



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

October 2006 CALENDAR

- | | |
|---------------------------|--|
| 10/4 Wed. 7:30 pm | ARC monthly meeting on neighborhood renovations |
| 10/9 Mon. 1 - 3 pm | Carderock Women's Book Group |
| 10/12 Thurs. noon | Men's lunch at Normandy Farms |
| 10/15 Sun. 2 - 4 pm | Fall Fun Fest with moon bounce, etc |
| 10/19 Thurs. 11:30 am | Women of Carderock visit National Museum
of Health and Medicine |
| 10/29 Sun. 3 - 5:30 pm | Turner Art Exhibit reception at American U. |
| 10/29 Sun 6:30 - 9 pm | Citizen Association meeting - report on legal issues |
| 10/30 Mon. 7:30 pm | Club Annual Election meeting |
| 10/31 Tues. 6 pm | Halloween Party and Parade |
| Looking ahead: | |
| 11/4 Sat. 5 - 8 pm | Knight Art Exhibit at Yellow Barn, Glen Echo |
| 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 |

Newsletter deadline: 20th 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
 Club website www.carderockclub.org

Letter from the President

Dear CSSC Member,

Another successful and satisfying summer season has come to a close. Larry reported that the grand finale doggy swim was very successful - the weather was great and the number of dogs attending was between 75 and 80 with approximately 150 humans in tow. Congratulations as well to the Kid's Swimming, Diving, and Tennis Teams for successful seasons. We have much to be thankful for this year.

As we begin the annual cycle of determining who will serve on the Board next year and preparing the budget for the next season, I would like to urge you to consider serving the Carderock Springs community by **volunteering to serve on the CSSC Board**.

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 which will be held this year on **Monday, October 30, 2006** (see announcement elsewhere in the newsletter).

Several of the current Board would like to find a way to transition the leadership of the Club to other members. At the same time, none of us want to leave the Club in a difficult position that could result from a rapid transition from the current very capable, dedicated and effective Board. Thus, we would like to find a way to for new leaders to emerge and, with the assistance of current Board members, move into formal positions of responsibility over time. The areas of responsibility and expertise that we are particularly interested in finding people to fill include:

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

Suzette Goldstein who currently fills the Children's and Social Activities position is willing to continue to serve on the Board but would like to transition to another area of responsibility. Alison Ewing has assisted Suzette and we hope she will continue to assist in this area in the future.

Letter from the President, cont.

Given Suzette's willingness to continue to serve on the Board and our strong desire to achieve some continuity on the Board, we are particularly interested in someone with young children who is actively involved and interested in helping to ensure the success of children's activities to step forward.

Ray Sobrino, who has faithfully and very effectively served for several years as the Board Member with responsibility for the facilities and long-term planning would like to step down this year as does Tom Deyo who serves as our Treasurer.

If truth be told, I would like someone to step forward to serve as President sometime in the near future as well. Other Board members such as Robyn Neitert, who has responsibility of Swim and Dive Teams, and Mike Nannes, the Club's Vice President, while they are willing to continue to serve, they have been serving on the Board for even longer than I have. They are both willing to continue to serve in their current positions, as is Fish Brown, our Secretary, Hilda Maebach (Tennis), and - thankfully - Meris Sparrow in the critically important position of Membership Secretary.

I sense that my fellow Board members and I are quite flexible as to how to manage a transition that we hope will occur over a reasonable period of time rather than abruptly. I can attest to the satisfying nature of the work and the very positive spirit in which the current Board fulfills its duties. We very much want to maintain this positive dynamic, but the bottom line is we need some new people to step forward to join the CSSC leadership team.

I hope you will seriously consider doing so. Please feel free to give me or any of the other members of the current Board a call to discuss your interest. In addition, if we are going to adhere to our By-Laws, we need people from outside of the Board to serve on the Nominations Committee. Please let us know if you are willing serve in this short-term area of responsibility to help the Club initiate a smooth transition in leadership.

Best regards, Tim Mealey, Club President

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

SLOW DOWN

Would people who drive up and down Peck Place (and every street in Carderock), please SLOW DOWN. There are a lot of small children living on this street and some cars are going way too fast. Remember the speed limit in Carderock is 25mph.

If/when you observe speeders in our neighborhood, get the license plate number and call Officer Ramsburg in Rockville. He recently responded to a neighbor's report of reckless driving and said residents could call him. His new phone number is 240-773-6070 (old number was 301-279-1591).

