsletter or check the online archives to see the details re. the soil tests, the new laws requiring certification for professionals (your lawn service company is now required to be certified, provide a soil test for every new client, and keep records of every single fertilizer application. The MDA (MD Dept. of Agriculture) website lists certified companies. Consider changing if your provider does not adhere to these new laws.

Be sure that the compost you purchase is certified organic. Even one part in a billion of a certain herbicide/weed killer that have known to appear in grass clippings, when turned into compost, can retain its herbicidal nature and destroy those very plants you are trying to nurture. Vermiculture products are the gold standard of fertilizers, so consider purchasing or starting your own worm container farm. (contact me if you or your children are interested...it is not 'yucky', I can guarantee you. However, do not use garden worms for this...that's a different species).

Evidence reviewed by the National Academy of Sciences indicates that toxic chemicals may contribute to such childrens' health and mental problems as developmental, learning and behavioral disabilities, poorer memory and coordination, less stamina, shortened attention spans, hyperactivity and a host of other diseases. We don't allow food or drugs to be sold in the US before being shown to be safe, yet there are thousands of chemicals on the market that affect human biology and have never been tested. Some of those are already even banned in other countries. For more info. Go to childenvironment.org

Glyphosate, the active ingredient in "Roundup", is the most popular herbicide used worldwide, and some evidence shows that it may be the most important factor in the development of multiple chronic diseases and conditions prevalent in Westernized societies. In addition to autism, these include inflammatory bowel disease (Crohn's and ulcerative colitis), obesity, cardiovascular disease, depression, cancer, Alzheimer's, Parkinson's, MS, ALS, reproductive problems, and others.

Pesticides don't solve our problems because the conditions remain unchanged. Pesticides are hazardous to us, to our pets, and to wildlife, and can cause even more severe problems in developing children see EPA.gov. Pesticides drift and settle on impervious surfaces, playgrounds, porches, outdoor equipment and toys and this common route is largely invisible. Pesticides contaminate water and air. There are low-cost alternatives the corporations do not want to advertise. Pesticides have too many "secrets"...what is "inert" or "other chemicals" on the packaging labels?

Be sure to check realfoodforkidsmontgomery.org for their on-line petition. I sent a few statistics to the CS-chat in recent weeks including sugars in breakfast items, unhealthy a la carte items, and items that contain potentially harmful chemicals.

Diane Karlik, CSCA environmental committee chair

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.

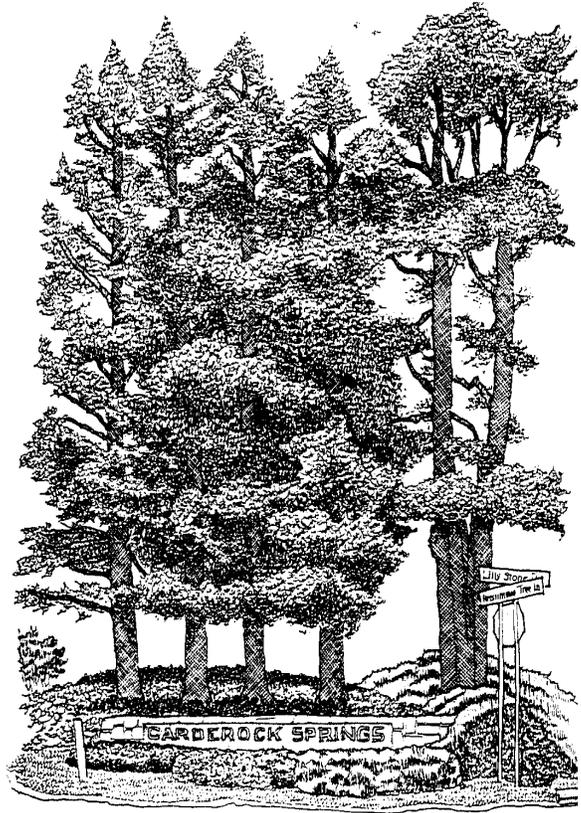
Looking for Rental: Do you have more space in your home than you need? Empty nester or travel frequently and don't want to leave the house unattended? You could rent that extra space! Cabin John renter for many years is looking for private space with private bath. Impeccable references, including current landlord for the past three years. Quiet, dependable and considerate. Please email Carolyn at cdcabinjohn@gmail.com or call (240) 204-2953

Nanny Available: Our wonderful nanny is available to babysit in the mornings until early afternoon several days a week in the Bethesda/Chevy Chase area. She has been with us since our daughter was 3 months old, and she is absolutely fantastic. She is unbelievably reliable, and has taken superb care of our daughter for almost 10 years. She is originally from Peru, but has lived in the US for over 30 years she speaks fluent English. She does have a car, and drives our daughter to all of her various schools and activities. We cannot say enough good things about her, and any family would be lucky to have her care for their children. Please feel free to contact her directly (Alejandrina Alonzo: 301-270-0727 or drinaalonzo@gmail.com) and/or contact me for a reference (Beth Vergnetti home: 301-320-7455 cell: 301-351-6620 or bvergnnet@cisco.com). She does have additional references as well.

Donations of Soccer Gear for Honduran Children: My name is Alexander Oshinsky, I have lived in Carderock my entire life and have been a part of both the swim and dive teams and the tennis team over the years. I also worked at the club for many years doing everything from buildings and grounds to the front desk to the snack bar. For the past three years though I have gone to Honduras on a medical mission trip with the Virginia Medical Brigade. Over the course of a week the brigade helps approximately 3,000 people. Last year I got to play soccer with some of the children in one of the remote villages that we travel to. What I found was that not only did they not have an actual ball to play with but most of them didn't have shoes, needless to say the field they were playing on was not safe to be running around barefoot on. As a result I have taken it upon myself to collect used soccer gear (balls, cleats, shoes, shin guards, shirts, shorts, nets...) to bring down to Honduras with me when I go this year in November. If you do not have gear that you want to donate but you want to get involved you can also provide a monetary donation that I will use to buy new gear to bring down. If you would like to donate gear or get involved you can send me an email at oshinsa@hotmail.com or reach me on my cell phone at 240-731-1686. Thank you!

New Committee Formed

Because of the number of people who have reported several different issues related to electrical power in our community, the Board has created a new committee that will be working with Pepco to have these problems resolved. The Board is also pleased to announce that both Susan Eastman and Michal Freedoff have agreed to co-chair the committee. They have already done a lot of work dealing with Pepco, so we are lucky to have them be willing to continue their work through this committee. If you have a similar interest, please volunteer to be on the committee. Contact Phil Rider at pmrpthmd@yahoo.com. Also, if you have any electrical problem, such as dimming of lights, power surges, etc., please let Susan (sueeastman@aol.com) or Michal (michalilana@earthlink.net) know so their committee can keep a log of these events.



Carderock Springs Board Members

<i>Phil Rider</i>	<i>President</i>
<i>Jack Orrick</i>	<i>Vice President</i>
<i>Gunnar Tomasson</i>	<i>Secretary</i>
<i>Bob Stocker</i>	<i>Treasurer</i>
<i>Barbara Ames</i>	<i>Membership</i>
<i>Larry Ondrejko</i>	<i>Member-at-Large</i>
<i>Donna Schwartz</i>	<i>Member-at-Large</i>
<i>Joe Tobin</i>	<i>Member-at-Large</i>
<i>Bill Moore</i>	<i>Member-at-Large</i>
<i>Noëlle F. Lewis</i>	<i>Newsletter Editor</i>
<i>Doug Soe-Lin, Scott Wilets, Ryan Robbins</i>	
<i>Architectural Review Committee</i>	

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, 2014. 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.