

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.

Fall CSCA Meeting Sunday, Nov 6, 7 pm

Please join us for the Fall Meeting of the CSCA on Sunday, November 6, from 7:00 – 8:30 pm, at the Carderock Springs Swim and Tennis Club.



Our featured speaker will be Jason Loewith, the Artistic Director of Olney Theatre and a Carderock resident. Jason will be presenting on the American Theatre After the Pandemic.

Beer, wine and munchies will be served.

Hope everyone can plan to join us in person (preferred) or on zoom

<https://carderocksprings.net/zoom>



Sunday Nov 6, 7 pm

Annual Fall CSCA Citizen Assoc Meeting with Loewith at the Club (preferred) and also

<http://carderocksprings.net/zoom>

Monday Nov 7, 7 pm

Chautauqua #2 in person at the Club (preferred) and also

<http://carderocksprings.net/zoomch>

Wednesday Nov 9, 7:30 pm

Architectural Review Committee (ARC) monthly meeting via zoom.

Contact cscarc@gmail.com

Sunday Nov 13, 9–11 am

4th Cuppa Carderock at the Club. All are welcome.

Monday Nov 14, 7:30 pm

Monthly CSCA Board Meeting

<http://carderocksprings.net/zoom>

Wednesday, Nov 30, 8 pm

Annual CSSC Swim/Tennis Club Meeting at the Club

Sunday Dec 4, 7 pm

Chautauqua #3 in person at the Club (preferred) and also

<http://carderocksprings.net/zoomch>

October's Fall Fest



Thanks to organizers and all volunteers for such a fun fall event!

Photos by Lipika Dash, Carderock's Collage Queen

Carderock Chautauqua 2022 Season!

- Nov 7, Monday 7 pm
- Dec 4, Sunday 7 pm

We kicked off our second season of the Carderock Chautauqua in October at the clubhouse where Green Night featured thought-provoking presentations on Planetary Warming (Darrell Tanno), Offshore Wind Energy (Kevin Ewing) and Green Living (Anja Caldwell).

The Nov 7 Chautauqua will focus on Mental Health and Well Being presentations by 3 more Carderock residents.

- *Do No Harm: Osheroff v. Chestnut Lodge and the Future of Psychiatry* (new book by Eric Caplan)
- Inner Child Work, a psychological approach to heal trauma and disrupt dysfunctional behavioral patterns (Danielle Roessle)
- Supporting Transgender Children: How and Why to Be a Strong Ally (Alison Lepard)

Sunday, December 4: Look for Rob Gorman, Stefan LoBuglio and John Matteo to wrap up the season.

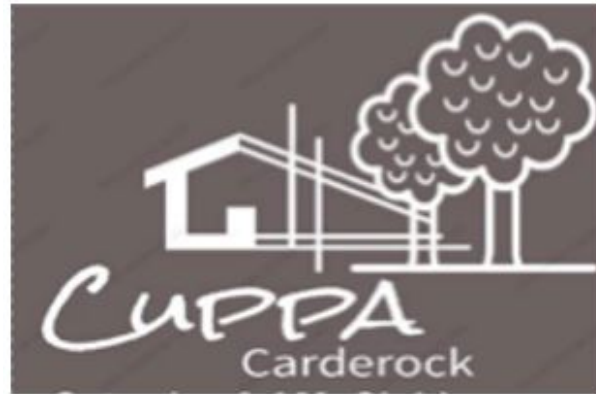
At its core, Carderock Chautauqua is a celebration of our community. Therefore, as part of that spirit, I encourage you to attend in person. We do have a video option available <https://www.carderocksprings.net/zoomch>, but this year's presentations will be geared toward an in-person audience. BYOB.

Darell Tanno

Cuppa Carderock: Across the Pond it's Called "Fika"

Sunday Nov 13, 9-11 am

Come to the CS Village Exploratory Group's 4th Cuppa Carderock on Sunday November 13, 9-11am, inside the club, or outside/weather permitting. It will add quality years to your life span and spawn many friendships and profound, maybe radical, thoughts on active adult aging in our community.



On the day of our 3rd CS Village Exploratory Group-sponsored Cuppa Carderock in October, I got an email from a friend who wrote me about the Swedish word "fika". It is really derived from the Swedish word kaffi, but with its two syllables inverted, with a deleted "f". Like Carderock residents, the Swedes like to socialize in the morning or afternoon or both over a cup of coffee with a pastry like a cinnamon roll. However, unlike Carderock, the Swedes have been doing this for almost 300 years, (cont. ➔)



(cont. from Cuppa)

since 1700's, and have at times risked their lives for a cuppa. Like the infamous 1773 tea protest incident in Boston Harbor, kaffi was highly taxed, and cuppa was labeled the drink of radicals! More to follow on this culture in a cuppa.

