



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

## October 2007

10/3 Wed 7:30 pm  
 10/8 Mon 1-3 pm  
 10/11 Thurs 11:30 am  
 10/18 Thurs noon

10/21 Sun 2 - 4 pm  
 10/21 Sun 6:30 pm

10/25 Thurs 7:30 pm  
 10/31 Wed 6 pm

Looking ahead - Save the Dates!

11/7 Wed 7:30 pm  
 11/11 Sun 6:30 pm  
 11/12 Mon 7 pm  
 11/15 Thurs  
 11/16 Fri 6:30 pm  
 12/2 Sun 2 - 4 pm  
 1/11/08, 2/8, 3/7 Fri

## CALENDAR

ARC monthly meeting on neighborhood renovations  
 Carderock Women's Book Group  
 Men's lunch at Normandie Farm  
 Women of Carderock lunch

Fall Fun Fest at the Club (rain date 10/28)  
 Annual Citizen Assoc Fall Meeting at the Club  
 (Social 6:30, Meeting 7 pm)  
 Annual Swim & Tennis Club Election Meeting at the Club  
 Halloween Parade & Unicef Box Pick-Up at the Club

ARC monthly meeting on neighborhood renovations  
 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  
 Holiday Party at the Club  
 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)

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## Letter from the Manager

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When I last wrote we were half way through the season and now here we are at the end of sunny days at pool side.

We concluded the swimming year with a very well attended Labor Day Celebration - a fun time had by all - and then the final event: the Annual Doggie Swim where both humans and loyal 4 legged friends came together for an evening of frolic in the water. I'm not sure who had more fun, the dogs or the humans.

I want to thank you all for a great season and wish you well through the off season and hope to see everybody back in 2008.

Please see the notice for the Annual October Membership Meeting where we will be asking you to vote on the 2008 Slate of Officers for the Board of Directors. If you are unable to attend in person, please submit your proxy vote.

Thanks for your support,  
Larry



Carderock sends condolences to the family of DOROTHY SHAFFER who passed away in late August following an extended illness. Dorothy was an ardent bridge player, was active in the Carderock women's group, and was instrumental in starting the Carderock garden club. Following the death of her daughter Carol, she focused on raising 2 grandchildren. Dorothy is survived by her loving husband Ted, 2 grandchildren Jason and Sarah, and a great-granddaughter Carol.

Memorial contributions may be made to Hermon Presbyterian Church, 7801 Persimmon Tree Lane, Bethesda, MD 20817, or to Montgomery Hospice, 1355 Piccard Dr., Suite 100, Rockville, MD 20850. A Memorial Service will be held at the Hermon Church at 2 pm on December 28.



# Swim and Tennis Club Meeting

THE ANNUAL OCTOBER ELECTION MEETING FOR THE CLUB IS SCHEDULED FOR THE EVENING OF **OCTOBER 25th** AT 7:30PM.

The following slate of club officers to be voted on are:

PRESIDENT	SUZETTE GOLDSTEIN
VICE PRESIDENT	MIKE NANNES
SECRETARY (NEW)	MARIE CAULFIELD
TREASURER	PABLO MOLINA
LONG RANGE PLANNING	PAUL BARTON
CHILDREN/ADULT SOCIAL ACTIVITY	CAROLINE BARBEAU
MEMBERSHIP	MERIS SPARROW
SWIM/DIVE PROGRAMS	ROBYN NIETERT
TENNIS PROGRAMS (NEW)	SEUNG-KYUNG KIM

Light refreshments will be served at the conclusion of the meeting.



## The Annual Citizens' Association Meeting

is Sunday, **OCTOBER 21st**

6:30 pm Wine & Cheese Social

7 pm Meeting



**PROXY STATEMENT**

**CARDEROCK SPRINGS SWIMMING CLUB, INC.**

**OCTOBER 25, 2007 CLUB 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 October 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 meeting.

