

CARDEROCK SPRINGS Community News

We are a community recognized by the **National Register of Historic Places** as a prime example of Situated Modernism, where houses complement and blend in with the natural landscape.

Carderock Springs Turns 60

Dinner Saturday, September 17

Come celebrate the 60th anniversary of the establishment of Carderock Springs! It is also a Welcome event for newcomers to Carderock. Dinner will be held at the pavilion of the Carderock Springs Swim and Tennis Club on Saturday, September 17, 2022. RSVP is required by September 3, 2022.

A TBD fee will include a catered dinner as well as alcoholic and non-alcoholic beverages supplemented by the Citizens' Association. Further details forthcoming.

To volunteer or provide ideas/suggestions, please contact CSCA Events Chair Kimberly Young CSCAevent@gmail.com



Community Calendar

Wednesday Aug 3, 7:30 pm

Architectural Review Committee (ARC) monthly meeting via zoom.
Contact cscarc@gmail.com

Monday Aug 22, time TBD

Monthly CSCA Board Meeting
<http://carderocksprings.net/zoom>

Wednesday Sept 7, 7:30 pm

Architectural Review Committee (ARC) monthly meeting via zoom.
Contact cscarc@gmail.com

Saturday Sept 17

Carderock turns 60 and Welcome to Newcomers! Dinner at the club.
cscacvent@gmail.com



Final EIS issued for Beltway Widening

The Final Environmental Impact Statement (FEIS) for the I-495/I-270 widening has been issued, likely clearing the way for approval of the project later this year by the Board of Public Works absent litigation by third parties or unexpected political developments. While the Carderock Springs Citizens' Association did not support the two managed lanes in each direction preferred alternative that was approved by the FEIS, our comments and repeated advocacy on behalf of the Carderock Springs and Carderock Springs South neighborhoods did have some positive impacts on the project, including the following:

- There will be virtually no loss of private property by Carderock homeowners as the Limits of Disturbance lie within the existing Right of Way for the Beltway;
- There will be noise barriers ranging from 20 to 32 feet high along both sides of the Beltway running between Persimmon Tree Lane and Seven Locks Road/Clara Barton Parkway;
- The proposed flyover ramps that would have been visible from homes in Carderock Springs and Carderock Springs South have been eliminated from the preliminary design; and
- The CSCA will continue in its role as a Consulting Party for the project entitled to receive ongoing design updates and information on the project.

A copy of the FEIS can be accessed on the SHA website <https://oplanesmd.com/feis/>

An interactive map of the project can be accessed at this link: [I-495 and I-270 Managed Lanes Study \(arcgis.com\)](#)

Special thanks to the following Carderock residents whose efforts supported these results: Petra Jacobs, Nicole Ferran, Tom Deyo, Roman Roman, Katherine Stifel, Jenny Spreitzer, Joseph Esposito, and Firooz Gidfar.

Jack Orrick
CSCA Board President

Thinking about Removing a Tree ?

Live, sound, mature hardwood trees are covered in the covenants and require approval by the Tree Committee cscaTREE@gmail.com if you want to remove a tree.

Our woodland community is a model of "situated modernism" where much of the existing woodland was preserved when the neighborhood was designed and built sixty years ago, fitting in with the natural topography.



Planning a renovation? ARC Approval

As required by the covenants recorded against each lot in Carderock Springs, any *exterior* (but not *interior*) modification or



additions to the structure on a lot must be reviewed and approved in advance by the Architectural Review Committee. This may include

but is not limited to the following:

- Additions
- Fencing and Sheds
- Exterior color schemes

The ARC meets monthly on the first Wednesday of each month at 7:30 pm. Meetings are open to all residents, whether you are renovating, planning to renovate or interested in listening.

When your building project is approved by the ARC, then you will receive an approval sign to post in your yard.



During Covid, the ARC has been meeting via ZOOM so if you are planning a renovation, please contact the ARC by email cscaARC@gmail.com for further instructions regarding your plans for review, approval and to get the zoom link. Applications can be dropped off at 8009 Hamilton Spring Rd.

Further ARC information is on the website www.carderocksprings.net including a 20 page guidelines document that reflects the architectural standards the ARC looks for in exterior modifications.

Welcome to New Neighbors

7009 Barkwater Ct: **Emily Kopp Dantas and Wagner Dantas**

7625 Edenwood Ct: **Olivier and Faith (Freeman) Hecht**, Morgan (25), Lauren (23), and pups Darcy and Olive. Faith spent a chunk of her childhood in this home and looks forward to getting to know everyone again.