According to Swedish reports, Fika happens for five reasons.

- Slow food movement for coffee drinkers. People gather to take a break, energize, or to meditate.
- Promotes social capital
- Enjoy a pastry usually infused with cinamon or cardamom
- No rules. Swedes, unlike the Brits with their 4 o'clock tea time, gather at all hours of the day for fika. Even Volvo employees take contractual fika breaks during their work day.
- Signifies rebellion (my favorite!)



Coffee was introduced to Sweden in the 1600's. Since the Kings wanted their citizens to drink beer, Sweden outlawed the consumption of coffee five times between

1746 and 1817. King Adolf Frederick in 1746, much like our King George and tea taxation without representation, taxed it, banned it, and confiscated any gear used to roast and brew the beans. Later, his son King Gustav III sentenced identical twins: one twin was to consume 3 pots of coffee a day, and the other to consume 3 pots of tea. However, these twins outlived King Gustav, and the twin who drank coffee outlived his tea-drinking twin brother by several years.

Susan Eastman
and the CS Village Exploratory Group

Native Plant Gardening for Birds

One of the best things you can do for birds in fall is to cancel the "Big Yard Cleanup". Native grasses and perennials produce seeds after they flower which help overwintering migrants and local birds survive. Sparrows, Grosbeaks, Buntings, and other small songbirds eat the tiny seeds of native grasses such as Switch grass (*Panicum virgatum* spp.) and Little bluestem (*Schizachryium scoparium*), while Goldfinches, Sparrows, Eastern Towhees, Pine Siskins, and Dark-eyed Juncos feed on the many varieties of Goldenrod (*Solidago* sp.), a staple in pollinator gardens and wild meadows.



Northern Oat grass in winter

Resist cutting back your native perennials and grasses until spring when new growth emerges. None of these plants need to be cut back in fall and add beautiful color and texture from fall to winter when garden beds are empty. Native grass species are also deer resistant. Keep out the leaf blowers and don't clear out plant debris either, which robs the soil of vital nutrients and destroys habitat for overwintering insects—bird food for the spring.

(continued ➔)

(cont. from Native Plants)



If you are clearing leaves, consider conserving dead leaves and plant debris in an un-mowed corner of your garden. Caterpillars that nourish summer's young birds are born from eggs laid on the underside of fallen leaves. Over half of our native bees are ground nesters and mostly solitary. The brush pile you maintain provides them with a place to burrow until spring. Migrating birds in spring also find cover from predators here during their stopovers in unfamiliar habitats. I startled a woodcock once hiding in the brush pile at the back of my garden.



Robin eating berries of American holly in winter

Over half of the North American breeding bird species migrate between breeding and wintering grounds. A 2015 study by the School of Life Sciences at the University of Rochester examined the nutrients that birds need to power them and alleviate stress during these endurance flights. Their research compared the nutritional composition of native shrubs to non-native varieties and determined that native species have the highest concentration of fat, protein, and other nutrients that birds need.

Native fruiting shrubs highest in nourishment are Southern Arrowwood (*Viburnum dentatum*), Red Chokeberry (*Aronia arbutifolia*), and Red Osier Dogwood (*Cornus sericea*). The study emphasized that migratory stopovers are short and habitats with a variety of fruiting shrubs are critical for birds to quickly get the food they need. Fall is a great time to plant some native shrubs with late-ripening berries in your garden.

Native shrubs can grow large, but resist cutting them back until late winter when all the fruits have been eaten – it's better for the plant, too.



Last winter a hermit thrush overwintering in my yard was able to find dried berries on my Winterberry (*Ilex verticillata*).

Staghorn Sumac (Rhus typhina) in early November

Resources

- On selecting the right Goldenrod species for your garden
<https://donnaalong.com/attracting-pollinators-with-the-goldenrods/>
- Native grasses that provide seed for birds
<https://www.ecobeneficial.com/2013/03/native-grasses-for-wild-birds/>
- Recommended Plantings for Migratory Songbird Management
<https://scholarworks.rit.edu/cgi/viewcontent.cgi?article=1816&context=other>

Lisa Wilcox Deyo

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 cscarc@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.

Tree Removal



If you want to remove a tree, and it is a **hardwood tree 12 inches or more in diameter**, it must be approved by the CSCA Tree Committee (cscatree@gmail.com) pursuant to the

Carderock Springs Land Covenants and upon approval you will receive an Authorization sign. Under the pending CSCA's proposed Tree Preservation Guidelines, Committee approval would be required for removal of **hardwood trees 6 inches or more in diameter**.