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

B1. In Favor of the Proposed SLATE of Board Candidates

B2. 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 10/25/07 meeting or you may personally deliver it to either Club Board Secretary Fish Brown or Club Manager Larry Ondrejko.

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Kids

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**Carderock FALL FUN FEST at the Club**

**2-4 pm, Sunday, October 21 (rain date 10/28)**

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 BUNGEE JUMPER, pony rides, a moon bounce, scarecrow making, and face painting.

Complimentary drinks and popcorn will be provided. Hot dogs, brats and baked goods will be 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 Caroline Barbeau at [carobarbeau@msn.com](mailto:carobarbeau@msn.com) or call (301) 767-0214 or Alison Ewing (301) 469-0345.



**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 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 31st. You can drop it off at the Ewings at 7915 Fenway Road by Saturday, Nov 3 and the funds will be sent to UNICEF. Thanks for participating!

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**Creepy Events for Kids in Rockville**

**6-8 pm, Friday, October 26, Rockville**

Free creepy-crawly Halloween Family Fun event "Croydon CREEP" at Rockville's Croydon Creek Nature Center, 852 Avery Road in Rockville. Two creepy creature shows - at 6:30 pm and again at 7:15 pm. No registration required. Need more info, call 240-314-8770. Thanks to Carderock's Elaine Honig for these Creepy ideas!

Also as part of Rockville's Haunted Happenings on Oct 26: a Drive-In Movie will be shown at 7:30 pm in the field of Rockville Civic Center Park. \$5 per vehicle for field parking for the movie. You could come early, park in the field and just walk over to the nature center. If you're not interested in the movie "Beetlejuice", there is parking near the Glenview Mansion in the park as well as in front of the nature center ; parking is limited. If you come for the movie, enter Rockville Civic Center Park via 603 Edmonston Drive. Note: Bring flashlights to navigate the dark field more easily.

## JUNIOR TENNIS PROGRAMS - FALL 2007

We believe that repetition is the mother of all learning. Practice makes perfect, and the more time you put into anything the better you get at it. As a way to develop our juniors into high level athletes we have added more hours to each class. All programs are designed to improve



performance in every aspect of our junior's skills: from mental toughness to self-confidence to things as basic as hitting the ball over the net. As the juniors become older and skills are more developed, the goal is to have them graduate in the more advanced classes as a way to measure progress.

However, progress takes time, so juniors should have perspective and train hard!

### World Elite (Advanced)

A combination of our successful World Class Clinic and Elite class from the summer 2007 season. This class is for the more serious player and is designed for juniors who want to fine tune their game and improve performance at the tournament playing level. The program's focus is on intense live ball drilling, scenario and strategic training, as well as fitness and conditioning.

### Junior Aces (Intermediate)

This program is designed for the player who is looking to become more serious about their development but isn't quite ready for the more advanced level training. This class is a feed in to World Elite and will focus on developing skills and correcting weaknesses through fast paced drills and match play.

### Junior Netters (Beginners/Low Intermediates)

Focus will be on stroke production, rules and score keeping. This class feeds into the Junior Aces program. The format will provide a mixture of drills and begin with the objective of improving overall play.

### Wimbleton (Children aged 4-7)

Introductory class to tennis with emphasis on motor control and cognitive learning. Focus will be on hand-eye coordination, stroke production, and most importantly creating interest to ensure longevity in the sport. Will also focus on having lots of fun!!!

## ADULT TENNIS PROGRAM - FALL 2007

### Ladies Practice (for members who are on the club tennis teams):

Focus is set on live ball drills, doubles strategy, and overall play to help improve performance in matches. The class format consists of about 45 minutes to an hour of drills and an hour of organized play and critique.



→ Players must sign up in advance for class to be held. Sign up sheets will be posted on Monday morning. Wednesday is the last day for registration. You may register by phone.

### Morning or Evening Explosion (Workout Drill Sessions, all abilities)

Get your workout on the tennis court! This program is composed of high paced drills to increase stamina, speed, and overall conditioning.

