



Carderock Springs Swim and Tennis Club  
8200 Hamilton Springs Court  
Bethesda, MD 20817

## November 2006 CALENDAR

10/29 Sun 6:30 - 9 pm Citizen Association meeting - report on legal issues

(not 10/30! Club Annual Election meeting rescheduled for Jan 25, 2007)

10/31 Tues. 6 pm	Halloween Party and Parade
11/1 Wed. 7:30 pm	ARC monthly meeting on neighborhood renovations
11/4 Sat. 10 - 12 noon	Bannockburn Co-Op Nursery School Open House
11/6 Mon. 1 - 3 pm	Carderock Women's Book Group
11/9 Thurs. noon	Men's lunch at Normandy Farms
11/16 Thurs. 11:30 am	Women of Carderock

Ongoing Art Exhibits by Carderock Residents:

10/27 - 11/17 10 am - 6 pm Turner at Katzen Arts Center, American U.

11/4 Sat., 11 - 8 pm; 11/5 Sun. 11 - 6 pm Knight at Yellow Barn, Glen Echo

Through Nov.29: MWF 9-4 pm; Sat/Sun 12-4 pm Brown at Sandy Spring Museum

Looking ahead:

12/17 Sun. 2-4 pm Holiday Party at the Club

11/10, 1/12/07, 2/9, 3/16 6:30 pm Movie Night at the Club

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Newsletter deadline: 20<sup>th</sup> of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the Club, or deliver to 8212 Fenway Road, or email to [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)  
Club website [www.carderockclub.org](http://www.carderockclub.org)

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Letter from the Board President

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Dear CSSC Members,

October 17, 2006

In my letter in the October Newsletter I urged CSSC Members to consider serving on the Board and I noted that we are particularly interested in finding people to fill the Board seats for:

- Treasurer
- Children/Social Activities
- Facilities & Long-Range Planning

I also noted that our By-Laws call for a Nominations Committee to be established to recruit and propose a slate of Board members to be voted upon at the first of two Annual Membership Meetings. Our By-Laws require this Committee of three people include two people from outside of the current Board.

Unfortunately, I must report that we have not received any inquiries or expressions of interest to serve on either the Nominations Committee or on the Board. Thus, we decided to cancel the Membership Meeting that had been scheduled for Monday, October 30, 2006. We have prevailed upon existing Board members to continue to serve until at least the January Membership Meeting. This meeting will be held on **Thursday, January 25, 2007**. At this meeting we will vote on the budget and the slate of candidates to serve on the Board for the next year. Hopefully this will give us time to recruit both a Nominating Committee and for them to in turn recruit people to serve on the Board.

I hope that you will seriously consider serving on either the Nominations Committee or on the Board. We are particularly in need of someone who has some financial and/or accounting acumen to serve as Treasurer as soon as possible. If you are interested in serving on the Board, please feel free to give me or any of the other members of the current Board a call to discuss your interest.

Best regards,  
Tim Mealey

Club Annual Election Membership Meeting

**\*\* new date \*\***

Thursday  
January 25, 2007  
7:30 pm  
(not Monday, October 30)

Vote for slate of Club's Board of Directors  
Vote on Annual Budget

Just to clarify yet again:

The *CS Swim and Tennis Club (CSSC)* is not the neighborhood *CS Citizen's Association (CSCA)*. The Club's *January Election* meeting is not the *Citizen's Association Election* meeting, which is in the Spring.



Sunday, October 29  
CSCA Annual Meeting  
6:30 - 9 pm, 7:30 meeting

Please join your neighbors and the Carderock Springs Citizens Association members for our fall meeting. We'll start at 6:30 pm with a wine and cheese social, then have a formal meeting beginning at 7:30 to hear reports and discuss important issues facing our community. View relevant documents at [carderockclub.org](http://carderockclub.org) such as CSCA newsletters, legal complaints and CSCA legal responses.

### TRANSITIONS

Original Carderock homeowner Henry Bell passed peacefully October 16 at Bethesda's National Naval Medical Center.

Neighbors knew Henry as an amiable, outgoing character, always ready with a new joke, full of common sense advice and nifty know-how, and frequently walking a dog - and a cat! He was also Chairman of the CS Retired Men's Club for 7 years, known to all as the ROMEOS - Retired Old Men Eating Out. Professionally others knew him as Rear Admiral Bell, an accomplished chief and commander in the Coast Guard whose astonishing career afloat covered the Atlantic, Pacific, Arctic and Antarctic Oceans.

Carderock sends condolences to his wife Brenda, adult children Sharon, Brian, and Missy, and 4 grandchildren. Funeral services with full military honors are scheduled for 1:00 pm January 8 at the Old Post Chapel at Ft. Myer, Arlington National Cemetery.

