

N O V E M B E R 2 0 1 3

# CARDEROCK SPRINGS COMMUNITY NEWS

## FALL MEETING

**November 24 @ 7:00 - 8:30 pm**

Come join us for the Fall Meeting of the Carderock Springs Citizens' Association at the Carderock Club on Sunday, November 24, starting at 7 pm. This meeting is a social meeting with beer, wine and soft drinks and nibbles, followed by a speaker. All residents of Carderock are invited to attend.

We are pleased to announce that Carderock resident Mary Walsh, a producer with CBS news, will be showing a compelling story she produced that aired in September on Showtime's 60 Minutes Sports on the recent tragedy at Great Falls on the Potomac River where a young woman preparing to race for her first time in the annual Great Falls kayak race was killed. The piece starts with the preparations leading up to the race and then shifts to show the heroic recovery efforts and the reaction of the kayakers who were forced to assemble for a much different outcome than expected.

Mary will discuss how the piece came to be aired and the logistics of filming on rocks next to Class V whitewater. It is also a chance to appreciate the beauty of the river and national park that is literally only a couple of miles from our homes.

Come on down for what should be a very interesting discussion. Please bring your favorite appetizers to share!!

*Jack Orrick*

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## Carderock Was on Montgomery County Modern Building Bus Tour

A bus tour of architects and historians visited noteworthy modern buildings in Montgomery County on October 5<sup>th</sup> that included *our* Carderock Springs as part of a nationwide event by **docomomo**, the International Committee for Documentation and Conservation of Buildings, Sites, and Neighborhoods of the Modern Movement. The MC Planning Department and Potomac Chapter of the American Institute of Architects sponsored this daylong event. In their brochure Carderock was described as "a neighborhood listed on the National Register for its natural landscape, and unified design aesthetic".

The participants were familiar with the architectural work of Keyes, Lethbridge, and Condon, but they got to see firsthand the brilliant land planning collaboration with Edmund Bennett. The tour also visited the Unitarian Church on River Road, designed by Donald Lethbridge and developed by Bennett around the same time as Carderock.

Thanks should be given to Scott Wilets for his work in planning the event, and the Petsches, Beers, and Carnemarks for welcoming the tour into their homes. The event concluded with a reception at the clubhouse and a look at Carderock's history through a series of display boards. Thanks to Donna Schwartz, Phil Rider, Jack Orrick, Bill Moore, and Mary Lou Shannon for helping with the reception.

The tour illustrates the growing recognition of mid-century modern architecture throughout the country. You can read more about the tour online in MC Planning Department's blog The Straight Line. <http://www.montgomeryplanning.org/blog-design/>

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## **November Senior Program**

### **Strength & Balance Exercises to Prevent Falls and Maintain Optimal Health**

**Wednesday, November 19<sup>th</sup> (new date)**

**Class 2:00 pm (new time)**

**Refreshments 3:30-4:00**

**Wear your gym shoes and comfortable clothes, ready to move!**

**Carderock Springs Clubhouse**

Our instructor will be Sarah McKechnie, Manager of Holy Cross Hospital's Senior Fit program. This dynamic program is in partnership with Kaiser Permanente. It's the largest physical activity program for older adults in our area.

RSVP to [maryloushannon@verizon.net](mailto:maryloushannon@verizon.net). If you would like a ride or a reminder phone call, let me know by email or by phone on 301-365-0472.

## **December Program**

### **Open to All of Carderock Springs**

**December 11, 2013 7:00-8:30 pm**

**Speaker: Phil Rider, Carderock resident and former hospice chaplain**

**Talk: Do it Now!**

"As a hospice chaplain, Phil Rider often saw patients and/or families begin to plan for the patient's death either after the death itself or when it might be too late to do what was necessary. This left family members not knowing what to do and often arguing about differing answers. Phil's talk will focus on those things that are important to decide and do prior to one's death, especially when a person is healthy and expects to live for many years to come. He promises that in doing such planning, both the process and outcome can bring a person great meaning and joy...as long as you DO IT NOW."

*Maintain vitality by connecting with neighbors, serving as volunteers, and expanding minds.*

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## The Carder-Eco Column

With so many new residents as well as changes in several areas of the Solid Waste Department and its website, I am reviewing some information for everyone's benefit.

I do suggest that everyone familiarize themselves with the new improved website [www.montgomerycountymd.gov/sws/](http://www.montgomerycountymd.gov/sws/) . There you will see announcements, special E cycle or paper shredding events, plus an area that says "how do I dispose of?" where you can enter key words to find your answer. If what you request is not there, you can supply your email address with your question, and receive a personal response. In addition, you can always ask me.(dianekarlik@verizon.net) It actually helps the web-master when questions arise, and I communicate to her areas in need of improvement/changes.

Because there is so much information on the county website, I can only mention several of the details that you, and especially newcomers, may not know.