→ Minimum of 2 players must sign up each week for class to be held. Call to register.

### Ladies Morning Clinic I (Advanced Beginners/Intermediate)

This class is designed to fine-tune the fundamentals of stroke production and beginning doubles strategy. The class format consists of one hour of drills and a half hour of organized play.

→ Minimum of 2 players must sign up each week for class to be held. Sign up sheets will be posted Monday morning. Wednesday is the last sign up day. May reserve by phone.

### Three and a Pro

One and a half hours of tennis: 45 minutes of drills, 45 minutes of double match play with the pro. A great way to work on doubles skills in a concentrated setting. Call to set up times that work in your schedule.



## TENNIS CLASS SCHEDULE, Fall 2007

### JUNIOR PROGRAMS

	DAY/TIME	DATES	COST
World Elite	Mon-Fri 3 - 5 pm	Session 1 (9 weeks) Sept 3 - Nov 2	Full 9 weeks: \$1200 (90 hrs) Weekly \$170 (10 hrs) Daily Drop-In \$40 (2 hrs)
Junior Aces	Mon, Wed, Fri 5 - 6:30 pm	Session 1 (9 weeks) Sept 3 - Nov 2	Full 9 weeks: \$400 (40.5 hrs) Weekly \$54 (4.5 hrs) Daily Drop-In \$20 (1.5 hrs)
Junior Netters	Tues, Thurs 5 - 6 pm	Session 1 (9 weeks) Sept 4 - Nov 1	Full 9 weeks: \$240
Wimpleton	Tues, Thurs 5 - 5:45 pm	Session 1 (9 weeks) Sept 4 - Nov 1	Full 9 weeks: \$80

### ADULT PROGRAMS

	DAY/TIME	DATES	COST
Ladies Practice	Thurs, Fri 9 - 11 am	Aug 30 - Nov 2 (10 weeks)	4 players or less: \$25 per class 5 players or more: \$20 per class
Ladies Clinic I	Friday 11 am - 12:30	Sept 7 - Nov 2 (9 weeks)	\$25 per class
Morning Explosion	Mon or Wed 7 - 8:30 am	Sept 3 - Oct 31	\$25 per class
Evening Explosion	Tuesday 6:30 - 8 pm	Sept 4 - Oct 29 (9 weeks)	\$25 per class
Three and a Pro	Call for more info	Call for more info	\$25 per person

Make all checks payable to Kristoffer Barnes.

Payment for programs and private lessons are due at the time of service. Any Make-Ups due to inclement weather will be announced.

Any questions, please call the tennis office at 301 365 1541. Thanks and great hitting!



## NEW SCHOOL BUILDING

The Carderock Elementary School is being rebuilt starting in Spring 2009! Community members are invited to the CS Elementary PTA meeting on October 2 at 7 pm to view the plans for the new school building. Community representatives have worked all summer with MCPS Division of Construction's representatives and architects from Beery Rio to develop the new building's schematic design. Plans are available to view by linking through the PTA website [www.csespta.org](http://www.csespta.org)



## OLD LOCAL HOMES

Surprises are everywhere around here! Did you know that some of the four oldest houses in the Cabin John area were built in

- 1750. Located at 7906 Riverside Drive, with a great view of the river and a few blocks from the shopping center at MacArthur and Seven Locks Road. This log cabin was built in 1750 in Pennsylvania, dismantled in 1937, and reassembled here in Maryland log by log.
- 1767. Located at River Road and Seven Locks Road. This stone house was known as Samuel's Delight and was an early blacksmith's shop.
- 1855. Located at 7814 MacArthur Blvd across from the shopping center. This log house does not look like a log house because it is covered with clapboards and is currently painted brown.
- 1864. Located at 8311 Comanche Court, Glenmore was the home of Ms. Lilly Stone, a descendant of the family who ran the quarry and owned the land which became Carderock Springs. Since Glenmore and the vicinity are on a high hill, canon noise from the Civil War's Battle of Bull Run 30 miles away could be heard at the home.



