



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

## February 2007 CALENDAR

2/3 Sat 7 pm	2 <sup>nd</sup> Annual Groundhog's Day Potluck Dinner
2/5 Mon 1 - 3 pm	Carderock Women's Book Group
2/7 Wed 7:30 pm	ARC monthly meeting on neighborhood renovations
2/8 Thurs noon	Men's lunch at Normandie Farm
2/9 Fri 5:30 pm	Sign up for Summer Fun (kids and teens)
2/9 Fri 6:30 pm	Movie Night at the Club
2/15 Thurs noon	Women of Carderock lunch
2/25 Sun 6-9 pm	Tennis Committee Potluck Dinner
March 1	Deadline to pay dues for Swim Club. Complete the membership form you received in the mail in February.
Looking ahead:	
March 16 6:30 pm	Movie Night at the Club
March 18, 6:30 pm	Women Only Potluck at the Club
April 22 Sun.	Citizen Association annual election meeting

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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)

### 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

The following slate was elected to the Club's Board of Directors at the January meeting. Welcome to new board members Pablo, Caroline, and Paul - thanks for raising your hand and getting involved!

### Club Board of Directors 2007

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Pablo Molina	

Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	
Bldg and Long-Range Planning	Paul Barton	
Membership	Meris Sparrow	301 767 9473

Many thanks and a big round of applause to those board members who have diligently served and have now stepped down - Tim Mealey, Tom Deyo, and Ray Sobrino.

**2nd ANNUAL GROUNDHOG'S DAY POTLUCK DINNER**

7 pm Saturday, February 3 at the club



Tennis Committee potluck!

6 - 9 pm, Sunday February 25

All are welcome!

**MEMBERSHIP**

Renewal notices for the 2007/08 season are in the mail. If you do not receive your form in the next few days, please contact Meris Sparrow. If you wish to be an active member this year, please review and update the information on your application form and return it along with your payment to the club before March 1, 2007. **A \$50.00 late fee is due with payments received after March 1<sup>st</sup>.**

Even if you do not intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing which our by-laws require for Sustaining Members Type 1 and 2. Our waiting list for the 2007 season is growing. Early return of your form will allow us to fill our membership as early as possible with interested families from our waiting list.

If you know that you will be away during February and March and you want to enroll in the club, please make arrangements with Meris Sparrow before you leave town to ensure that you have a membership spot.

If you are new to the Carderock Springs Community, Welcome! The Membership renewal forms are mailed out to every house that is eligible for Sustaining Membership Type 1 (see below). If you have moved into a home in Carderock Springs - either bought or rented - since last spring and you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have. The enrollment letters will include information about the initiation fee for purchasers of Carderock Springs homes.

In addition to this wonderful orange newsletter, we will occasionally communicate via e-mail with our membership. As you look over your enrollment forms, please make sure you **include an e-mail address** so that you can receive early updates about club events and membership news.

The following is a description of the membership categories and how they work, as well as a description of our **Emeritus Guest Privilege**. If you have questions regarding any of these matters, please contact Meris Sparrow.

There are three membership categories:

### **Sustaining Members Type 1**

The 404 original homes in Carderock Springs are Sustaining Members Type 1 of the Carderock Springs Swim Club (CSSC). Sustaining Members Type 1 are either active or inactive depending on whether the people living in these homes have paid the annual membership dues. Sustaining Membership Type 1 is only available to the current residents of the 404 eligible houses and does not follow those residents after the sale or rental of one of these homes. However, Club membership (with more limited voting rights) is available to anyone who rents one of these homes. Following the sale of a house eligible for Sustaining Membership Type 1, a \$1000 activation fee must be paid before the new owners can activate their membership. If the owners choose not to activate their membership in the year of purchase, they may choose to do so in any following year.

### **Sustaining Members Type 2**

A limited number of additional Sustaining Memberships have been made available to *residents of near-by communities*. This class of membership is referred to as Sustaining Members Type 2. Obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 refundable capitol contribution. This fee grants the household limited voting rights, entitles the household to the same annual membership dues as Sustaining Members Type 1, and allows the member to become inactive in one or more years while retaining the right to rejoin the Club as an active member in subsequent years. If a Sustaining Member Type 2 decides to leave the Club, their capitol contribution fee is refunded. Written requests for this type of membership should be submitted to the Board of Directors of CSSC, where they will be considered at their next monthly Board meeting.

**Dues for the 2007/08 season for Sustaining Members Type 1 and 2 will be \$690**

A reduced rate for a full membership for Senior Citizens (defined as household of 2 or 1 where at least one person is 65 years old or older) is available for both Sustaining Memberships Type 1 and Type 2. This class of membership is for unlimited use of the facilities throughout the season.

