



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

## November 2007

10/31 Wed 6 pm  
11/3 Sat 10 - 12 pm  
11/7 Wed 7:30 pm  
11/8 Thurs 11:30 am

11/11 Sun 6:30 pm  
11/12 Mon 7 pm  
11/15 Thurs 10:30 am  
11/16 Fri 6:30 pm

## CALENDAR

Halloween Parade & Unicef Box Pick-Up at the Club  
Bannockburn Nursery School Open House  
ARC monthly meeting on neighborhood renovations  
Men's lunch at Normandie Farm

Ladies Night Out/Pot Luck Supper at the Club  
Citizen Assoc Meeting at the Club  
Women of Carderock visit Holocaust Museum  
Movie Night at the Club

Looking ahead - Save the Dates!

12/2 Sun 2 - 4 pm

12/2 Sun 1 - 6 pm

1/11/08, 2/8, 3/7 Fri

Holiday Party at the Club

Holiday Craft Show at Clara Barton Comm Center

2008 Movie Nights 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)

# Swim and Tennis Club Board and Contacts

The 2007-2008 members of the Board of Directors for the Club were elected at the annual Election Meeting on October 25. Many thanks to those leaving the board - Fish Brown (Secretary) and Hilda Maibach (Tennis) - for their dedication to the club and community. A hearty welcome to newcomers Marie Caulfield and Seung-Kyung Kim.

## CLUB BOARD OF DIRECTORS, 2007 - 2008

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	301 767 0214
Bldg and Long-Range Planning	Paul Barton	301 365 1491
Membership	Meris Sparrow	301 767 9473

## CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	<a href="mailto:carderockclub@verizon.net">carderockclub@verizon.net</a>
Membership Secretary	Meris Sparrow	301 767 9473	<a href="mailto:carderockclubmembership1@verizon.net">carderockclubmembership1@verizon.net</a>
Newsletter Editor	Margie Orrick	301 365 6253	<a href="mailto:carderockclubnewsletter@verizon.net">carderockclubnewsletter@verizon.net</a>
Summer Fun			<a href="mailto:carderocksummerfun@verizon.net">carderocksummerfun@verizon.net</a>
Tennis Assistant Pro	Kris Barnes	301 365 1541	<a href="mailto:carderocktennis@verizon.net">carderocktennis@verizon.net</a>



**HALLOWEEN PARTY & PARADE at the Club: 6 pm Wednesday, October 31**

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.



We will be distributing UNICEF (United Nations Children Fund) boxes for all the Carderock children who would like to collect money to help young people all over the world. Pick up an orange collection box at the Clubhouse on the 31<sup>st</sup> along with stickers and special "glow by night sticks".

You can drop your UNICEF box off at the Ewings at 7915 Fenway Road by Saturday, Nov 3 and the funds will be sent to UNICEF. Thanks for participating! Go Carderock!!

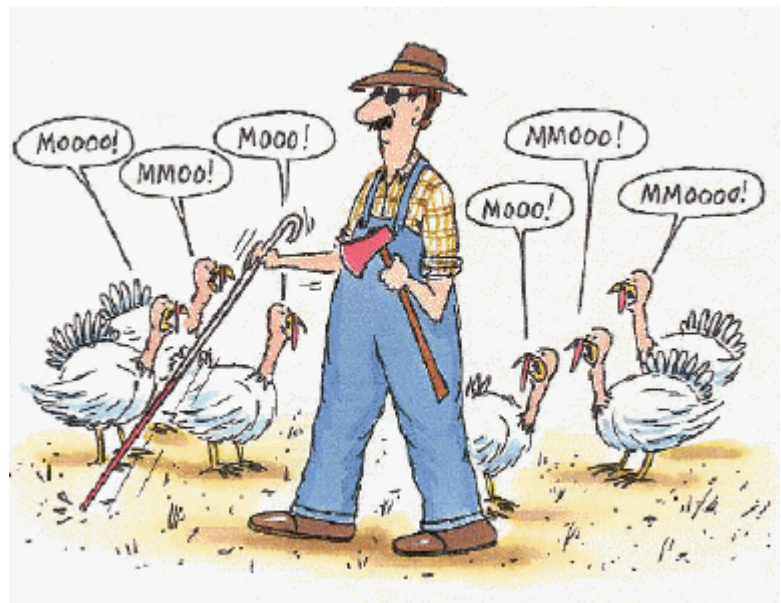


When Trick or Treaters come to your door, be prepared with extra change or dollar bills (and don't forget the candy.....).