CSCA Tree Committee: Sue Eastman, Nancy Everett, Gary Ratner, Katalin Roth

Halloween House Decorating



Thank you to everyone who participated in the 1st Annual Carderock Springs Halloween Home Decorating Contest! Here are our winners:

- **Best Creative Use of Recycled Material:**
Emma and Cami Moreira Aviles
7401 Mackenzie Court
- **Best Halloween Display:**
Emory Meek and Sofia Antelo
8109 Lilly Stone Drive
- **Best Traditional Fall Display:**
Jason Cameron
8215 Lilly Stone Drive
- **People's Choice (Most Overall Votes):**
John and Cristin Hackel
8117 Hamilton Spring Road

Thank you to CSCA Event Chair Kimberly Young and a dozen creative volunteers in Planning, Graphic Design and Judging.

Halloween House Decorations



Photos by Lipika Dash, Carderock's Collage Queen

Fall Beauty in the Garden

Carderock is so beautiful in the fall with its stately large oaks, maples, and hickories with their leaves in various shades of yellows, oranges, and reds. While most homeowners choose their trees and shrubs based on flowering, shape, or size, here are a few less-familiar selections to consider for their outstanding fall color:

Trees (* = native)

- Sourwood* (*Oxydendrum arboreum*). This hardy native tree usually has bright scarlet foliage, although some can also be vivid orange. This is a slow-growing, rather narrow tree that casts open shade and fits even in smaller yards. Lovely drooping white flowers in July.



- Parrotia (*Parrotia persica*). This non-native medium-sized tree is deer-resistant and tough. Fall color can be yellow, gold, and red on the same tree, and leaves are held for weeks. Tiny dark-red flowers in early spring are a bonus. Easy and trouble-free.
- Sweetgum* (*liquidambar styraciflua*). While there are a few native sweetgum trees in our woods, they are less common in our garden. Unlike the first 2 trees, this is a larger shade tree so it needs space. It's an outstanding tree for wildlife, and has brilliant fall color of reds with splashes of purple and gold.

Shrubs

- Sweetspire* (*Itea virginica* 'Henry's Garnet').
Itea is an outstanding native shrub with brilliant fall color. The colorful leaves hold on late in the season, finally falling to show reddish stems. Easy to grow, deer-resistant and spreads easily without being a pest. Mid-spring white scented flowers as well.
- Bottlebrush buckeye* (*Aesculus parvifolia*).
This native shrub can't be missed with its bright yellow leaves in the fall. It can be a little slow to start but becomes a large open shrub. Adaptable to sun or shade, plus it's deer-resistant. Great upright 12-16" flowers in late May-June.
- Fothergilla* (*Fothergilla*). This slow-growing native shrub has outstanding foliage which holds for many weeks. Color ranges from purple to fiery yellow. An early-spring bloomer with white flowers.

Think about adding one of these beauties to your garden during the fall sales!

Leaves



What to do with all of those leaves?? Why not take a few minutes and make an easy compost pile? Some extra fencing or chicken wire makes a suitable bin, or you can just put piled leaves and green stems on bare ground (it helps to mow over the leaves first so they decompose faster). If you think about it, turn a couple of times over the winter, and you'll have a terrific soil and planting enricher. Doesn't take much longer than raking up the leaves and bagging them, and is better for your yard and the environment!

Nancy Everett
CSCA Tree Committee

Carder-Eco Column

News from the Environmental Committee

Trash and Recycling Schedule

The next 4 trash holidays fall on days which do not affect our Tuesday pick-up: Veterans Day (Nov. 8 Tuesday), Thanksgiving (Nov. 22 Tuesday), Christmas (Dec. 27 Tuesday), and the New Year (Jan. 3, Tuesday).

In early 2023, upcoming changes from Tuesday to Wednesday include Martin Luther King Jr. holiday: pick up Wednesday, January 18 and Presidents' Day: pick up Wednesday, Feb. 22.

Recycle Batteries

Francisco Gonzalez periodically collects batteries at his mailbox at 7705 Hamilton Spring Rd then takes them to the Shady Grove Transfer Station. Drop off dates at his mailbox are **Dec. 7-14 and January 11-17. Please separate batteries by type** to make it less toxic and easier for Francisco and for the county workers who are tasked with separating the types of toxic waste.

Fall Chores for the Garden



Leaves! Leaves! Leaves! They are not as bad as it seems if you consider them your yard's friends and treat them accordingly. Consider keeping as many as you can to feed the soil and plants and to benefit the environment.

You can pile them up in a corner of your wooded property. That way, the pollinator eggs already attached to them will become butterflies and fireflies, and many beneficial backyard critters

use these piles for warmth over the winter. Mix every few weeks when not frozen and keep moist.

You can request a free backyard composting bin from the county, purchase one or build your own. The county generally keeps them supplied at the Davis Library and at Whole Foods on River Road.

You can place them directly onto your flower beds being careful not to pile them close to or cover the bark of trees or shrubs. The nutrients will feed your spring blooming plants and their roots will be insulated from the cold and prevent heaving out of the ground when temperatures fluctuate.