## HALLOWEEN PARTY AND PARADE

Monday October 31 at 6pm



Join us at the Clubhouse for grilled hotdogs, brats and drinks. Come in costume and enjoy the neighborhood Halloween parade which kicks off trick-or-treating through the neighborhood.

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Events coming later this year and next:  
Movie nights Nov. 10, Jan. 12, Feb. 9,  
Mar. 16 (6:30pm)  
Holiday Party Dec 17 (2 to 4 pm)

### Bannockburn Co-Op Nursery School

**OPEN HOUSE Saturday, November 4, 10-12 noon**

6314 Bannockburn Drive

Applications will be accepted for Fall 2007

Contact Page Dekker at (301) 469-8936

or [pagedekker@comcast.net](mailto:pagedekker@comcast.net)

Congratulations to our newsletter deliverers on what is often their first experience with employment! Rachel Norris is our newest delivery person joining Drew Phelan, Ryan/Marcus Oshinsky, Jimmy Hubley, and Teddy Tamulevich.



Delivery kids receive their packages of newsletters Friday pm of the last weekend of the month. If you live in Carderock, newsletters are hand delivered to your home by Sunday pm of that weekend. If you are a member of the club living outside of Carderock, your newsletter is snail mailed to you. Current and past newsletters are also available online, just go to [CarderockClub.org](http://CarderockClub.org) and click on the orange newsletter link.

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Social and Book Groups

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**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**Nov 9, Thursday noon**

Lunch at Normandy Farms! If you are interested in attending, please call Seth Tuttle at 301 365 1277 or email [stuttle@erols.com](mailto:stuttle@erols.com) .

**WOMEN OF CARDEROCK**

**Nov 16, Thursday 11:30 am**

In October we visited the fascinating Museum of Health and Medicine at Walter Reed Hospital. Our guide was a very knowledgeable physician who was able to give us special insights in the exhibits of all parts of the human body. We also saw the progression from Civil War medical technology to the emerging technology of today. After the museum, we had a delicious lunch at an Asian restaurant in Silver Spring. What a shame that so many missed this truly memorable outing.

On November 16, WOC will meet at noon at the home of Irene Redecke at 8212 Tomlinson Avenue in South Carderock. Please bring your lunch and RSVP to me, Margit Meissner, 301-469-674.

Please mark your calendars!

**CARDEROCK WOMEN'S BOOK GROUP**

**Monday, November 6, 1 - 3 pm**

The Carderock Book Club will meet on Monday November 6 from 1-3 to discuss Willa Cather's *My Antonia*. We'll meet at the home of Carolyn Finney LoBuglio, 8221 Hamilton Spring Court, 301/767-0098. All are welcome, hope to see you on the 6th.



Fellow Readers, don't be intimidated by our recent titles; we're a laid-back bunch of gals whose discussions cover a wide range of literature. Be curious, come join us!

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## Exercise Classes

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DONNA'S FELDENKRAIS AWARENESS THROUGH MOVEMENT (ATM) CLASSES at the clubhouse: Carderock resident Donna Blank offers 2 movement classes which explore simple, non-habitual movements in a non-striving way, enabling us to be more mindful of HOW we move, and how we do what we do.

- Wed 3-4:15 pm (Intro to Awareness Through Movement)
- Wed 1:30 - 2:45 pm (Awareness Through Movement and Yoga)

12 sessions are 9/13 - 12/20 (skipping 10/18, 10/25, 11/22), \$240 for the series or \$20 per class. Classes are open for everyone - from those with physical disability and pain to more agile people who want to improve performance or deepen their embodied freedom. More info in Sept 2006 newsletter at carderockclub.org . To register or for more information contact Donna Blank, MS, CFP/CFT, CMA, 30 years experience as a Feldenkrais ATM practitioner. 301-469-8665 or Dhblank@aol.com.

ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES at the clubhouse: Stretch, strengthen and tone every muscle group in your body.

- Mondays and Wednesdays, 9 to 10 am, \$10 per class.

First two classes free for new students. For more information call Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher, at 301.770 7994 or 301.412 5432 or email alexercise@comcast.net .

MAGGIE'S ~ YogaPlus ~ CLASSES. Carderock resident Maggie Wong offers a variety of Yoga classes locally year-round. Join any class any time, fee is pro-rated. See [www.yogaplus.com](http://www.yogaplus.com) for a complete description of classes or email [maggie@yogaplus.com](mailto:maggie@yogaplus.com) .

This fall Maggie's classes at the Clubhouse are

- Tuesday 9-10:30 am (Yoga with weights),
- Thursday 9-10:30 am (Yoga with weights), and
- Friday 9-10:30 am (Mixed Level)

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Art Exhibits

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Friday, October 27 to Friday, November 17

**Gloria Turner**, long-time resident of Carderock, will show her acrylics with Group 93 American University Art Department alumni. Free parking available at Mass. Ave. entrance.