Many thanks to those who volunteered to help at the October Fall Fun Fest at the Club.

HAPPY  
THANKSGIVING !



Looking ahead - save the dates:

12/2 Sun 2 - 4 pm

1/11/08, 2/8, 3/7 Fri

Holiday Party at the Club

2008 Movie Nights at the Club

## **WANTED: USED MUSICAL INSTRUMENTS**

Several women in Carderock are organizing a microfinance initiative to provide seed capital for women to start small businesses in a rural village in eastern Uganda. Through their local Ugandan program coordinator, Sam Watulatsu, they have learned about a youth brass band and budding orchestra in Mbale, Uganda that is in critical need of musical instruments of any kind: brass, woodwind, string, percussion.

The youth ensemble was started 10 years ago by the Foundation for Development of Needy Communities to provide an opportunity for orphans and street children in this area of eastern Uganda. It has been a tremendous success, but faces a severe shortage of instruments and supplies such as sheet music, stands and valve oil.

[www.fdncuganda.org](http://www.fdncuganda.org)

If you have any musical instruments or supplies that you no longer need, we will happily collect them and arrange shipping to a great new home where they will be used constantly and cherished lovingly by children with very limited resources and few cultural opportunities. Donations are tax deductible through Hope for Uganda Students ([www.hugsuganda.org](http://www.hugsuganda.org)), a non-profit in NYC that supports FDNC's grassroots programs in Uganda. Check out the web sites and see what they have been able to accomplish on a shoestring budget.

FDNC is supporting the band by teaching members to read music, obtaining additional instruments/supplies, and encouraging their commitment and development. They have very little in the way of resources - brass and woodwind instruments can not be obtained anywhere in



Uganda. All of the Youth Band's instruments have come from Britain or the USA. Many of the ones the Youth Band has are in a poor state and there are no spares or accessories of any type. There's a huge waiting list for teens wanting to learn to play, and so many younger children are longing to join that FDNC is keen to start a 'junior' training band. The children have proved they can create something real and exciting with the Youth Brass Band. The Band has given children in Mbale their first opportunity for cultural development and the building of self-esteem and comradeship that musical training can create. In order to expand this opportunity to greater numbers of children, who are desperately waiting to learn to play, (for the 161 children in the band there are only 68 musical instruments) more instruments are needed immediately.

If you have a musical instrument that is just collecting dust, it could be put to great use right away. Thank you so much – your help can make a huge difference!

Instruments can be dropped off at 8609 Fenway Drive or just give us a call and we can pick them up. For more information contact: Robyn Nietert 301/ 469-0140; [rgnietert@aol.com](mailto:rgnietert@aol.com). Betsy Gordon 301/ 365-0843; [betsygord@mac.com](mailto:betsygord@mac.com). Jane Erickson 301/ 365-1981; [ericksonjn@verizon.net](mailto:ericksonjn@verizon.net). Trix Vandervossen 301/ 320- 6887; [bvander293@aol.com](mailto:bvander293@aol.com).

⬅ Left photo: Band members in 2006

Right, below:

⬇ Band just beginning to perform in 2000



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## Social Groups

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### **LADIES NIGHT OUT/POT LUCK SUPPER**

**November 11, Sunday 6:30 pm**

Ladies of all ages, single, married or widowed: join neighbors for an evening of good food, good conversation and the ambiance of a fireside dinner. Meet new women and see those you have met in the past. Come by yourself, bring a friend or neighbor, or reserve a table for your street. Call Larry at 301-365-2292 to reserve your table.



Please bring a favorite dish and bottle of wine, water or juice.