Letter From the Manager

After several overcast rainy cool days the weather for the last day of the season was a truly magnificent one. The sun was shining the sky was blue and the temperature ideal. It was great to see a strong turn out of members and guest enjoying the day.

The end of the season concluded with the annual Doggy Swim. There were approximately 75 to 80 dogs of all breeds and sizes in attendance in addition to 150 adults, children, infants, parents, grandparents, aunts, uncles and guests. It was truly a sight to behold with much delight and enjoyment for all.



Photo by Laura Zaim

I want to again express my thanks and gratitude to you the members for making this the most successful and enjoyable season of all. I hope that it was as great a season for you as it was for me.

I hope that everyone will have a great off-season with good health and many enjoyable pleasures. We'll see you next season.

Thanks and Be Well,
Larry Ondrejko, Club Manager

Club Annual Election Membership Meeting
Monday, October 30
7:30 pm

(Just to clarify yet again:

The Swim and Tennis Club is not the neighborhood CS Citizen's Association (CSCA). The Club's October 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 such as CSCA newsletters, legal complaints and CSCA legal responses.

TRANSITIONS

Ed Bennett would love to hear any final thoughts from those in the Carderock community as he struggles with colon cancer. He is alert and his family is assembling letters and printed email in a notebook for him to read - what a creative idea! Ed was responsible for developing Carderock in the 1960s with contemporary homes which nestled into their natural surroundings. If you'd like to send him a note such as how living in Carderock has affected your family, you can email him at ejbdsb@aol.com or drop a note in his sister Brenda Bell's mailbox at 8205 Fenway Road.

FALL FUN FEST

Sunday, Oct 15, 2 - 4 pm (rain date Sunday, Oct 29)

Join us at the clubhouse for the annual CSSC Fall Family Fun Fest!! This is one of our most popular events, so be sure not to miss it. Activities will include pony rides, a moon bounce, scarecrow making, toy toss and face painting.

COMPLIMENTARY DRINKS AND POPCORN WILL BE PROVIDED. HOTDOGS, BRATS AND BAKED GOODS AVAILABLE FOR SALE.



Volunteers are needed to staff the activities. Neighborhood kids are encouraged to volunteer and can get Community Service Credits for helping out. For additional information please e-mail Suzette Goldstein at suzette.goldstein@hok.com or call Alison Ewing (301) 469-0345

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.



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)

Social and Book Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

Oct 12, 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.

WOMEN OF CARDEROCK

Oct 19, Thursday 11:30 am

Some of the WOC visited the Katzen Museum of Art at American University on September 21. Our own Gloria Turner, an artist herself and a docent at the Museum, showed them this exciting new facility.

Our next get together is on Thursday, October 19. We will visit the National Museum of Health and Medicine on the historic campus of Walter Reed Hospital. All museum visitors must show a valid picture ID. We will have our own guide show us the Museum. As usual, we will gather at the club at 11:30 and carpool to Walter Reed on Georgia Avenue. After the tour, we will have lunch in a nearby restaurant. For more information please call Margit Meissner at 301-469-6740.

Please mark your calendars now and come and bring a friend or husband!

Why Be Shy? CARDEROCK WOMEN'S BOOK GROUP

Monday, October 9, 1 - 3 pm

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. At our next meeting, we'll be discussing *Galileo's Daughter* by best-selling author Dava Sobel. The book reveals a tender exchange of letters between Galileo and his daughter at a time when the brilliant astronomer was branded a heretic by the Church he loved. Even when shunned by the Church, Galileo entrusted his cherished daughter to the convent.



Our October meeting is scheduled for Monday the 9th at the home of Suzanne Yokel, 8208 Fenway Road. Please take note of our new meeting time, 1-3 pm, during which coffee and dessert will be served. For more information call Carolyn Finney LoBuglio at 301/767-0098. Be curious, come join us.

Tennis and Exercise Classes

TENNIS at the Club!

Junior Programs, Ladies Fall Season, Cardio Tennis, and more.
Contact Tennis Pro Ryan Freeman for more information. Tennis
Pro Shop # 301-365-1541, Cell # 240-731-3872



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.