7005 Endicott Ct: **Stephen Hartley and Nazaneen Homaifar**, twins Suri and Tala (4)

8105 Glenmore Spring Rd: **Chad Golder and Erica Ross**

7710 Glenmore Spring Way: **Guido and Wendy Schulz**, Julia (22), Reinhardt and Jean Paul (Biewer Terriers)

7501 Hamilton Spring Rd: **Wells Calderon and Wendy Richards**, Maya (4)

7502 Hamilton Spring Rd: **Daphne Gellerson and Jason Nellis**, Lucas (1)

12 Persimmon Ct.: **Ashleigh and Tony McGovern**, Mathilda (10) and Eliza (7)

8216 Tomlinson Ave: **Alexandria and Derek Flowers**



Tree Facts: Personal and Community Benefits

So the idiom that money does not grow on trees may need an update. Perhaps trees put more than a few



dollars back in our wallets considering property values, energy costs, sustainability, and physical/mental health.

PROPERTY VALUES

“Healthy, mature trees add an average of 10% to a property’s value”.

(<https://www.arboday.org/trees/benefits.cfm>).

Unlike gray infrastructure, trees grow and thereby appreciate in value. And yet, CS, according to the county, is losing 1% of its canopy a year.

(https://www.montgomeryplanning.org/environment/documents/TreeCanopy_Report_MontgomeryCountyFinal.pdf). This Montgomery County Canopy Calculator is prepared by Jarlath O’Neil-Dunne, University of Vermont Spatial Analysis Laboratory, joneildu@uvm.edu .

ENERGY COSTS

Mature trees, like those in CS, provide a windbreak and decrease current high winter heating costs by up to 50%. Their shade reduces residential air conditioning costs by up to 30%.

(<https://www.arboday.org/trees/benefits.cfm>).

SUSTAINABILITY

This reduction in energy demand reduces dependence on dwindling natural resources, gas, and water.

PHYSICAL HEALTH

Phytoncides reduce blood pressure and stress, “increase[] energy level”, and “improve[] sleep,”

(<https://www.dec.ny.gov/lands/90720.html>),

while increasing levels of anti-cancer proteins to fight tumors and improving immunity.(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/> ...see paragraph 3,

Effect of Phytoncides). **Tree shade reduces UV exposure by 40-60%, which reduces skin cancer risk**

(<https://www.purdue.edu/uns/html4ever/020422.Grant.shade.html>). Greener neighborhoods

may save \$374 per person or \$1,122 per family of three (3) in annual medical costs, which according to research by Professor Kuo may “grossly underestimate tree-related medical costs savings”.

MENTAL HEALTH

Research has shown that **phytoncides, wood oils released by trees into the air, often make us happier by reducing anxiety and depression.**

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793341/>). JAMA Network Open research found that neighborhoods with leafy trees tend to have higher levels of psychological health than where the green space consists of grass. (<https://www.minnpost.com/second-opinion/2019/07/more-trees-not-more-grass-are-associated-with-wellness-and-well-being-study-suggests/>).

*Nancy E. Everett, Sue Eastman and Gary Ratner
CSCA Tree Committee*

Tree Tips: Blooming in July

The bloom periods of our trees continue to be extended due to our cooler spring and ample rain. For example, our stately native evergreen **Magnolia grandiflora** (Southern Magnolia) is still showing its large creamy-white flowers on several trees in the neighborhood.



The leaves are broad and dark green, and the flowers have a wonderful lemon-y scent. They look terrific floating in a big bowl. The flowers become ornamental reddish seed pods in the fall, and the leaves and pods make great holiday decorations. While most of these magnolias in the neighborhood can be quite large, there are many different cultivars that are much smaller ('Little Gem' or 'Teddy Bear'). They are happy in sun or partial shade, so they are suitable for many locations in Carderock.

A real July bloomer is the elegant and much rarer native **Oxydendrum arboreum** (Sourwood or Sorrel Tree). This is a smaller, generally somewhat open-branched tree for sun or part



shade. Its large drooping white blooms turn to ornamental seed capsules and remain interesting for a long period. The Fall color is a brilliant red. This is a slow grower so plant one soon – you can sometimes find them at Home Depot! There are at least 4 in the neighborhood that I have noticed.

An interesting and elegant non-native is the **Stewartia** (Japanese Stewartia, various other subspecies). This is a small tree, generally 25 feet or less, with shiny leaves and beautiful white blossoms in late June-July, as well as lovely exfoliating bark.