Questions? Call Mary Lou Shannon 301-365-0472 or Hilda Maibach 301-315-2124 or email: [Marylou@maryloushannon.com](mailto:Marylou@maryloushannon.com) or [hildamaibach@comcast.net](mailto:hildamaibach@comcast.net)

### **CARDEROCK SENIOR MEN'S GROUP LUNCH**

**November 8, Thursday noon**

The next Carderock Senior Men's lunch will be on November 8 at Normandie Farm. Social hour at 11:30; lunch at 12:00.

We always welcome new members. If you would like to attend or be put on our invite list, please contact Seth Tuttle at 301 365-1277 or [stuttle@starpower.net](mailto:stuttle@starpower.net).

### **WOMEN OF CARDEROCK**

**November 15, Thursday**

The November 15 WOC meeting will be a visit to the Holocaust Museum. We will meet at 10:30am at the clubhouse and go by car pool and the Metro to the museum. Margit Meissner will meet us there for about a 2-hour tour. We plan to have lunch afterwards.

The October lunch was at Lil Overton's with further discussion of services for the aging. Annette Davis gave an update on airplane noise abatement issues; and the possibility of adult activities at the clubhouse was raised.

Millie Pettipaw brought samples of Indonesian batik and gave an interesting talk on batik-making and how it is done.

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## Community

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### THANK YOU

Dear Neighbors,

We'd like to thank everyone who supported "Team Superman," our family's campaign to raise awareness about pediatric brain tumors. We had more than 150 participants at the Childhood Brain Tumor Foundation 5K Walk/Run on September 30 and doubled our fundraising goal.

Thank you for your support!

With much gratitude,

Jaime Banks, Jon, Mathew & Daniel Grossman

[www.firstgiving.com/TeamSuperman](http://www.firstgiving.com/TeamSuperman)

Drop by our family blog, [www.mattupdate.blogspot.com](http://www.mattupdate.blogspot.com)

### GOING GREEN in Carderock

Resulting from an online email discussion on the neighborhood list-serv CS-Chat, a representative from Ike Leggett's office in Montgomery County will give a presentation at the clubhouse in the next month or so about Going Green. In the meantime, check out the County website

<http://www.montgomerycountymd.gov>, click Departments on the left side, then Environmental Protection towards the middle/bottom of the page. The next page has many Green programs and articles on the right hand side including Green Man column, Rainscapes, and Clean Energy Rewards (you can sign up for alternative fuels through Pepco).

### FAREWELL

Carderock's Dr. Franz Enzinger passed away Oct 1 following an extended illness. Born in Austria in 1923, Franz had a fascinating life. After being a POW during WW II, he eventually ended up in Washington DC and was employed by the Air Force Institute of Pathology for over 30 years. He became a world authority on soft-tissue pathology and tumors, writing 3 books about it, including the first comprehensive textbook on this specialty. For 25 years he was head of the World Health Organization's International Reference Center for Soft Tissue Tumors. In retirement, Franz taught himself French and enjoyed skiing, photography, and travel, including driving 12,000 miles to Alaska and back in 3 months. Carderock sends condolences to Inge, his wife of 45 years, and his son Peter.

## HOLIDAY CRAFT SHOW

Mark your calendar! The Friends of the Clara Barton Community Center is sponsoring a free HOLIDAY CRAFT SHOW on Sunday, December 2nd, from 1 to 6 p.m. featuring artisans from our community. The Center is located at 7425 MacArthur Boulevard in Cabin John in the former Clara Barton Elementary School building.

Plan to come, admire, and shop! There will be all kinds of crafts for sale: jewelry, creative pop-up books, beads, candles, Christmas items, wood crafts, prints, ceramics, glass items, dolls, soap and more! Refreshments will be available for a modest fee so stop in and enjoy.



P.S. Hello, local CRAFTSPEOPLE! If you are interested in having a table at the Holiday Craft Show, there are still some slots open— call the Clara Barton Community Center, 301-229-0010. Director Modestine Snead or her staff can advise you. There is no commission on sales; just a flat fee of \$25 per table (if you wish, you can share a table with another craftsperson; or you can arrange for two tables). Proceeds from these fees go to support the activities and services to the community that the Center provides.

