



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

January 2007 CALENDAR

1/3 Wed 7:30 pm	ARC monthly meeting on neighborhood renovations
1/8 Mon 1 - 3 pm	Carderock Women's Book Group
1/11 Thurs noon	Men's lunch at Normandie Farm
1/11 Thurs noon	Women of Carderock lunch
1/12 Fri 6:30 pm	Movie Night at the Club

1/25 Thurs 7:30 pm Club Annual Election meeting

Looking ahead:
 Early Feb

Receive club membership form in mail
 & pay membership dues by March 1

2/3	2 nd Annual Groundhog's Day Potluck Dinner
2/9, 3/16 6:30 pm	Movie Night at the Club
Feb	Tennis Committee Potluck Dinner
March	Women Only Potluck 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 Members,

Happy Holidays to you and your families. The Carderock Springs Swim Club closes the calendar year in a healthy state and ready for the transition to new leadership.

On **January 25, 2007** we will conduct our Annual Meeting. At this meeting the Board will present a proposed budget for the next year of operations. A copy of the budget will soon be posted on the Club's website <http://www.carderockclub.org/>. In addition, you will have an opportunity to vote on a slate of candidates to serve on next year's Board.

I am very pleased to report that three individuals from our community have expressed a willingness to serve on the Board next year including:

- Caroline Barbeau - Children's/Social Activities
- Paul Barton - Buildings and Long Range Planning
- Pablo Molina - Treasurer

Suzette Goldstein, who currently fills the Board seat for Children's/Social Activities, has agreed to serve as President. The following Board members have agreed to continue to serve on the Board next year:

- Mike Nannes - Vice President
- Fish Brown - Secretary
- Meris Sparrow - Membership Secretary
- Robyn Nietert - Swim and Dive Teams
- Hilda Maibach - Tennis

Please join me in expressing our sincere gratitude for the excellent work Ray Sobrino has done over several years on Buildings and Long Range Planning starting with the pool renovation in 2004. Ray initiated a new capital improvements planning process in 2005 which lead to several important projects being completed, not the least of which was the renovation of the Ladies Locker Room. Over the past year Tom Deyo has shepherded us through the implementation of new accounting software and improvements to our accounting procedures and annual budgeting process. I also want to personally thank Larry Odrejko who has agreed to continue to serve as Club Manager next year.

As you have no doubt surmised, I will be stepping down as President. Thank you for providing me the opportunity to serve the Carderock Springs community in this capacity. I am confident the Club's leadership is in very good hands.

Club Annual Election Membership Meeting

Thursday

January 25, 2007

7:30 pm

Vote on the Annual Budget

Vote for the slate of the Club's Board of Directors:

Suzette Goldstein, President

Mike Nannes, Vice President

Fish Brown, Secretary

Pablo Molina, Treasurer

Meris Sparrow, Membership Secretary

Robyn Nietert, Swim and Dive Teams

Hilda Maibach, Tennis Committee

Caroline Barbeau, Children/Social Activities

Paul Barton, Buildings and Long Range Planning

(Letter from President, cont.)

I want to close with an admonition. Board members volunteer a pretty significant portion of their time to guide the Club's operations, as do many parents of swim, dive, and tennis teams. We don't ask much of the Club members. However, one thing we do ask of you is to turn out for the Annual Membership meeting. Our By-Laws now only require 30 members to achieve a quorum. You might be surprised to learn that with 425 members it is difficult for us to obtain a quorum. We ask for you to **attend the January 25, 2007 meeting. If you cannot attend, please use the Proxy Statement** you can find elsewhere in this newsletter to cast your vote on the proposed budget and slate of candidates to serve on the Board.

Yours truly,
Tim Mealey

Membership News

Happy New Year!

Enrollment forms for the 2007/2008 membership year will be arriving in your homes on or around February 1. If you do not receive your form in early February, please contact me.

Membership fees will be due March 1 to avoid a \$50 late fee and to secure your spot in the club. We have a healthy waiting list this year which we will use to fill available spaces starting the third week of March.

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

New to Carderock?

If you are new to the Carderock Springs Community, Welcome!

