



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

November 2008 CALENDAR

Nov 5	Wed 7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Nov 13	Th 11:30 am	Men's lunch at Normandie Farm
Nov 20	Th 11:30 am	Women of Carderock lunch
Nov 10	Mon 8 pm	CS <u>Swim Club Annual Meeting</u> at the Clubhouse
Nov 12	Wed 7pm	CS Citizen Association Monthly Board Meeting at the Clubhouse
Nov 21	Friday	Movie Night at the Clubhouse

Looking ahead - Save the Dates!

Dec 7	Sun 11-4 pm	Holiday Craft Show at Clara Barton Community Center
Dec 14	Sun	Holiday Party for Kids at the Clubhouse
Jan 23	Fri	Movie Night at the Clubhouse
Feb 20	Fri	Movie Night at the Clubhouse
Mar 20	Fri	Movie Night at the Clubhouse

FORMS in this issue (also available at CarderockClub.org):

- *Proxy Ballot* for those unable to attend Club's Annual Meeting Nov. 10

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

CONSTITUTION AND BY-LAWS REVISION

Our Carderock Springs Swimming Club, Inc By-Laws require that there be a review of our Constitution and By-Laws once every three years. A Committee of Alison Lepard, Tim Mealey and Ray Sobrino have accomplished that review, and proposed revisions submitted to and endorsed by the Board. Please see the web site CarderockClub.org to review those proposed revisions, which will be presented for consideration at the Annual CS Club Meeting scheduled for 8 pm on November 10th 2008. The amendments are rather minor; their thrust is simplification of procedures to reduce the burden on the Board and assure continued community involvement in the Club.

The budget will also be reviewed. The Operating and Capital Budgets are for 2009, each inclusive of reports of 2008 final results. Also, there is a Transition Budget which covers the period of November and December 2008. The Transition Budget is required this one year, as the Club moves from a November through October (our historical) fiscal year to a Calendar Year, in the interest of efficiencies presented in the proposed new By-Laws. During that two month period, we have no dues and only limited income, but two months of expenses. The difference is being funded from the 2008 excess of income over expenses, and is a one time, timing-only adjustment.

A Proxy Ballot is available for those who are unable to attend the Nov. 10 meeting - the ballot is at the end of this newsletter and also online at CarderockClub.org. The By-Laws and Proposed Budget are on the same website.



Anyone interested in winter tennis lessons or clinics should contact Carderock's Tennis Pro Nitin Deodhar at 202-253-7227.

Carderock Kid Inventor

One of 5 national finalists in the By Kids For Kids Corporation's *2008 Trash to Treasure Competition* is Carderock's Kettner Griswold, a junior at Whitman. The challenge is to make a useful, environmentally friendly device from entirely discarded parts.

Wow - look what he invented →



A rain-powered waterwheel generator

Kettner explains, "I wanted to build a machine that would harness the potential energy of rain water in an everyday home. As an environmentalist, I value the earth. Many people know that Earth is ridden with Co2 emissions, so I devised a way to achieve renewable energy through hydropower. Water from my home's gutter is diverted to a pipe that spews water out onto the generator's wheel. This turns a chain linkage (from a scrapped electric scooter), which turns the motor and generates electric power stored in a rechargeable battery. The motor and the battery also came from that same scooter. I also used Styrofoam, cloth hangers, old nails, gutter nails, a bucket and Gatorade bottles to come up with the finished product. It's free electricity for the home anytime it rains!"

Of the 5 finalists, the overall winner is partially decided by a public vote on http://www.bkfk.com/Modules/Ideation/t2t_vote.aspx [hmm... that's a letter t tee (not a + plus sign)]

Voting is limited to one vote per day per computer until November 18.

If you like his project, support him by voting! "Vote early, Vote often" is legal in this voting!!!