Craftspeople - Even if you do not want a table, you can still contribute by donating a single item to be sold to benefit the Clara Barton Center. In any case, we hope you will come to meet friends and see the work of our talented community artists and craftspeople.

## OPEN HOUSE

Bannockburn Nursery School in Bethesda is holding its annual Open House on Saturday, November 3, from 10-12. All prospective families (including children!) are invited to come, see the school and meet the teachers, director and some current families. Bannockburn Nursery School is a non-profit, co-operative nursery school providing quality education for more than 50 years. Please contact Sara Love, Membership Chair, at 301.365.7836 and visit [www.bannockburnnurseryschool.com](http://www.bannockburnnurseryschool.com) .

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## Exercise Classes

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### KID'S YOGA

A new *Kid's Yoga* class, taught by Carderock Mom Ela Rohde, is ongoing at the Potomac Tennis Club. The class is for designed for boy and girls ages 6-10. Young people's yoga is often useful for improving poise, concentration and reducing stress. The class combines physical exercises and relaxation practice. Wednesday's 4:30 - 5:30 pm, ten classes, \$150. Potomac Tennis Club is located at 10800 Potomac Tennis Lane, Potomac. For more information or registration call or email Ela, 301-767-8927; elarohde@yahoo.de.

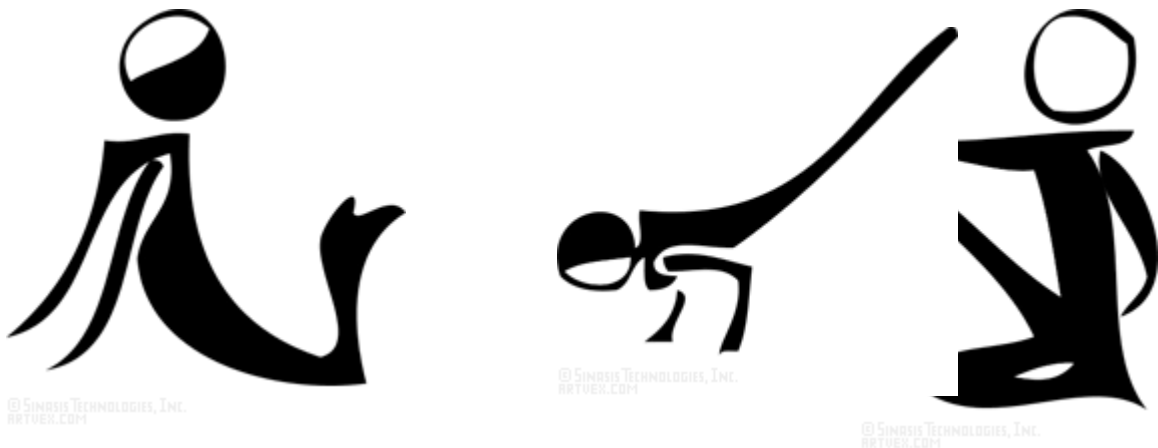
### ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES at the Clubhouse:

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 .

In addition to the traditional 1 hour stretch and tone program, there is also an *optional half an hour for those students who would like to enjoy a longer class with additional stretching and breathing exercises with soothing relaxation at the end of the class.* Fee is \$2 for the extra half hour.



MAGGIE's ~ YogaPlus ~ YOGA CLASSES. The fall session of Maggie Wong's yoga classes at the Clubhouse is under way. The session fee is \$16 per class; drop-in fee is \$20.

- Tuesday (yoga with weights) 9 to 10:30 am
- Thursdays (yoga and weights) 9:30 - 11 am
- Fridays (yoga and massage ball) 9 - 10:30 am

Evening classes throughout the week are offered at the Potomac Tennis Club, Falls Road. Please visit [www.yogaplus.com](http://www.yogaplus.com) for a complete schedule or call/email Maggie at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com)



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## Language and Art Classes

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### *HEY MOM- I WANNA GO TO SEÑORA LUPE'S...*

*Spanish Circle Time "La Hora de Juego"* at the Clubhouse for ages 18 months to 4 years

- Every Tuesday, from 11:15 a.m. to 12:00 p.m., starting November 6, 2007

Led by a Carderock resident and native Spanish speaker trained in education and with years of experience!