Trash collection and recycling is not a separate fee. It is included in our tax bills. The transfer station is located on Route 355 near Shady Grove Road. Its hours are posted on the website, but it is basically open every day at various hours, except trash holidays. Any resident can deposit items there during those hours, but you MAY be asked to show proof of residence in Montgomery County (MoCo) . See website for specifics.

To simplify things below, I will use Tuesday as our trash day, since most of us, if not all, are on that schedule. Trash is picked up on Tuesdays all year, with the exception of the week during or after a holiday. Not all holidays are "trash holidays", however . I make an effort to remind people of those weeks where our day slides to one day later or may stay the same, however, you can always check on the website.

Each residence is allowed to request up to 5 bulk trash pick-ups per year, free of charge. This may include large or large amounts of items such as old carpet you are discarding post-renovation, for example. You can also schedule a free large metal pick-up on Tuesdays. This service is unlimited. Both of the above schedule requests can be made on-line or by calling 311 by the end of the day Mondays.

Rule-of-thumb: Request a special pick-up if the item does not fit into a large trash bag or trash can. Maximum 8 foot length for metal pick-ups (not a regular recycling truck)

There are certain collections that are not available curbside i.e. at your home

- toxic/hazardous waste such as oil based paints, solvents, pesticides, herbicides, and more
- small metals or those larger metals if you do not schedule a special pick-up
- bicycles in good condition
- E cycling (electronics of all kinds)
- Textiles
- Larger plastics (this is new! Items include such things as plastic outdoor equipment or furniture, big plastic toys/pools, plastic car parts, plastic hangers and more...see last month's newsletter for list)

Residents can bring the above to the transfer station during open hours. In addition, several times a year, I make the trip there with a collection of neighborhood recycling. I announce this via the CS-chat and I ask only that you let me know roughly how much you have and when/how to place them in my driveway.

BEFORE YOU DISPOSE OF ITEMS YOU NO LONGER NEED BUT THAT ARE USABLE ,

PLEASE CONSIDER DONATING THEM TO VARIOUS CHARITIES AND/OR COMPANIES THAT ARE LISTED ON THE SOLID WASTE WEBSITE (under "use it again") . IN ADDITION, USE OUR CS-CHAT, USE BCC FREecycle, DONATE AT THE HABITAT RESTORE, or OTHER MEANS TO EXTEND THE LIFE OF THESE MANUFACTURED ITEMS.

Other interesting news:

Maryland was the first state to ban arsenics in chicken feed, and that win led the country and the FDA to finally, after 3 years, ban arsenic-containing drugs commonly used in animal feed, eventually making its way into our water and food.

If you are interested in encouraging our school system to offer more healthful, local, food, and teach children where our food comes from and how it is grown, join the efforts of the Brickyard Educational Farm and other local non-profit organizations who make this wish part of their mission. <http://brickyardeducationalfarm.org>. they are working in cooperation with the Montgomery Countryside Alliance, River Rd Unitarian Church, Real Food for Kid's Montgomery, Young Chef's Cooking Program, Montgomery County Victory Gardens, Potomac Garden Club and Audubon Naturalist Society.

For information on the upcoming program on food and the schools,  
<http://www.realfoodforkidsmontgomery.org/forum>.

*Diane Karlik, Environmental Committee*

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## 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.

**Handyman:** Jose Louis will help with any and all chores in and around the house and garden, including painting, drywall, carpeting and indoor repairs, carpeting and flooring, as well as grass mowing, yard clean up; deck and patio power washing and staining; fence, pathway or platform construction; and any other kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor Ray at 301-469-0192.

**"Renovations Done Right!"** Carderock Spring neighbor and master carpenter, Ryan Robbins, is always available for free consultations. When planning remodeling projects, both large and small, Ryan encourages his clients to start the conversation now as often researching/obtaining materials or even changes in thinking can cause delays in a new Christmas breakfront for the kitchen or a Spring master bath renovation. Ryan is also happy to discuss problems homeowners might be experiencing. Given Ryan's skill and practical expertise with all models in Carderock Spring community, he often finds he encountered the issue on another job. Regularly, when working with exotic wood or laminate for cabinetry, Ryan's clients stop by the garage at 7702 Hamilton Spring Road to chat about a problem or thank him for the finished job. You can find Ryan on mobile at 301.575.7066

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## Thanks to the Big and Small Helpers at the Fall Fest UNICEF Activities.....

Andrew Ewing; Megan Polack; Isabella Hanson; Mira Kisslinger; Beatrice Marcus; Aanya Rathod; Isabella Cross; Emma Megary; Matttes Crichton; Ela Caldwell with Anja and Bill; Julietta Utheralt with Jose, Josefina, and Nicolas; Sue Eastman; Luciana Ghannon with Alma, Sol and Santiago; Nair Parameswaran; Charlotte Caldwell; Nora Marcus; Emma Rabley; Kelsie Oshinsky; Kailey Nothman; Antonio Pinelo.....

Diane Karlik and many others who have donated and helped: Vie de France, Normandie Farms, Strosniders, Safeway .....







### Carderock Springs Board Members

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

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, 2013. 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.