**Dues for the 2007/08 season for Senior's will be \$590.**

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## Membership News, cont.

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All households in the above categories having only **one member** are entitled to 20 free guest passes per season.

### **Annual Members**

All members who do not hold Sustaining Memberships Type 1 or 2 are considered Annual Members. Annual Members do not have voting rights and *must return to the waiting list if they go inactive for a year*. The waiting list for Annual Memberships is made available in the following order or priority: 1) Families who have taken a Guest Preview Privilege in the previous season. 2) residents in neighborhoods in the Carderock sub-division; 3) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 4) residents of the Whitman school district; 5) all others.

**Dues for the 2007/08 season for Annual members will be \$800.**

Households of Annual members with only one person are not entitled to free guest passes.

### **Emeritus Guest Privileges**

Emeritus Guest Privileges were established in 2006 to encourage the participation of *Senior Citizens* in the community who are Sustaining Members Type 1 or Type 2 but who do not wish to purchase a full senior membership. This privilege, which will permit the occasional use of the facilities, is limited to Sustaining Members Type 1 and Type 2 households having no more than two persons, each 65 years old or older. Each senior member of the household will be entitled to 15 days use of the club's facilities. Emeritus Guest Privileges are not transferable among family members. Guests (e.g., visiting grandchildren) are still required to pay the regular guest fees. Emeritus Guest Privileges may be purchased for \$100 and must be purchased by the March 1<sup>st</sup> membership renewal deadline. A list will be kept at the front desk where Emeritus Guests will be asked to sign in when visiting the club.

**Emeritus Guest Privilege cards can be purchased for \$100 for 15 days use.**

Any questions? Send an email or give me a call:

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

## KIDS - Movie Night - Friday, Feb 9



- 6:30 pm Cartoons
- 7:30 pm Feature Movie: Open Season

Join us at the Clubhouse !

### SUMMER FUN PROGRAM

Sign your child up for the Summer Fun Program at Carderock! This fun and relaxed program runs from June 18th - July 27th for children 6-10 years of age. Neighborhood teens supervise them.

Where: Carderock Springs Club House

When: Monday - Friday 10:00am-3:00pm

What: Tennis, Swimming, Arts and Crafts, Team Sports, Science Projects, and Friday Pizza Day

Registration for enrolling is February 9th at 5:30pm in the Carderock Springs Clubhouse. This sign-up also includes teens interested in obtaining community service hours. Parents - It's a great way to meet potential babysitters, too!

Feb. 9th sign-up is open for Carderock Spring Members only since they have priority choice. After this day, forms will be available in the March newsletter.

Questions? Contact Larry Ondrejko [carderockclub@verizon.net](mailto:carderockclub@verizon.net)  
or Bonnie Phelan [bonnie\\_phelan@hotmail.com](mailto:bonnie_phelan@hotmail.com)

Coming in March: Trivia about the history of the club, thanks to Mary Lou Shannon who has found newsletters from the 1960's! History sure is fun....
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Social Groups

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**CARDEROCK SENIOR MEN'S GROUP LUNCH    Feb. 8, Thursday noon**

Lunch at Normandie Farm! If you are interested in attending, please call Seth Tuttle at 301 365 1277 or email [stuttle@starpower.net](mailto:stuttle@starpower.net) .

**WOMEN OF CARDEROCK**

**Feb 15, Thursday noon**

Our get together at Peggy Hilleary's on January 11 was a good opportunity for us to take stock of where WOC are and where WOC are heading. We will no longer try to visit community sites and will instead meet at lunchtime at each others' homes. Everybody thinks the visits are a great idea but when it comes to actually participating, people are less enthusiastic. Then we talked about topics that we could discuss at our luncheons and agreed on two topics for the next two meetings.

On February 15, at Theres Kellerman's the topic will be WOC's experiences and challenges of combining work away from home with work at home. (Theres very generously offered to host our lunch!)

On March 19, at the home of Annette Davis, we will share inter-generational experiences concerning aging.

Both these topics are of interest to women of all ages so please mark your calendars and come and join us.

Please RSVP before February 10 to me, Margit Meissner at 301-469-6740 or [margitmeiss@comcast.net](mailto:margitmeiss@comcast.net) if you plan to come to Theres' on February 15.

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## Exercise Classes

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### FELDENKRAIS AWARENESS THROUGH MOVEMENT (ATM) CLASSES

with Donna Blank at the clubhouse, Jan 10 - March 28:

- Wednesdays 1:45 - 3 pm, 12 classes @ \$240 for series.

You are welcome to come and try a class for \$20, then sign up for series if you would like to continue. The first several sessions will focus on breathing: 'Find ease and freedom with and through the breath.' Later in the series we will develop lessons from themes based on people's requests. Call Donna at 301-469-8665 for more info or to register.