To successfully mulch perennials, place at least six inches of chopped or non chopped leaves on the crown, and do so after the first frost if possible.

Mulch the leaves on the lawn with a mulching mower, even if the grass itself does not need to be cut.

Purchase a special leaf vacuum that has mulching capabilities and huge piles of leaves quickly become manageable at a fraction of the space.

Before the Ground Freezes

Especially if we have less rain this season, be sure to give your trees and shrubs plenty of water and then mulch.

Plant spring blooming bulbs into the ground now. Plant with the tip up, and wider section that roots down, and roughly at a depth three times the height of each bulb. In our area, it seems that the squirrels are particularly fond of tulip bulbs, so if you choose those, research the way you can protect those with wire mesh.

(continued ➡)

Daffodils are apparently just not that tasty to our backyard critters.

Interesting Articles

There is a species of wax worms whose saliva contain enzymes that can break down plastics. Of course, the 400 million tons of plastic was per year (according to the UNEP) would require quite a number of these small creatures

<https://www.treehugger.com/scientists-discover-surprising-remedy-to-plastic-pollution-caterpillar-spit-6748173>

An organic lawn supports the local environment, people and pets with management practices that utilize natural biological cycles of the land without the use of synthetic chemicals.

<https://www.montgomerycountymd.gov/lawns/homeowner/why-organic.html>

Contact dianekarlik@verizon.net to borrow a book on organic lawn care written by the manager of the acreage at Glenstone.

Lululemon Fans?

Consider these tradeoffs in sustainability:

<https://www.treehugger.com/lululemon-criticized-coal-powered-factories-6735770>

*Diane Karlik
CSCA Environmental Chair*

CLASSIFIED

Bakery



Rhonda's Bakery is sharing Carderock 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

Fiber Art Classes/Camp



Carderock's Anja Caldwell offers After School classes, crafting bee, private instruction, parties, workshops and summer camps for 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.

Registration for After School classes is live now. See www.FiberArt.studio for a list of classes and to register.

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

All students are required to be fully Covid vaccinated and boosted if eligible.

Carderock references available. For more info see www.FiberArt.studio or email Anja Caldwell, Director at anja@fiberart.studio or call 240 600 017



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.

Interior Design



PERENNIAL DESIGN CO.



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: [perennialdesignco](https://www.instagram.com/perennialdesignco)

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



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. Call 301-965-1341 or visit blackburnchimney.com. All our employees are vaccinated and wear masks.

Realtor



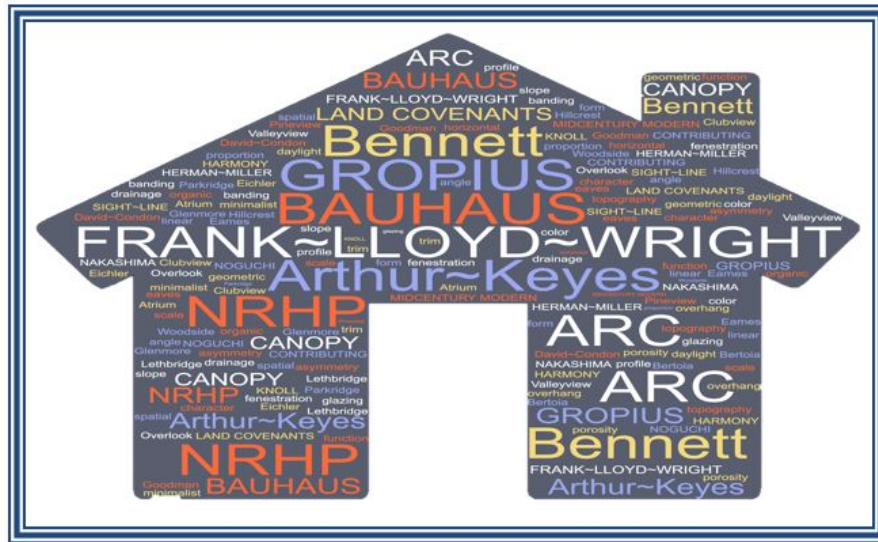
Looking to sell your home? Stephanie Lovett, a Carderock

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.

Carderock Values Mid-Century Modern Architecture



Celebrating 60 Years of Carderock Springs



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*

Architectural Review Committee (ARC)

Douglas Soe-Lin, *ARC*

Sandy Silverman, *ARC*

Katherine Stifel, *ARC*

Scott Wilets, *ARC*

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

Katalin Roth, *At-Large*

Meaghan Curry, *At-Large*

Tree Committee

Sue Eastman, Nancy Everett,

Gary Ratner, Katalin Roth

Margie Orrick, *Newsletter Editor*

Larry Ondrejko, *Club Liaison*