"La Hora de Juego," a well-known program in Takoma Park and Silver Spring, is designed to teach children a second language in a fun, encouraging, and stimulating environment.

The first 6-week program introduces Spanish language and culture through songs, stories, games and body movement. Tuition is \$90 per child for the 6-week program.



For more information or to enroll your child, call Señora Lupe at 240-899-7468 or email [lupemarks@yahoo.com](mailto:lupemarks@yahoo.com)

### **GIFT MAKING/ART CLASSES**



The Kids Studio is run by Carderock resident, Kristina Valencia in my home studio at 8324 Still Spring Court. I teach kids ages 4-12. For the past two years we have been running these Gift Classes just before the holiday season begins. Our young artists are able to create some incredible gifts for family and friends. Classes are \$35 each.

Dates: November, 26, 28 and December, 3, 5, 6, 10, 12, 13 (and possibly the next week if there is demand). Classes do fill quickly so please call or email: 301-767-9738 or [kristina\\_valencia@yahoo.com](mailto:kristina_valencia@yahoo.com)



Inside? A memorable kid-created surprise!

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## Wanted, For Rent, House Cleaning

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### AVAILABLE

12 year old boy in Germany is looking for pen-pal (girl or boy) to correspond with in English. If interested please contact 301-365-7369 for details.

### WANTED

Hi! We are 10 months old and 22 months old and we would love to make some new friends in our neighborhood. We like to play and giggle and we love music. Mommy says she's happy to help get a playgroup together with other little ones for some fun time, snacks, and socialization at our house. We have lots and lots of fun gymboree stuff (left over from our big brother and sister) like a rainbow parachute, tunnels, bubbles, and music toys. Do you want to come laugh and play? Have your mommy or daddy call our mommy (Suzanne) at 301-767-3931 or dtppro@aol.com . We live on Lilly Stone Drive.

We are looking for a reliable babysitter who would take care of our 5 year old boy after school from **3.30 PM to 6.30 PM** from **November 19 till December 13**. (Mondays through Thursdays). Please contact ASAP: Milena and Martin Klucar at 301.571.4354

Carderock couple need a handyperson for fix-it work around the house and also outside. About 3-6 hours per month on the average. Minor carpentry, repairs, etc. If you know of someone who is competent and experienced, please call us at 301 469 8665. Art and Donna Blank.

**FOR RENT - Carderock.** Suite in a home includes furnished bedroom, private renovated bath, tv room, sitting room, refrigerator, deck, utilities, parking. Shared laundry room, shared maid service once/month. \$800/month. Call 301 469 7778.

### HOUSE CLEANING SERVICES AVAILABLE

- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- 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 & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

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For Sale

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**FOR SALE**

Scan teak desk 70 inches wide x 24 deep. 3 locking drawers on the left side, with key. \$120.  
Please call Erika 301 229 1947

Just in time for Christmas! Two jewelry artists are having a show and sale right here in Carderock! Come Friday evening November 23 (and bring your Thanksgiving guests) or Tuesday November 27 from 7 to 10 and join us at 8047 Park Overlook Drive. For further information or an appointment at another time, call Mary Anne Lasko 30-469-0084.

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 double-sided 22 inch balsam fir evergreen wreath by Friday Nov. 9. 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:

Emily Acker 365-2532  
Emily Deyo 365-1247  
Ben Hughes 469-4803  
Owen Knight 229-2336  
Eliza Orrick 365-6253

Fred Schott 767-0322  
Shaefali Shandilya 365-6650  
Claire Silverstein 320-6348  
Aaron Weiss 469-0655

Go ahead, pick up the phone right now while you're thinking of it and support Whitman Crew. Since the Montgomery County school system doesn't give the team a penny, their equipment and other program costs are completely funded through community fundraisers and donations. See inspiring photos of teens rowing on the Potomac at [WhitmanCrew.org](http://WhitmanCrew.org) . Thanks!