Reception: Sunday October 29<sup>th</sup>, 3 to 5:30 pm  
Open daily 10 am to 6 pm, through Nov. 17

in the Rotunda of the new Katzen Art Center  
American University, 4400 Mass. Ave NW.

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The Yellow Barn Gallery, Glen Echo Park  
7300 McArthur Blvd, Glen Echo, MD  
Presents Recent Paintings  
By Carderock Resident **Chris Knight**

Saturday, November 4, 2006 11am to 8pm  
Sunday, November 5, 2006 11am to 6pm  
Reception: Saturday, November 4<sup>th</sup>, 5 to 8 pm

In cooperation with the National Park Service  
and the Glen Echo Partnership for Arts & Culture

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Carderock Resident **Phil Brown**'s

Turned Wood Vessels

are on view at the Sandy Spring Museum  
17901 Bentley Road at Route 108 in Sandy Spring, MD  
through November 29th.

Weekend hours are 12 noon to 4 pm  
also open MWF 9 to 4 pm.



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Free & For Sale

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**FREE** full size, frost-free refrigerator, good working order, perfect for basement or garage. Call 301-469-9178.

**FOR SALE**

Child's Cougar Chariot 1. With stroller and bike attachments, can also be used just as a stroller or jogger. Used only 10 times. \$400 new, asking \$250. Call (301) 469-0024.



Twin/Bunk Beds. Solid cherry beds with a natural finish. Mission style slatted head/foot boards with all wood rails, ladder that hooks between top and bottom beds, and two removable safety rails. Condition is good to excellent. The beds are VERY sturdy alone or as a bunk for active kids. Asking \$350 (originally paid \$1100). Also have 1 twin mattress if needed/wanted (in good condition). John 301.365.7980 (eve) or email [jcrissey3@earthlink.net](mailto:jcrissey3@earthlink.net)

Subaru Legacy Outback, 1998, Red, 5 speed manual transmission, 86k miles. Well maintained, very clean. Great car in winter weather. Asking \$7,000. Kris 301-365-8774.



Your neighbors are interested in reliable contractors. Please send recommendations for work done at your home (carpentry, plumbing, electrical, tree work, etc) to [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)

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For Sale & For Rent

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**FOR SALE**

Holiday Wreaths. Awesome Whitman High School rowers are selling wreaths. If you're going to buy one anyway from somewhere, why not order one from a Carderock teen who will deliver it to you? The Boxed ones in particular are good to mail as gifts to out-of-town friends/relatives.



Order your 22 inch balsam fir evergreen wreath by Wed. Nov. 8. These wreaths come from Maine with either a waterproof red velvet bow (\$19) or in a box with a waterproof red velvet bow, pine cones, and berry decorations (\$28). Make your check payable to Walt Whitman Crew Boosters. Your wreath will be personally delivered to your home right after Thanksgiving.

Specify Regular (\$19) or Boxed (\$28) and order from any Carderock rower:

Doug Acker 365-2532  
Emily Graham 365-8043  
Ben Hughes 469-4803  
Owen Knight 229-2336  
Veronica Leventhal 767-1902  
Karen Orrick 365 6253  
Andrew Park 229-7007

Fred Schott 767-0322  
Claire Silverstein 320-6348  
Todd Singer 229-9257  
Sam Talisman 469-8668  
Nora Tamulevich 469-0803  
Mia Williams 365-9494

Go ahead, pick up the phone right now while you're thinking of it and support Whitman Crew ([WhitmanCrew.org](http://WhitmanCrew.org)). Thanks!

FOR RENT: The Clubhouse! It's a great setting to hold your next special occasion, day long retreat, seminar, or training session. Includes a spacious room within a tranquil setting, large pull down screen, audio-visual equipment, plus high speed wireless internet service. Contact Manager Larry E. Ondrejko, [carderockclub@verizon.net](mailto:carderockclub@verizon.net) or phone 301.365.2292.

FOR RENT: Furnished one-bedroom Carderock apartment: LR, BR with Queen bed, full bath, in walk-out basement with window wall, private entry, in single family home. Central A/C, kitchenette, shared W/D, free parking, near Beltway. Quiet working woman preferred, NS, NP. Deposit + \$750/mo. including utilities. Call 301-365-5418 after 10 am.

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Wanted

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Gently used Vitamix blender wanted. I'll buy yours! Carol 301 768 5364.

Carderock physician (psychiatrist) looking for person with related accounting/admin experience to handle all billing and receipts. Estimated number of hours per month is 5-8. Please call 301 469 8665 and leave info for call back. Many thanks, Art Blank Jr. M.D.