If you have recently bought or rented a "Bennett" home, please contact me with your information - name, address, phone number and whether you are an owner or renter.

Membership renewal forms are mailed to every house that is eligible for Sustaining Member Type 1 memberships. If 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.

If you have recently purchased a "Bennett" home, please be aware that there is a \$1,000 reactivation fee that must be paid before the new owners can activate their membership. The enrollment letters will include information about the reactivation fee.

Thank you

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

Proxy Statement

Can't make it to the Jan. 25 Election Meeting? Send this proxy vote instead....

CARDEROCK SPRINGS SWIMMING CLUB, INC.



JANUARY 25, 2007 MEMBERSHIP MEETING

The undersigned Member of Carderock Springs Swimming Club, Inc. (the "Club"), having the right to vote at a meeting of Members of the Club, hereby constitutes and appoints _____ to serve as my attorney-in-fact and proxy for the undersigned, with full power of substitution, for and in the name and stead of the undersigned to attend the Membership Meeting of the Corporation to be held on January 25, 2007, and any adjournment or postponement thereof and thereat, to vote the Membership Interest of the Club held in the name of the undersigned which the undersigned would be entitled to vote if personally present.

I hereby direct that my vote at such meeting shall be cast as follows:

A. My Proxy has FULL DISCRETION as to the voting of my Membership Interest at the Jan 25, 2007 meeting.

↑ Check one box above OR one or two appropriate boxes below ↓

- B1. In Favor of the Proposed BUDGET for 2007
- B2. Opposed to the Proposed BUDGET for 2007

- C1. In Favor of the Proposed SLATE of Board Candidates
- C2. Opposed to the Proposed SLATE of Board Candidates

Date: _____
_____ (Member's Signature)

Your Membership #: _____
_____ (Print Member's Name)

Your assigned Proxy may bring this paper to the 1/25/07 meeting or you may personally deliver it to either Club Board Secretary Fish Brown or Club Manager Larry Ondrejko.

Exercise Classes

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. Classes start Wednesday Jan. 17.

- 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 for evening schedule.
Maggie Wong 301-365-2424 maggie@yogaplus.com

Social and Book Groups; Memorial Services

2nd ANNUAL GROUNDHOG'S DAY POTLUCK DINNER

Save the Date! Saturday, February 3rd at the club.



CARDEROCK WOMEN'S BOOK GROUP **Monday, January 8, 1 - 3 pm**

At our next meeting we'll conclude our discussion of Thomas Mann's *Magic Mountain*. Our host will be Nwanganga Shields, 8224 Hamilton Spring Court, and remember, all you need to bring is a love of books. For more information, please call Carolyn Finney LoBuglio at 301/767-0098. For those of you wanting to race ahead in your reading:



February -- *The Odyssey*

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

April -- *King Lear*

CARDEROCK SENIOR MEN'S GROUP LUNCH **Jan 11, 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 .

WOMEN OF CARDEROCK **Jan 11, Thursday noon**

Best wishes for a healthy, peaceful and rewarding New Year. We will get together on Thursday, January 11 at noon at the home of Peggy Hilleary, 8200 Osage Lane.(Osage Lane is a left turn off Tomlinson Ave. in South Carderock). Please bring your lunch and let me know that you will be there. Margit Meissner 301-469-6740

Carderock sends condolences to both the Owen and Bell families.

Rosemary and Tom Owen passed away December 19 and October 14, respectively. A Memorial Service for both Owens will be held Thursday, Jan. 4, 2 pm at Heiner Auditorium, Building 417 at Asbury in Gaithersburg. A Memorial Service and Inurnment with Military Honors for Tom will be held at Arlington National Cemetery on Friday, Jan. 5, 10:30 am.

Henry Bell passed away October 16. His Memorial Service at the Fort Meyer Old Post Chapel and Interment at Arlington National Cemetery with Full Military Honors will be held on Monday, Jan. 8, 1:00 pm.