Kids, save these dates for Movies and a Party at the Clubhouse:

Friday, November 21	Movie night
Sunday, December 14	Holiday party
Friday, January 23	Movie night
Friday, February 20	Movie night
Friday, March 20	Movie night



ANNUAL FALL FUN FEST AT THE CLUB

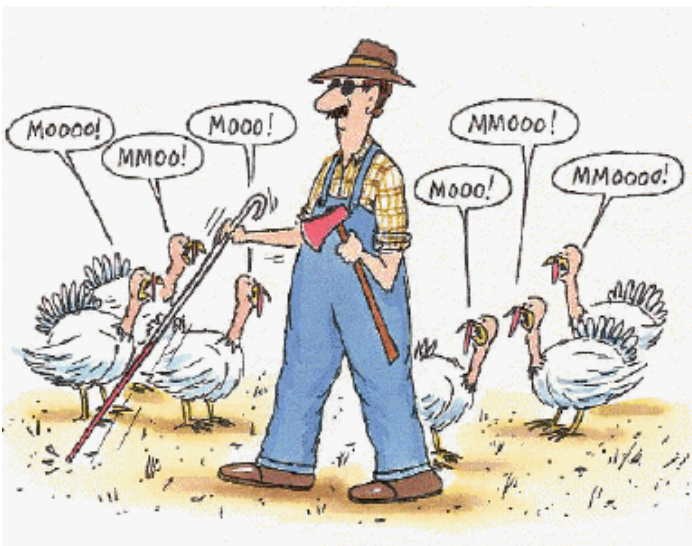
Thanks to all of you who participated in our UNICEF Art Show. The posters were great and the judges had a tough time picking the winners:



Winners! Ella Caldwell, Charlotte Caldwell, Emily Ewing, Naomi Caplin, and Paula Molina

The posters will be sent to UNICEF in New York and some might be chosen for UNICEF's "Children Around the World" Holiday Cards. Thanks to our own artists for being the judges: Muriel Ebitz, David Beers, Ela Kordik Lair, Susan Smith Pinela, and Kristina Valencia.

Thanks to Scott Spear, our energetic photographer/whistle blower. Also thanks to our very own teenagers and longtime volunteers Kristin Jehle and Alex Feuer Rietveld who are both seniors at Whitman. Finally, a very special thanks to Noelle Lewis, who lent us her Dad's United Nations flag.



Farmer in dungarees
and
non-Thanksgiving turkeys

GREEN NEIGHBORS

Metal recycling: You can still recycle your old metal! The easiest way is to drop it off in the marked blue bin at the Bethesda Co-Op on MacArthur Blvd. Bins are also available at the Karlik's (8027 Fenway Rd) and Donelly's (7604 Hamilton Spring Rd). At least 7 tons of new metals have been recycled by neighbors since the challenge when we collected 17 tons.

Next Green Neighbor initiative: Plastic Bags! The goal is to get all Cabin John businesses to replace plastic bags with better alternatives by Earth Day 2009.

Questions? Contact dianekarlik@verizon.net

CARDEROCK SENIOR MEN'S GROUP LUNCH

Nov 13, Thursday noon

The next Carderock Senior Men's lunch will be on November 13 at Normandie Farm.

Social hour at 11:30; lunch at 12:00. We are always looking for new lunch members.

If you are interested, email me at Seth Tuttle sltuttle2@verizon.net or call 301 365-1277.

WOMEN OF CARDEROCK

Nov 20, Thursday 11:30 am

The next Women of Carderock meeting is noon, Thursday November 20 at the home of Chris Carpenter 8000 Park Overlook Dr. Bring your lunch and RSVP to Chris at 301-469-7077.

The October meeting was an outing at Washington Harbour. It was a beautiful day and we lunched overlooking the river and a lovely fountain on the plaza.

Theres Kellerman has asked any members who do NOT want to be included in the Safety Net (Contact List) to please notify her so your name can be withdrawn. Her phone is 301-365-0037 or email her at theres@carderock.net

HOLIDAY CRAFT SHOW at Clara Barton Community Center, Sunday, Dec 7, 11 - 4 pm

Over 40 local community artists and crafters are having a free Craft Show. Plan to come, admire, and shop! There'll be all kinds of crafts for sale—jewelry, beads, candles, Christmas items, wood crafts, prints, metalwork, ceramics, glass, oils, watercolors, fiber arts, photography, books ... and more!

Refreshments—sodas, cider, coffee, cookies—will be available for a modest fee. So stop in and enjoy! For more information, call the Clara Barton Community Center at 301-229-0010.

GLOBAL GIVING PROJECT CHALLENGE FOR WOMEN'S MICROFINANCE INITIATIVE NOVEMBER 1-21

The Carderock community has been enormously supportive of the Women's Microfinance Initiative, a non-profit microfinance program making small loans to impoverished women in eastern Uganda. So far this year, WMI has made 160 loans and all WMI borrowers have made their loan payments on time. WMI's small loans of \$50 - \$150 are bringing big changes to local economies and empowering women to pay school fees, buy more nutritious food and obtain better health care for their families.