Many thanks to Carderock's Bill Feller for information on old local homes!

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Social and Book Groups

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**LADIES NIGHT OUT**

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

Mark your calendars, ladies! Come enjoy another pot luck supper at the club on November 11.

**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**October 11, Thursday noon**

The next Carderock Senior Men's lunch will be on October 11 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**

**October 18, Thursday noon**

The next Women of Carderock meeting is noon Thursday, October 18, at at the home of Lil Overton, 8317 Still Spring Court. Bring your lunch and RSVP to Lil at 301 469 9565.

At the September lunch at Marilyn Mayerfeld's,

- an article from the NY Times was presented which discussed Aging at Home and the availability of help. We hope to get a speaker from AARP to explore this subject.
- Nwangang Klein told us of a singer of Celtic music who would like to present a program to the club.
- Sandy Dembski spoke about the state of the Carderock architecture guidelines which will be distributed soon.

The November meeting will be on the 15th at the Holocaust Museum. Please note this on your calendars.

**CARDEROCK WOMEN'S BOOK GROUP**

**October 8, Monday, 1 - 3 pm**

Bleak House, by Charles Dickens

In Bleak House, Dickens wrote a novel that is about virtually anything and everything in mid-Victorian Britain. Comprehensive in its reach, exhaustive in its detail, it assimilates the multifarious characteristics of society into a coherent and imaginative vision which is also a thorough revision of the sanguine image society held of itself at that time.



Come join the discussion! This month we are only reading the first 400-500 pages. We will meet October 8, 1 - 3 pm in the home of Nwanganga Shields, 8224 Hamilton Spring Ct, 301 365 5632. Newcomers are always welcome.

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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 designed for boys 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.

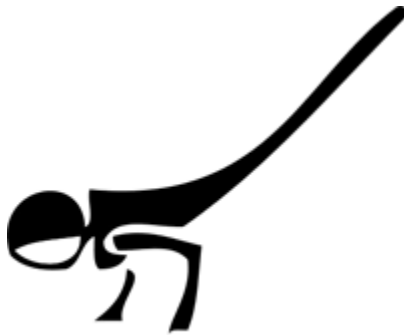
- Mondays and Wednesdays, 9 to 10 am, \$10 per class.

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](mailto: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.



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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. Call/email Maggie at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com).

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Free, Wanted, For Sale, For Rent, House Cleaning

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**FREE.** Nishiki mountain bike, needs tune up. Basketball hoop, adjustable height. Must be able to transport. Call Patty 301-365-4603

**WANTED.** 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

**WANTED.** Carderock couple need a handyperson for fix-it work around the house and also outside. Probably 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 SALE.** Large dog crate \$30. Call Patty 301-365-4603

**FOR SALE.** 2004 Red Mini Cooper auto with Sport package, 3,600 miles, absolutely immaculate, still smells like new, garage kept, rubber floor mats and cover. \$19,500 OBO. 240 -876 3609

**HOME FOR SALE.** 8129 Hamilton Spring Rd. Updated Overlook house on .58 acre lot. Skylights, 4 bedrooms, 3 BA 2 FP, FR. Newly renovated kitchen, granite surfaces, eat-in, sunny dining. Rear deck backs into a private and beautifully landscaped woodland setting. Pool and Tennis club are around the corner. For Sale by Owner. \$849,000.  
For appointment, please call 301-299-3830.



**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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## Services Available

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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.

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

### **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:pmsparrow@aol.com">pmsparrow@aol.com</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>

### **CLUB BOARD OF DIRECTORS, 2006 - 2007**

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Hilda Maibach	301 315 2124
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

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 155 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).

### **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, October 3.



### **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.

<p><b>Carderock Springs Swim and Tennis Club</b>  <b>8200 Hamilton Springs Court</b>  <b>Bethesda, MD 20817</b></p>
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