

F E B R U A R Y 2 0 1 4

CARDEROCK SPRINGS COMMUNITY NEWS

Carderock Springs Community Calendar

(All events are at the Club unless otherwise noted)

Date/Day	Time	Event
Feb 5, Wednesday	7:30	Architectural Review Committee
Feb 9, Sunday	4:30-7:30	Community Pot Luck to Welcome 2013 Newcomers
Feb 17, Monday	7:00	CSCA Monthly Meeting
Feb 18, Tuesday	2:00-3:30	Writing a Memoir: Why write one, what to include, and tips to get you started (Page 2)
Save the Date		
Mar 19, Wednesday	11:00-12:00	Fire Safety for Seniors: Prevention, Products, and Planning (Page 2)

Community Potluck to Welcome 2013 Newcomers

All residents are invited

WHEN: Sunday, February 9, 2014, from 4:30 -7:30 p.m.

WHERE: The Carderock Springs Clubhouse

WHO: Everyone, including your children. We will have a craft table and helpers to keep the little ones busy.

WHAT TO BRING: Your favorite dinner entrée, salad or dessert. We'll supply the wine, beer and lemonade.

RSVP to me at maryloushannon@verizon.net

The Welcome Program and this event are sponsored by CSCA.

Planning Committee: Stephanie Land and Rob Gorman, Stephanie Morris and Adrian Rouse, Noreen Cholan, Lisa Gold and Mary Lou Shannon.

February Senior Program
Tuesday Afternoon, Feb.18, 2:00-3:30 p.m.

Writing a Memoir: Why write one, what to include,
and tips to get you started

Presenter: Sara Taber

Sara is a well-known and beloved teacher at The Writer’s Center in Bethesda. She was the William B. Sloane Fellow in Nonfiction at Bread Loaf Writer’s Conference and her memoir, *Born Under an Assumed Name: The Memoir of a Cold War Spy’s Daughter* has received much acclaim.

Please RSVP to me at maryloushannon@verizon.net if you need a ride, can offer one or can help with set up or refreshments.

March Senior Program
Wednesday Morning, March 19, 11:00 a.m.-12:00 noon

Fire Safety for Seniors: Prevention, Products and Planning

Presenter: Captain Paul Lancaster, Cabin John Fire Department

What is more important to aging well in our homes than *living safely* in them? Learn about the latest technology with smoke and carbon monoxide detectors, how to prevent the most common causes of house fires and how to plan for the fire emergency you hope will never happen. There were four serious house fires in Carderock in the past 10 years. This is an important program!

The Senior Program is designed to help Carderock seniors age well by connecting them with their neighbors, offering opportunities to volunteer, and with programs to expand their minds.

CSCA Dues Time Again

In the next couple of weeks you will be receiving a mailing regarding your 2014 dues for the CSCA. We appreciate the strong support of the neighborhood; it shows the majority of residents see a tremendous value in the Carderock Springs Citizens Association.

Your \$50 dues payment goes toward a budget for 2014 approved by the Board. The budget allocates certain percentages for maintenance of the entryways, lighting at the entranceways, the website and the newsletter that you are reading, as well as the directory that you receive, but certainly the largest portions of the budget are for the social activities, including pot luck dinners, dances, newcomers meetings and family outings that we started last year. We have also supported the latest program designed to assist seniors aging in place.

Another important use of your dues is the protection of our community's unique architecture and environment. The Board, Architectural Review Committee (ARC), and Tree Removal Coordinator work together to assure that the special character of our neighborhood is

maintained. Part of your dues goes into a legal fund that can be used whenever our covenants and guidelines are challenged. Of course, we hope that this never needs to be used, but it is important for us to have such a fund if it were to be needed. A percentage of our overall budget goes into this fund each year until the Board feels there is enough set aside for any legal costs. That "cap" has not been met yet, so we still need your support in this important use of your dues.

The Board and the various Committees' work diligently to provide residents a strong presence and community spirit. We welcome volunteers and your feedback to improve Carderock. Without your physical and financial support your Citizens Association cannot provide the services above as well as be a voice on political decisions that affect all of us in Montgomery County. Please continue to show your support by paying your dues. The \$50 is such a reasonable fee to enhance our neighborhood and the value of our homes and our lives.

The Dues mailing will also include the information we have on file for you. We make every effort to keep this current. Please review this carefully and submit any changes with your dues or by email to cscatreas@gmail.com You may mail your check to CSCA, PO Box 237, Cabin John, MD 20818 or pay through PayPal.

The Carder-Eco Column

Product Information

As of December 2013, the FDA has forwarded a proposal to require various manufacturers to demonstrate that their products are safe for daily use and more effective than plain soap and water. That is because the use of triclosan in liquid soaps and triclocarban in bar soaps could pose health risks such as bacterial resistance and hormonal changes/effects. Beware of and avoid products with the words "anti-bacterial" for this reason.

I suggest you check the website below for lots of information on this topic.

Why use potentially hazardous chemicals for our families when basic soap and water is available?

Note that this does not apply to healthcare providers. Thank you to Michal Freedhoff for alerting me to this good news.

<http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>

Alternative Uses for Household Basics

Baking Soda:

- Remove scuffs from vinyl floors
- Douse slugs in the garden
- Clean PLASTIC piano keys
- Use as spackle (mix with water)
- Douse BBQ flare-ups (won't contaminate food)
- Use as deodorant, toothpaste, sunburn/bite/skin irritation balm

Salt:

- Sprinkle on a dropped egg, wait 20 minutes...will wipe right up
- Douse slugs in garden
- Sprinkle on grass/weeds between patio stones or walkways and douse with hot Water
- Remove coffee and tea stains

Olive Oil:

- Shine shoes, furniture, clean garden tools, invigorate leather
- Unstick a zipper
- Clean and Shine indoor plant leaves
- Remove stickers or gum ... soak rag and leave on several minutes

Winter and Your Garden

It is the alternative freezing and thawing of the ground that damage plants. In fact, the ground under a layer of snow does not freeze. Place or leave a blanket of snow on your plantings so that they are insulated from temperature fluctuations and from the wind

Erosion on Carderock Springs Drive entrance road

Still waiting for action on my request for remediation...still being told it is in the works/in progress. Maybe they are waiting for better weather?

Composting (Last month's article gave instructions on winter composting)

The environmental committee would like to encourage CS residents to compost household scraps along with landscape waste. If you are interested in this endeavor, contact dianekarlik@verizon.net and I will provide information re. types of composters, articles on how to compost and a possible small rebate if you decide to purchase one.

However, simple ones are available for free from the county. You may pick these up at the River Road Whole Foods. Please note that they must have some sort of top/lid that you provide if you want to place kitchen/food waste in it. Otherwise, you may attract unwanted wildlife to your yard and our neighborhood.

Diane Karlik, Environmental Committee

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.

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>
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<i>Larry Ondrejko</i>	<i>Member-at-Large</i>
<i>Donna Schwartz</i>	<i>Member-at-Large</i>
<i>Vacant</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 or pay through PayPal Our Association represents the Carderock Springs community and implements its land covenants.