It can be temperamental, but there appear to be at least 2 thriving and blooming here in Carderock.

Remember to protect any newly-planted trees from marauding deer by spraying and netting/fencing around the perimeter. Hungry deer can strip bark and kill a new tree.

Nancy E. Everett

The Carder-Eco Column

News from the Environmental Committee

Trash and Recycling Hints

If you are a new Carderock resident, please remember that jurisdictions have their own requirements regarding recycling. We have one open bin for metals, plastics and glass. For paper/cardboard, we have a separate rolling cart with a top. For questions, you can get information in the “how to dispose of...” in the trash and recycling section of <https://www.montgomerycountymd.gov/sws/programs/>

When items are made of mixed materials, they should normally go into the trash. Even if they have a recycling label, it just means that the parts may be recyclable, but that the whole is not. To recycle, you would need to take the item apart into its raw materials and then recycle appropriately. The one exception...boxes of non-perishable soups and milk for example, in “tetra-pak” should be placed into paper, with the cap removed of course, and if you are up to it, the plastic from the spout.

Plastics

Although certainly convenient, do not be fooled into thinking that because you can place your empties in your bin, that they are an ecological and thus a good product. Plastic is essentially a solid fossil fuel, and creating it releases roughly 6 kilograms of carbon dioxide for every kilogram of plastic made! Whereas industry believes that recycling is the answer to that problem, the estimated low 5-6% domestic plastic recycling rate demonstrates that plastic recycling is not a realistic solution.

Please do not believe that recycling your plastic is the most important environmental thing you can practice.

Instead, try to purchase in metal cans and glass containers when possible. Buy large amounts that you pour into your own reusable container and use refilling water stations rather than purchasing individual bottles.

A few neighbors, myself included, have previously mentioned TerraCycle as an alternative to MoCo recycling. Besides being expensive, Terracycle and the companies affiliated with their practice are being sued for greenwashing and making false claims.

<https://www.treehugger.com/mail-back-recycling-schemes-do-not-work-well-5194133>

Alternatives to Lawn

This article for small urban gardens gives many ideas you can incorporate in your own much larger yard to provide hours of fun for your kids. Running on grass is not your only choice.

https://www.treehugger.com/small-urban-gardens-kid-friendly-5221433?utm_source=emailshare&utm_medium=social&utm_campaign=mobilesharebutton2

(Cardereco, cont.)

Outdoor Insect Pests

Rather than hiring a company to indiscriminately spray your yard with toxic, harmful and dangerous substances, try using fans, mosquito coils, and other devices that do not endanger your neighbors or kill all of the insects, beneficial as well, that live in your soil and yard. That you have to repeat the commercial treatments every month is enough to tell you that doing this is repeatedly hurting you, your children, your pets, your neighbors and the environment. Be sure to use “mosquito dunks” in your standing water, such as outdoor pots, their saucers, bird baths and such. They are safe and kill only the larva in the water itself.

Insects are a nuisance, yes. Spraying is not the only way to control them. See below.

<https://www.treehugger.com/natural-homemade-insecticides-save-your-garden-without-killing-earth-4858819>

For natural repellents, try

<https://www.treehugger.com/best-natural-insect-repellents-5092989>

Diane Karlik

CSCA Environmental Chair



Racket Sports at the Club

With table tennis, pickleball, and USTA tennis, we all now have the opportunity to hit the trifecta in racket sports without leaving Carderock!

Table Tennis

Please join us on Wednesday evenings from 7 - 9pm at the club. We have several tables and welcome adults and youngsters of all ages and skill levels. We put a premium on fun and sportsmanship, but you can also see some top level competitive play too. We thank the club (and of course especially Larry) for hosting our group and allowing us to offer this opportunity to all individuals interested in our neighborhood. We supply paddles, balls, and - thanks to a donation from Spin DC - now professional championship Stiga tables.

During the summer, we hope to offer some training sessions conducted by our top Carderock players Hans Pieter Zevenhuizen, Bill Draper, and Konstantin Gartvig.

Stefan LoBuglio

Pickleball

With newly-lined pickleball court # 1a and # 1b at the club, come join the fun. Pickleball courts are reserved for open play on Tuesdays 4-6 pm and Fridays 7-9 pm. All levels of players are welcome.

Tennis

See

<https://www.carderockclub.org/programs/tennis> for Bethesda Tennis Academy info.