### 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.

- Tuesday 9-10:30 am (Yoga with weights),
- Friday 9-10:00 am (Yoga with massage balls)

Please visit [www.yogaplus.com](http://www.yogaplus.com) for evening schedule.

Maggie Wong 301-365-2424 [maggie@yogaplus.com](mailto:maggie@yogaplus.com)



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Book Group

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**CARDEROCK BOOK CLUB**  
**Monday, Feb 5, 1 - 3 pm**



It's always a healthy practice to return to basics.

That's what our book group has decided to do. We're going back to basics by reading the very first novel, ever. That would be Homer's Odyssey, written in the days when authors didn't have last names. And did you know, Homer was the first recorded author to use the device of "flashbacks"? Where would prime time TV be without flashbacks? The Odyssey is not only the best adventure story ever told, it is also a tale of perseverance and fidelity in the face of crushing adversity, character traits you'll never see on prime time. So join us as we return to basics -- you won't need the remote control for this one.

We'll meet at the home of Ellery Owens, 8501 River Rock Terrace, 301/320-3512, on Monday February 5, 1-3 pm. Readers are invited to bring 2-3 books you'd like to propose for our summer reading list. For more information, please call Carolyn LoBuglio, 301/767-0098.

Please call Carolyn Finney LoBuglio at 301-767-0098 for more information.  
And for those of you wanting to race ahead in your reading:

March -- *The Enormous Room*, by EE Cummings

April -- *King Lear*

Be curious, come join us. All are welcome, hope to see you on the 5<sup>th</sup> !



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Free and Wanted; & Housecleaning Avail

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FREE Fish Tank. Approx. 40 gallon, 4 foot long tank with a base, pumps, filter - all in good working condition. Plus 1 hard-working itty bitty catfish who keeps the tank clean. Call 240-463-8725.

FREE Mail box & wooden support in good condition. Mary Lou 301-365-0472.

WANTED Full-time Nanny/babysitter for Carderock family to begin March 1 to care for our infant daughter and 3 year-old daughter in the afternoons. Must drive and have excellent references. Interested individuals or any referrals please call Donna or Rick @ 301-365-1251 or 202-361-8420.

WANTED Swimming instructor. We are looking for a high school student who coached swim team or pre-team (or anyone with relevant swimming instruction experience) to come to our house and give swimming lessons to our 6 year old daughter who was on pre-team this past summer. We have a heated, enclosed pool. Best for us would be Saturday afternoon or Sunday, once or twice a month. While we are not in walking distance from Carderock, we are a 5 minute car ride from the pool and we can provide transportation and would pay the Carderock rate. Contact Rochelle Bobroff at rbobroff@verizon.net or (301) 365-7255.

WANTED: 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.

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.

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For Sale & For Rent

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FOR SALE

Child's Mongoose Alleycat Bike Trailer (aka "Trail-a Bike"), \$50 obo. Please call Lisa 301-365-4324 or e-mail [lisasandysobel@cs.com](mailto:lisasandysobel@cs.com)

Teak furniture, including:

king-size headboard \$75,            2 Teak chests of drawers, \$100 each  
2 Teak end tables, \$50 each      Teak cabinets/shelves wall system \$75  
Teak computer printer table \$50  
2 Teak frame/metal containers for plants, \$25 each  
Sleep sofa, dark blue, best offer. Call 301 365 0825.

FOR RENT

Myrtle Beach, 2 bdrm villa, sleeps 6. Perfect for golf, beach, or family vacation! Ideal for golfer, individual, family, leisure or corporate traveler. Nestled along Intracoastal waterway and near Broadway at the Beach, easy access to 27-hole golf course, entertainment, restaurants, popular attractions. 9 foot ceilings, wall-to-wall carpet, ceramic tile bathrooms & kitchen, and a screened-in patio. Direct access to community outdoor pool and BBQ area off back patio. Resort has heated indoor pool and exercise center. Avail April-Dec, 2007. Denise 301-365-2460.

Pawley's Island, SC. 3-bdrm 2-bath Golf villa avail for long-term rental - 3, 6, or 12 months. Unfurnished, overlooks 9<sup>th</sup> fairway True Blue Golf Resort. Ground level villa, full washer & dryer, ample storage, screened-in patio, wall-to-wall carpet, full kitchen, large walk-in closet in master bdrm. Close to one of resort's pools. Resort has tennis, swimming, kid's playground, and 18-hole golf course. Minutes to Atlantic Ocean, close to restaurants and shopping in Murrells Inlet and Myrtle Beach. True Blue has no high-rises or neon lights. Monthly rate \$1,100 (some utilities included). Denise 301-365-2460.