Found, Free & Wanted



FOUND

Is this your lost key? Describe the color/texture of the shape and you can reclaim it. Charlene 301 469 0432

FREE

Two synthetic garden containers, one 15" diameter and the other 17" diameter. Call Mary Lou 301-365-0472

NOT WANTED: Neighbors don't want bags of your dog's poop. A rather unpleasant way to start the new year, but.....please remember to not throw your dog's poop onto other neighbor's yards. A neighbor recently located 4 poop bags (in blue and beige Safeway grocery bags) discarded behind the bushes at Fenway and Lilly Stone Drive.

BABYSITTER WANTED: Looking for someone to watch my 6 year-old son on Monday 1/8 and Monday 1/29 after picking him up from art class on Still Spring Ct at 5 pm. We live on Fenway Rd (a 5 minute walk) and will return home about 6:45 pm. Debbie 301-767-3379

BODY SCULPT INSTRUCTOR WANTED: Needed for one hour exercise class at Clara Barton Center on Tuesday/Thursday 9:15 am - 10:15 am. Instructor should be experienced and motivational. Call Juliet Rodman at 301-229-7555 or 301-385-3488 for more information. Classes start in January. Excellent pay. Juliet Rodman RD,LD, CPTPrivate Practice/Corporate Wellness Consultant, www.WellnessCorporateSolutions.com,(c)301-385-3488

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.

Services Available

Tutoring for final exams or other end-of-semester help available at end of December or after January 8th by Brown Univ. Junior engineering/pre-med student, Whitman HS graduate, with professional tutoring experience. joelle@brown.edu or 301-469-8622.

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. Many references available.

Licensed Family Day Care located on Lilly Stone Drive is reopening January 2007. Licensed by State of Maryland, over 22 years of Carderock experience, open Mon thru Thurs (some Fridays), 7:30 am to 5:30 pm. Lunch and snacks provided. Provider has early childhood education, CPR, and First Aid training. Call 301-469-0842 or email lswarup@comcast.net.

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. Please call Dan or Eric at 301-365-6237.

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.

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.

For Rent and Recommended

FOR RENT

Outer Banks, North Carolina Beach House. 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

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 or phone 301.365.2292.

RECOMMENDED

Floors. White Oak Floors, Miguel Masulli 301-366-3943. Beautifully refinished our wood floors, installed beautiful new oak floors and wood laminate in lower level of house. Very reasonable price for amount/quality of work done, great to work with, pleasant and responsive to our needs, professional, and prompt. Recommended by Barbara Feuer/301-365-0113.

Stonework/Flagstone/Brick/Masonry. Manuel Palmeiro 301-530-4601. Built a new retaining wall, flagstone path/steps, repaired brick patio, installed a new brick pathway and brick stairs. Has been in the business 35+ years, and though he doesn't have to, he and his knowledgeable son George work side-by-side with their crew every day. Listened to what we wanted, made excellent suggestions, and have done beautiful work for a very competitive price. Recommended by Maarten Rietveld & Barbara Feuer/301-365-0113.

Auto body repair. In and Out Auto Body 301-340-0393. 1074 Taft St, Rockville (near Gude Drive). Honest, reasonably priced, good quality work. Not only did they quickly repair an exterior auto mirror for a lower price than others, but they also pulled a 4 inch dent out of the bumper - for free! Plus they make an effort to know the names of their customers. This place is a real hidden gem. Recommended by Margie Orrick.

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 - through December 2006

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: To join over 120 of your neighbors online and keep informed of neighborhood events and issues, email cs-chat-subscribe@yahoogroups.com. You will receive email whose subject starts with [cs-chat] so you'll know from whence it came. Email can be received either individually as it is sent or in a daily digest, once a day with all emails in 1 email.

KIDS - Movie Night - Friday, Jan 12



- 6:30 pm Cartoons
- 7:30 pm Feature Movie: Cars



Join us at the Clubhouse !

??? Kids: Trivia Question ???

The Carderock Senior Men's Lunch Club has met once a month since February 18, 1981. They've skipped meeting for lunch three times due to icy weather, etc. Including December 14, 2006, *how many lunches have they eaten together since 1981?*

The answer is on the club's website, CarderockClub.org .

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 Jan. 3.

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