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## Services Available

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Mike Rychlik, Carderock Springs Elementary/Whitman Cluster parent, offers guitar and mandolin instruction to school age children and adults in the Bethesda/Cabin John area.

### ELECTRIC AND ACOUSTIC GUITAR LESSONS (BEGINNING/INTERMEDIATE):

- Everything from how to hold and tune the guitar, to music theory and improvisation.
- Multiple styles--Rock, Blues, Country and more... Acoustic and Electric
- Material covers classic and contemporary music and students' own musical interests.

### MANDOLIN LESSONS (ALL LEVELS):

- Everything from how to hold and tune the mandolin, to music theory and improvisation.
- Mandolin as a versatile ensemble instrument well-suited to many styles such as Bluegrass, Jazz, Blues, Old Time, Country and Rock.

Learn from a performing musician with a diverse musical background who has toured internationally. Mike is a multi-instrumentalist and has been playing for 35 years. Drawing from a broad range of genres, he is in demand as a side man for stage and studio work. Mike also offers fretted instrument repair and instrument set-up and can assist in the procurement of a suitable beginner instrument. Please call 301-365-8022 or email at [rychliks@gmail.com](mailto:rychliks@gmail.com) for more information.

Do you love your home? Then treat yourself to a Home Portrait by Cabin John artist, Robinwyn Lewis. You can reach her at 301-229-1623.

To bike or not to bike? Celebrate your love of biking and your love of Shakespeare! Check out the tee shirts designed by Cabin John resident Fred Zirm at [www.bikingwiththebard.com](http://www.bikingwiththebard.com). He gives a \$5 discount to local residents (no shipping costs). E-mail him at [bikebard@aol.com](mailto:bikebard@aol.com).

Petsitter available. We have lived in Carderock Springs for over 20 years, and I have had pets all my life. Call Susan Burkhalter, 301-469-8728, e-mail [scastlekep@aol.com](mailto:scastlekep@aol.com)

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. We also do odd jobs: yard cleanup, driveway sealing, small jobs around the house. Please call Dan or Eric at 301-365-6237.

I Paint Inc. Reliable home remodeling work fairly priced for the Carderock community. Kitchen, bathroom and basement remodeling, custom decks, interior exterior painting. Free Estimates with references in the community. Call Dan Mendelsohn to set an appointment. Email [ipaintinc@gmail.com](mailto:ipaintinc@gmail.com) or call 301-221-7462.



## RECOMMEND

We highly recommend Lance Weekly at Skyland Aire 301-645-7751. He just replaced our old furnace and had other ventilation renovation work done. He also does repair and maintenance work as well. Recommended by Ann and Robert Massey.

Need a thorough house cleaning for the winter holidays? My housecleaner is available in November Wed and Thurs, plus alternate Tuesdays. Also available on a weekly basis starting in January Wed and Thurs and alternate Tuesdays. Call Patsy 202 575 4960. Recommended by Margie Orrick.

Please send recommendations for reliable contractors to [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens Association (green newsletter).

Group	Website	Email
SWIM & TENNIS CLUB	CarderockClub.org (no password required)	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net (create a password to see archived info)	
OTHER/neighbors		CS-Chat@yahoogroups.com

In addition to those 2 websites for the Club and Citizen Association, there is a neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens Association, it is not part of either of them. To join the email list of 160 of your neighbors to keep informed of neighborhood events and issues, send email to [cs-chat-subscribe@yahoogroups.com](mailto:cs-chat-subscribe@yahoogroups.com).

## TO ACCESS THE CITIZEN ASSOCIATION WEBSITE

1. go to <http://carderocksprings.net/>
2. On the left side, click "My Community"
3. Just scroll down to see the latest Citizen Association news.

To access newsletters and the document library, you will need to register and create a user login.

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

The Citizens' 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.net](http://CarderockSprings.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

Wednesday, November 7.

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