Global Giving is a non-profit, on-line bulletin board supporting other non-profit organizations engaged in poverty relief and social justice. www.globalgiving.org. After an extensive due diligence review, WMI has been invited to compete in order to obtain permanent listing on the GG site and gain access to potential contributors world-wide, who use the site to select non-profits to support. The Challenge requires WMI to raise at least \$3,000 through at least 75 individual donations made on the GG web site during the window of November 1 - 21; that works out to 75 people donating \$40 each. Participation is easy: log on to the GG web site between Nov.1 - 21, search for Women's Microfinance Initiative, and then follow the prompts to make your donation.

As always, thank you for your help and for making Carderock the caring community that it is. For more information on WMI, please log on to our web site: wmionline.org

FAREWELL

Robert Furman, age 93, passed away in mid-October. His company Furman Builders Inc built hundreds of structures, including the Carderock Clubhouse. A man of eclectic talents, he sang baritone in barbershop quartets and led an "extraordinary life of intrigue.... He was at the center of two of the most remarkable developments of the [second world] war: the building of the Pentagon and the development of the atomic bomb. Yet his roles as an engineer and as the point man in an international espionage operation were cloaked in such secrecy that his name did not appear in official documents for decades. He was known as the 'Mysterious Major.' " As a spy during WWII, "he often wore cheap French suits to remain inconspicuous." (Washington Post, 10/22/08). He leaves his wife of 56 years, plus 4 children and numerous grandchildren/great-grandchildren. Carderock is grateful for the solid Clubhouse he built!

Art and Movement Classes

ART workshops for Moms for HOLIDAY gift giving!

Kristina Valencia (owner of The Kids Studio) invites you to her studio in Carderock to create hand-made holiday gifts. Come to one class or all 6! Some of the projects? Felting, bead making, printing. Reservations required, class fee \$25 (and possibly supply fee of \$5 if necessary). Call to reserve a spot, class size limited to 6. 301-767-9738 or Kristina_Valencia@yahoo.com 8324 Still Spring Ct.

- Class times: Fridays 10 - 11:30ish on Nov 7, 14, 21 and Dec 5, 12, 19

Coffee, tea, and something yummy will be served!

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. 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. 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 .

ADULT YOGA CLASSES AT THE CLUBHOUSE

Yoga classes for *adults* are offered at the Clubhouse by Carderock resident Maggie Wong.

- Tuesdays (yoga with weights) 9:00 to 10:30 am
- Thursdays (yoga and weights) 9:00 to 10:30 am.

The session fee is \$16 per class, the drop-in fee is \$20.

Evening classes are also offered at the Potomac Methodist Church, Falls Road.

Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

KIDS AND TEENS YOGA, also HIP HOP AT THE CLUBHOUSE

Yoga is an excellent form of exercise for young people, both from a physical and mental standpoint. It stretches and tones the body, improves posture and helps with concentration and relaxation. Maggie Wong offers yoga classes at the Clubhouse for teens and kids

- Hip Hop - Mondays 5:00-6:00 pm
- Kids Yoga (ages 6-10). - Wednesdays 4:30 - 5:30 pm
- Teens Yoga (ages 11-16) - Thursdays 5:00 - 6:00 pm

The fee is \$15 per class for 6 weeks, starting the first week of November.

Please visit www.yogaplus.com or call/email Maggie at 301-365-2424, maggie@yogaplus.com for registration or more information.

Wanted, and House Cleaning Services Available

WANTED

Door and sink wanted

- original Carderock bathroom sink(s)
- original double doors that closed off downstairs family rooms

Please call Nancy 301 320 4733 or cell 301 873 0795

Rambler wanted for purchase privately. My wife and I still want to live in Carderock Springs. If you are thinking of selling during the next 12 months please phone 301-263-9074.

HOUSE CLEANING SERVICES AVAILABLE

- Yvonne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- Wonderful Thai housekeeper has M-F available for housekeeping, ironing, laundry, organizing, loves pets. She currently works part-time for several Carderock families (references available) and has her own transportation. Conscientious and reliable. Call Nan at 240-423-6314.
- My Thai househelper has some hours available for light housekeeping, ironing, laundry, and kitchen duties. Please email me at smarnell55@aol.com for more information.
- Enthusiastic housecleaner available M-F. Excellent references, own transportation. Please call Gisela 301 622 2897 or 240 535 4549 or leave a message.
- 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.