Montgomery County Quiet Skies Coalition

An audible improvement we should be experiencing in a little over one year from now - in the Fall of 2023 – is that the airplane path waypoint will be changed back to the other side of the river near the CIA. It is currently right here, at the corner of Persimmon Tree Lane and Persimmon Tree Road next to the Congressional golf course. We look forward to that adjustment to our “highway in the sky”.

At a Quest for Quiet conference on June 16, Bethesda’s Anne Hollander, co-founder of MCQSC, (<http://www.mocoquietskies.org/>) was one of the community speakers . This conference was hosted by the larger umbrella group “Quiet American Skies”. Ms Hollander expressed citizens’ concerns about the situation as we have known it over the past few years, using such terms as deafening, burdensome and bombarding. Much of the program was geared toward a discussion by specialists studying the harmful human health effects of this increased airplane noise and of the emissions as a result of the NextGen implementation of GPS to reroute and concentrate airplane movement over a smaller area. This impacts 10% of the US population who live near airports, including our area with planes heading toward and away from Reagan National Airport.

Medical researchers believe that the danger from emissions from airplanes is “under recognized”, basically because unlike noise, emissions and air pollution is not palpable. However, it has been linked to cancer risk and is a noted respiratory hazard. The sleep disturbances that result have also been studied, and these increase stress, which increases annoyance and affects mental health, which then can act as catalysts for a

number of serious diseases and conditions. In some areas of the US, as well as in Europe, recent research has also pointed to more brain cancer and preterm birth.

Locally, DC’s Congressional Delegate Eleanor Holmes Norton has introduced and sponsored a number of bills nationally to address this relatively new set of concerns. She heads the congressional subcommittee on aviation but unfortunately she is not a voting representative from a state. Her work is crucial at this point because the FAA Authorization Act of 2018 lasts 5 years, and in the coming fiscal year, she will present noise as a priority if she is still head of the committee.

Mitigation is possible but there are difficulties in doing the research in a completely objective way because much is self-reported. However, it has been shown that aircraft noise exposure is worse than road or rail annoyances and that direct and indirect exposures are associated with health and mortality.

The June 16, 2022 conference - Aviation Noise, Pollution, and Health: Connecting the Dots - is viewable in its entirety:

<https://www.youtube.com/watch?v=7KedbcRhEU>

Diane Karlik



*Gathering in
our verdant
oasis for the
block party in
June*

June's Block Party on Park Overlook

Many thanks to Karen Ringo for organizing the Park Overlook Block Party in June. So many fun activities plus it was great to see everyone!



Wine & Cheese Tasting



Thank you to the May participants of our Virtual CSCA Event,

"California vs. Virginia: A New World Battle," and raising a glass to learn, laugh, and raise funds for the Carderock Springs Elementary School Educational Fund (CSESEF).

CLASSIFIED

Bakery



Rhonda's Bakery, a new Carderock business started in January 2022, is sharing Rhonda's love of baking by delivering fresh natural/organic treats directly into the hands of Carderock neighbors. The bakery also provides special orders for birthday parties and brunches.

Follow Rhonda's Bakery on Instagram; or from the website <https://rhondasbakery.com> order a Box of the Month, place a Special Order, or subscribe to email updates; or email questions to Rhonda at Rhonda@RhondasBakery.com

CLASSIFIED

Fiber Art Classes/Camp



Carderock's Anja Caldwell offers after-school classes, private instruction, parties and summer camps to kids age 6 to 16. Also adult instruction by appointment and a bi-weekly craft group. We teach knitting, crocheting, weaving, sewing, felting, embroidery and other traditional handwork.

There are a few openings left for this year's weekly summer camp which run from mid-July through mid-August. Kids age 6 to 16, 9 am to 3 pm, Mon – Fri. Our camps are small and space is limited to eight campers, so we highly recommend to reserve your camper's spot early.

Great for the creative introvert and fiber enthusiast!

The camp director, Anja Caldwell, is an architect and experienced fiber art designer who has instructed students of all ages for more than a decade. Her focus is on traditional handiwork, on STEM and mindfulness. Campers will try out different fibers and their processing, as well as study the tools and resources available to create one of a kind artwork and gifts. No phones, glue or glitter in our camps!

We are all fully vaccinated and frequently tested, so in person classes, camps and birthday parties can safely be scheduled individually by email or phone.

And if you are still very careful, we also have a full repertoire of ONLINE class options that come with a class kit and instructional video. Email us for a full catalog to order one, or your vacation busy box to take with you?

Project kits are also available to purchase in my Etsy Shop.

Carderock references available. More info and to register: www.FiberArt.studio or or email Anja Caldwell, Director at anja@fiberart.studio or call 240 600 0170.