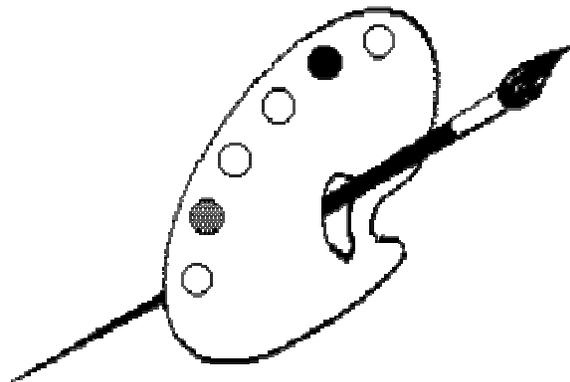
First two classes free for new students. For more information call Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher, at 301.770 7994 or 301.412 5432 or email alexercise@comcast.net .

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 for a complete description of classes.

This fall Maggie's classes at the Clubhouse are

- Tuesday 9-10:30 am (Yoga with weights),
- Thursday 10-11:30 am (Gentle Yoga), and
- Friday 9-10:30 am (Mixed Level)

Art Exhibits



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.

Call 301 365 8549 for show hours.

Reception:

Sunday October 29th

3 to 5:30 pm

in the Rotunda of the new Katzen Art Center

American University

4400 Mass. Ave NW.

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 4th

5 to 8 pm

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

Club Rental.....and potholes

Rent the Clubhouse !



Looking for a great setting to hold your next special occasion, day long retreat, seminar, or training session? Consider the Clubhouse at Carderock Springs Swim and Tennis Club.

- A spacious room within a tranquil setting
- large pull down screen
- audio-visual equipment
- high speed wireless internet service available

Please contact Manager Larry E. Ondrejko, carderockclub@verizon.net or phone 301.365.2292. Visit our website: carderockclub.org

POTHOLES

Please call Montgomery County (240-777-7623) if you see potholes in the street near your house (or anywhere in Carderock). A call on August 2 about a pothole in Carderock resulted in repairs on August 8. Montgomery County does not have people driving around looking for potholes and they will only get fixed when people report them.

Free, Wanted, For Sale

Free firewood is available in the front yard in the woods of 8315 Still Spring Court. Very dry, great for burning, but hasn't been split yet. Please help yourself! Willie.

Free plants. I have too many Lilies of the Valley. The plants like light shade, but will tolerate full sun. I also have a few Stella d'Oro lilies which do like full sun. Please call 301-469-8051 if you are interested.

Car seat wanted in good condition. Anne Eason 301-365-1979

Baby and toddler items need a new home. We have some items to give away free to a new home, and also for sale. Some items we are giving away include a toddler slides, toys, "kozi" car, plastic toddler tricycle (with a handle to push- great back saver!) and painting easel. Items in excellent condition for sale include a 2002 Kelty Kids backpack Carrier for a child up to 45 lbs., and Britax marathon car seat. If interested is seeing any of these items and more please call Lisa at 301-365-1699

FOR SALE

Houseplants and tropical plants for sale. My plants have multiplied over the summer! \$1, \$2, and \$3 for flowering plants. Call Susan Burkhalter, 301-469-8728, scastlekep@aol.com

Comfortable old Scandinavian leather sofa with 2 matching armchairs (dark brown) \$100. Solid walnut dresser with 4 deep drawers \$45. Oil painting (fall landscape) \$50. Heavy duty Charbroil gas grill \$30 w/ tank. 4 Samsonite folding metal chairs (brown) \$25 set of 4. Sturdy metal computer desk (with one shelf below) \$25. Ladies bike (white) \$35. Stationary exercise bike \$15. Rossignol cross country skis (Xtra long) \$30. Child's water skis \$10. Please call eves or weekends (Sigrid) 301-469-7034

Antique Oak Clawfoot Dining Room Table with eight matching chairs. 42" Round table with 8 leaves opens to 114". Antique Oak Drop Front Secretary Desk with Double Bookcase and beautiful carving. Barbara 301-469-9292

Help Wanted, For Rent, Services Available

Sitter. We are looking for a sitter for our 9 yr son who attends Carderock Springs elementary school. Times would be M and W 3-5pm, but could also be M or W, if you can only make it one day a week. Laurel, llagenaur@oselinc.com

Babysitter(s). Saturday evenings to care for two children 6 and 10 years old. Hours are approximately 7:00-12:00. Don't want to work every Saturday? Get some friends and alternate weekends. Call Elizabeth (301)767-9722 or email ebethmarg@aol.com

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.