Home Care Helper Wanted, No Medical Experience Required. Looking for a reliable, English speaking female companion/ assistant(s) for a nice, retired lady who has Parkinson's Disease. She is in need of mobility assistance and help with daily care such as showering, dressing, and taking medications. Although her body is weak, her mind is fine and she can communicate quite normally. We have a private room and bath, with TV, for this helper (live in or live out possibilities may both be considered). We currently have a small group of excellent people covering most of the daytime requirements, but are looking for one or more people to take care of overnight shifts.

Our priorities are:

1. Someone for the 6PM to 9AM shift who could respond to needs during the night. Weekday night coverage is urgently needed due to current school semester requirements of some of our helpers.
2. On a longer term basis, someone who could live-in and exchange some of the services for room and board.

Some cooking skills would be helpful.

Applicants must have their own transportation (car) since the home is not near a bus or metro stop. Personal references and a background check will be required. Please respond with as much detail as possible about your past experience and which days or hours you are willing to work. If you are interested, please call Bob or Sherma at 301 299-3549. Thank you.

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## Services Available & Recommended

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Extra Credit Academic Support & Enrichment provides educational services to students and parents. Weekly tutoring slots are currently full, but short-term tutoring, email-based editing assistance, and weekend study sessions for upcoming tests are still available. For more information, contact former CSES teacher Tom Sellevaag at 202.338.4445 or [info@extracredittutor.com](mailto:info@extracredittutor.com). Many references available.

Gutter Cleaning. Includes sweeping roof. Standard Carderock house \$65. Call Carderock resident for estimate. Dan and Eric 301-365-6237, [dabruestle@smcm.edu](mailto:dabruestle@smcm.edu)

### HOUSE CLEANING SERVICES AVAILABLE

- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- Anna Maria 301 942 6473. Avail Mon or Thurs.
- Experienced with Carderock references. Available Mon, Wed, Fri. Call Bertha 301 309 2302.
- My housekeeper of more than 10 years is seeking additional work for her expanding business. She is a lovely person and a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099

Handyman, call Remy 973-432-2287 (cell). Fairly new to Cabin John. Work he's done for me: Electrical (installed high hats, pendent lighting & new fan, added additional outlets); removed dated wallpaper, refinished the walls where needed and painted; plumbing (installed a new sink faucet); carpentry (installed new pantry shelving, built garage shelves, built a charming rack to hold additional items on the inside of a door); hung new blinds. Also installs tiles. Fixed holes in the drywall from the old fixtures; installed a bathtub door; put in a new medicine cabinet; and hung a new mirror. Painted garage walls and put up hooks to hang the bikes etc. Cleaned gutters and installed leaf guards. Power-washed and stained my deck and power-washed the fence around the back yard. Very reliable, reasonable prices, beautiful work. You are welcome to come by and take a look at his work. Recommended by Judy, 301-229-1450.

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## Contacts

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### Club Contacts

Manager: Larry Ondrejko 301 365 2292  
carderockclub@verizon.net

Membership Secretary: Meris Sparrow 301 767 9473  
pmsparrow@aol.com

Newsletter Editor: Margie Orrick 301 365 6253  
carderockclubnewsletter@verizon.net

Tennis Pro: Ryan Freeman 301 365 1541 and 240 731 3872  
carderocktennis@verizon.net

### Club Board of Directors

President	Tim Mealey	301 365 5620
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Tom Deyo	301 365 1247
Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive	Robyn Nietert	301 469 0140
Social Activities	Suzette Goldstein	
Facilities	Ray Sobrino	301 365 3878
Membership	Meris Sparrow	301 767 9473

### Neighborhood email list

Join more than 100 of your neighbors on CS-Chat to keep informed of neighborhood events and issues. Just send an email with your name and street address to [cs-chat-subscribe@yahoogroups.com](mailto:cs-chat-subscribe@yahoogroups.com) .

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## Recommended

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Organic farmer delivers produce to Carderock. Join a Community Supported Agriculture (CSA) farm - Fresh and Local CSA, from West Virginia. Pay now for weekly produce for 20 weeks next Summer/Fall. Wonderful food is picked fresh Thursday morning, delivered to Carderock, and on your dinner table Thursday night. Wow. Emailed recipes included. This CSA is limited to 100 families and this year about 30 were from Carderock. Recommended by Margie Orrick and Betsy Brach. More info at [www.freshandlocalcsa.com](http://www.freshandlocalcsa.com)



### **CSCA ARC Meetings, 1<sup>st</sup> Wednesday of the month, 7:30 pm**



The Citizen's Association has an Architectural Review Committee meeting on the 1<sup>st</sup> Wednesday of each month at the Clubhouse, 7:30 pm. If you are considering an addition or exterior modification of your home, bring your plans for review. Design and review procedures plus other documents are available at [carderockclub.org](http://carderockclub.org), click on CS Citizens Association. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any and every community member to attend, whether you are renovating or not. The next ARC meeting is Nov. 1.

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