Outer Banks, North Carolina Beach House for Rent. Soundfront home with magnificent sunsets. Hot tub on Private Pier in Screened Gazebo. 5 bedrooms, 4 full bathrooms, 1/2 bathroom. Gourmet kitchen. Community pool, tennis courts, clubhouse, exercise room. Available off season, spring, fall, and summer. Barbara 301-469-9292.

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## Services Available

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Beginner guitar lessons on rock, blues, jazz, or other styles. 30, 45 or 60 minutes lessons are available almost any day of the week. I have 5 years of guitar experience and many more years on different instruments. Price and times are flexible. For more information, contact 10<sup>th</sup> grader Michael Massey 301-518-5650 or [midfieldn24@gmail.com](mailto:midfieldn24@gmail.com) .

Need help entering and organizing information into your computer? I can enter addresses, contact info, organize photos, create labels, and aid with misc data entry for \$10/hour. Call 8<sup>th</sup> grader Emily Deyo 301- 365-1247.

PanaCea Computer Help. Having trouble with your computer? Desperately need an upgrade to your machine (RAM, Hard Drive, new Optical Drive, etc)? Just want to solve some problems with your PC or Mac? Call Nick Fernandez-Arias of PanaCea Computers, a group of technically-oriented Juniors at Sidwell Friends School, and get your issue resolved. Drop off your computer or have us come by and take a look for a fraction of the price offered by other "geek" services. For pricing info and services offered, call 301-648-9081 or e-mail [panaceacomputers@gmail.com](mailto:panaceacomputers@gmail.com).

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).

Your neighbors are interested in reliable contractors. Please send recommendations to [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net).

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## Recommended

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Smaller contracting/construction jobs: painting, drywall, carpentry, etc.  
Alex Martinez, A and M Superior Contractor, Office 301-593-9790,  
Cell 301-455-0489. Alex and his crew recently installed all new bedroom bi-  
fold doors and did some interior painting. He is currently actively looking  
for new jobs. Recommended by Lisa and Marc Sobel.

Marble & Granite Galore! Whether you want a simple table top or a finely  
crafted vanity, custom handles, mantles or shelves - ADI Corp is the place to  
go. After visiting many alternatives, I discovered ADI's wide variety of  
hand-picked stones and superb craftsmanship. To add to my find, the owner  
is extremely knowledgeable, creative, and most accommodating. Reasonable  
prices. 5000 Nicholson Court. Ask for Jim (owner) or Tucker (salesman)  
301-468-6856. Recommended by Jane 301-469-0750.

To block telemarketing calls to your cell phone, call 888-382-1222 from your  
cell phone or register phone numbers online at [www.donotcall.gov](http://www.donotcall.gov) . The  
National Do No Call list will then block telemarketing calls for five years.  
Recommended by Suzanne Dritschilo.

Farmer delivering fresh veggies to Carderock. Fresh and Local Community  
Supported Agriculture ([website freshandlocalcsa.com](http://website.freshandlocalcsa.com)) will be delivering  
organic produce (with emailed recipes!) to the Carderock neighborhood each  
Thursday from early June through mid-October. Great flavor plus it's nice  
to know where your food comes from! If interested in joining this group  
delivery (last year 30 neighbors participated), see the website above or  
contact [info@freshandlocalcsa.com](mailto:info@freshandlocalcsa.com). You pre-pay now in the Spring for 20  
weeks of fresh Summer produce. The volume is about  $\frac{3}{4}$  bushel each week,  
enough to supplement a family of 4. Recommended by Margie Orrick.

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## New Neighborhood Website

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As Carderock residents know, the Swim and Tennis Club (orange newsletter) and the Citizen's Association (green newsletter) are two entirely separate organizations with different Board of Directors, newsletters, and purposes. The Club (President Suzette Goldstein) has a clubhouse and sports teams while the Neighborhood Association (President Malcolm Stevenson) has an Architectural Review Committee, produces a neighborhood directory, and sponsors a house tour,

Now they've each got their own website.

Group	Website	Email
SWIM & TENNIS CLUB	CarderockClub.org	
NEIGHBORHOOD ASSOCIATION	CarderockSprings.webresident.net <i>New!</i>	
OTHER/neighbors		CS-Chat@yahogroups.com

In addition to those 2 websites, there is a neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizen's Association, it is not part of either of them. To join the email list of 130 of your neighbors to keep informed of neighborhood events and issues, send email to [cs-chat-subscribe@yahogroups.com](mailto:cs-chat-subscribe@yahogroups.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 the Citizens' Association website, [CarderockSprings.webresident.net](http://CarderockSprings.webresident.net). 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 Feb. 7.