FOR RENT: Bethesda/Carderock Springs. Available Nov. 1. \$2,500/month. Spacious, renovated 3 level home model; 4 Bedrooms, 3 full baths. Skylights, fireplace, HW Floors, family/playroom, home office. 5 minute walk to CS Elementary School. Long-term lease considered. Owners live in Carderock. Please have interested parties call: 301-365-0113, bafeuer@verizon.net

SERVICES AVAILABLE

It's tutoring with a twist! Extra Credit Academic Support & Enrichment is gearing up for a new school year with a variety of unique programs: Back-to-School Tune-Ups for elementary and secondary students (and parents!), customized study groups, workshops on research papers and public speaking, help with college application essays, and more. All programs are highly personalized and feature flexible scheduling to fit busy lifestyles. To receive a detailed listing of Extra Credit offerings, contact former CSES teacher Tom Sellevaag at 202.338.4445 or via email at info@extracredittutor.com. Coming in early Sept: check out Extra Credit online at www.extracredittutor.com ! Many references available.

Services Available & Recommended

Italian lessons and tutoring from a native Italian speaker currently living in Carderock. Experienced in tutoring and has excellent English skills. Italian lessons for beginners, intermediates and advanced students. Modest prices on grammar and conversation, with a free authentic Italian cooking recipe with every lesson! Feel free to contact me for further information. Grazie! Francesca Springolo, fraspri72@yahoo.com, 301 828 0648

Gutter Cleaning and Driveway Sealing. Gutters cleaned, roof swept: standard Carderock house \$65. Driveways sealed, too. Call Carderock resident for estimate. Dan and Eric 301-365-6237, elbruestle@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

Recommended websites:

<http://www.glenechopark.org> for classes, workshops, and fun dance events at our local National Park, an historic former Chautauqua site.

<http://glenecho.org> for the neighboring historic community of Glen Echo.

Neighborhood email list

Join more than 90 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 .

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

Recommended

ACCOUNTANT. Peter Levine 301-598-7705. Excellent tax accountant/CPA/financial advisor. Peter has a proven track record with friends, family and me for 10+ years. He is up-on-the-latest; very knowledgeable financial planner; superb tax accountant; works with you. To top it off, his rates are reasonable. Highly recommended by Jane 469-0750.

FURNITURE RESTORER AND WOODWORKER. Richard Harmon, 301-441-8470 did excellent work around 2001 on an antique chestnut table my mother had bought in the 60's. Rec. by Susan Shively Burkhalter

HOME IMPROVEMENTS. Michael Byrne at 301-633-2028. Everything from building decks, custom woodwork, electrical, and plumbing to major remodeling your home. Super craftsmen with fine eye for detail. Receives rave reviews from all. Built fabulous deck and completed many other home improvements over the past 6 yrs. Reasonable prices and very easy to work with. Highly recommended by Jane 469-0750.

LANDSCAPE DESIGN. Mark at East Coast Landscape 301-412-4141. If you're been thinking your yard could use some attention: Highly recommended for a variety of reasons - expert eye for yard design, pleasant and accommodating, budget sensitive, creative ideas, super crew, and reasonable prices. Recommended by Jane 469-0750.

LANDSCAPE DESIGN. Lisa Wilcox Deyo, Landscape Architecture and Garden Design 301 365 2189, 202 297 1114, a local Carderock resident. Beautiful and affordable. Lisa transformed out front yard with her creative ideas about plants and stone. She selected many of the plants in October at a 50% winter discount and all plants came up beautifully in the Spring. Her knowledge about soil preparation is invaluable. I recommend her highly!
Cheryl Glaessner.

WINDOW WASHER. Marco Quispe 301 335 0273. Marco is diligent, thorough, careful, has cleaned my windows and screens annually for 3 years, plus his prices are less than other quotes I got. What an incredible difference it is to have clean windows to view Carderock's verdant yards!
Recommended by Margie Orrick.

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. More info at www.freshandlocalcsa.com



Truffula Seed Farm stand on River Road at Carderock Springs Drive. Residents of Carderock Springs receive a free ornamental gourd with purchase of sunflowers, mums, winter squash, pumpkins, apples, pears or other winter produce. Support a local business!

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizen's Association has an Architectural Review Committee meeting on the 1st 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, 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 Oct. 4.

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