Interior Design



Carderock's Lari Bittman offers decorating, design and project management

services through her business, Perennial Design Co. Lari's key objective on every interior design project is to make the client know their space is a unique design inspired by their lifestyle. Lari has been within the interior design industry for the last 6 years and has extensive knowledge in hard and soft finishes. She is currently working on getting her Masters of Interior Design from Marymount University and is available for various interior design work. Contact Lari for any questions you may have. Email hello@perennialdesignco.com, web <https://perennialdesignco.com/>, 202-510-1463, follow her on Instagram: perennialdesigndc

Plumbing



The Drain Guys is a plumbing company owned by Taylor

Lovett, a resident of the Carderock community. We specialize in drain cleaning, water heaters, leaks, water lines, and more. All of our employees are vaccinated and wear masks. If you have any plumbing needs, please call 240-885-9264 or visit dmvdrainguys.com. We provide free estimates and consultations.

Chimney



Did you know old chimneys are at risk of leaking poisonous gases into your house? Blackburn Chimney, owned by Taylor Lovett, a resident of the Carderock community, specializes in chimney cleaning, repairs, and inspections. Make sure your chimney is safe and in good condition. Give us a call today at 301-965-1341 or visit blackburnchimney.com. All our employees are vaccinated and wear masks.

Realtor



Looking to sell your home? Stephanie Lovett, a Carderock

resident with her husband and two dogs, is a professional Realtor available to sell your house or buy another one. With her extensive experience, Stephanie can walk you through the buying and selling process ensuring you have a smooth transaction and get the best deal possible. Call or text Stephanie today at 301 538 5524. www.coakleyrealty.com 301 340 8700.

Advertise in this NEWSLETTER:

\$10 for 1 issue or \$55 for 1 year in all CSCA newsletters. Submit payment via Venmo (friend @CarderockSpringsCA), Paypal (paypal.me/Carderock) or snail mail to CSCA, PO Box 237, Cabin John, MD 20818-0237.

Dentist



"Oral Health is the Key to Whole Body Health"

Natural Dentist Associates provides family dentistry that combines the use of traditional practices coupled with natural and holistic methods to provide our patients with a personalized treatment plan tailored to meet their whole-body health needs. We believe that teeth are an integral part of your body and overall health. Our highly skilled dental team is well-equipped to provide a wide variety of dental services in our state-of-the-art facility located in North Bethesda, MD. Services include fillings and crowns, amalgam filling removal, airway dentistry, sleep apnea, TMJ treatment, ozone therapy, dental implants, zirconia implants, orthodontics and invisalign, sedation dentistry, pediatric dentistry and dental materials testing.

Dr. Kimberly Baer, Dr. Jennifer Tipograph, Dr. Ashley Brown. <https://NaturalDentistAssociates.com> 5809 Nicholson Lane T123, North Bethesda, MD 20852 Phone: 301 900 5199

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 240-204-2953.



Cuppa Carderock



Carderock's own pop-up coffee shop, Cuppa Carderock, is a popular CS Village Exploratory Group sponsored activity. Photos are from the inaugural Cuppa Carderock in June. All ages in attendance! Stay tuned for the next Cuppa Carderock: check the CS-Chat list serv for updates.



CARDEROCK SPRINGS National Register of Historic Places

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 annual dues of \$50 for a membership year ending December 31, 2022.

Dues and family information for the Carderock Springs directory may be made online (preferred) or mailed:

- Paypal (www.paypal.me/carderock and in the memo write your snail mail address),
- Venmo (friend @CarderockSpringsCA and in the comment "What's it for" include your address), or
- mailed to the Carderock Springs Citizens' Association at Box 237, Cabin John, MD 20818-0237.

Our Association represents the Carderock Springs community and implements its land covenants.

Carderock Springs Citizens' Association Board Members

Jack Orrick, *President*

Open *Vice-President*

Ashkan Malayeri, Maja Husar, *Co-Secretary*

Ashish Goel, *Treasurer*

Bill Draper, *Membership Secretary*

Sue Eastman, *Member-At-Large/ARC Liaison*

Katalin Roth, *At-Large*

Meaghan Curry, *At-Large*

Architectural Review Committee (ARC)

Douglas Soe-Lin, *ARC*

Sandy Silverman, *ARC*

Katherine Stifel, *ARC*

Scott Wilets, *ARC*

Margie Orrick, *Newsletter Editor*

Larry Ondrejko, *Club Liaison*