Services Available

Flowers, flowers, flowers! Thanksgiving centerpieces and other holiday arrangements available. Innovative floral designs for all occasions from Artful Florals. For business events, social events, and personal needs. Can be customized to your home decor and delivered on a regular basis or to coincide with entertaining: cocktail parties, house guests, or just dinner with friends. : Contact Cathy Houston at (301) 233-4782 or chouston@artfulflorals.com



Carderock neighbor Mariana Martinez of Barcelona, Spain is offering tutoring in Spanish. Available to support middle and high school students with their schoolwork, test preparation, and conversation skills. Conversation and instruction for adults also offered. Mariana has prior tutoring experience. Please call 301 365 3846 if interested.

Petsitter: The Holidays are approaching! If anyone needs their furry loved one taken care of while you are out of town, you couldn't ask for a more loving and caring animal lover. I live in Carderock Springs and am available to pet sit. Please email Julie Sanderson at JulietSanders@aol.com

Petsitter available. Experienced pet owner (cats, dogs, and small animals) who has lived in Carderock Springs for over 25 years, references available. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

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, part of PanaCea Computers, a group of technically-oriented Seniors 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 information, services offered, and everything else you might need, call (301)-648-9081 or e-mail panaceacomputers@gmail.com .

Gutter Cleaning. Any standard house in Carderock for \$85 and a bit more if there is an extension and more gutters to clean. We'll come by and check your gutters and roof and let you know if cleaning is necessary. Please call Dan 240-688-8179 or email dabruestle@gmail.com.

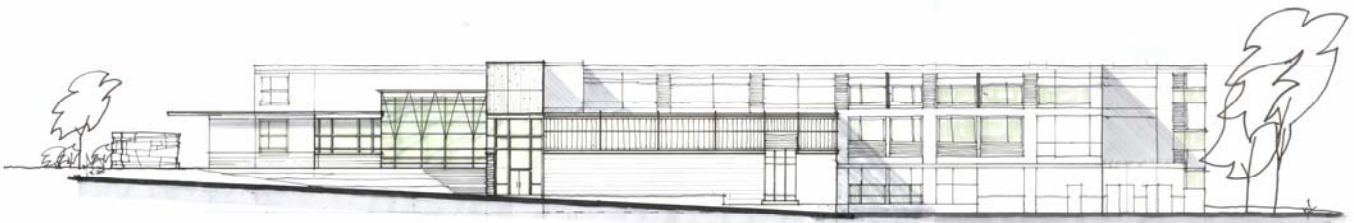
For Rent

FOR RENT

Dewey Beach - off-season rentals - weekend or weekly - Ocean block beach house with spectacular ocean views. 4 bdrm, 3.5 bath house sleeps 14, w/ private rooftop deck. Restaurants & entertainment within a couple blocks. Local off-season family events include Rehoboth Jazz Festival, Rehoboth Film Festival and more. We have additional beach houses in Dewey Beach for family reunions or business meetings. Off-season rental rates are significantly discounted from summer rates. See photos www.palmarprops.com, or email paul.loftus@verizon.net or call 301-365-2978.

Beautiful Broadkill Beach House Rental with water views! 10 Minutes north of Lewes, DE, short walk to the bay w/ miles of sandy beaches and gentle waves of Delaware Bay. 3 Bedrooms + Convertible bed(s), 3 Baths, Sleeps 6-8. Screened porch, wood-burning fireplace. AC, WD, cable, internet, gas/electric grill. Next door to 7 acres of beautiful woods and deserted beaches. Close to outlets and restaurants yet away from traffic and the "maddening crowd", quieter, more private and the beaches are less crowded. Pet Friendly: Dogs only/No smoking. See <http://vrbo.com/177837>

Cabo San Lucas Presidential Suite sleeps 6-8. Feb 22-Mar 1' 09. Spectacular 5-star Pueblo Bonito Sunset Beach Resort, Mexico. \$3,150/week. Huge terrace fronts all rooms w/ 180 degree view of Pacific Ocean sunsets, whales & beach. 5 pools in the resort have swim-up bars & hot tubs. Numerous delightful resort amenities plus arrangements can be made for deep sea fishing, diving, snorkeling, jet skiing, parasailing, golfing on the many famous golf courses, hiking, mountain biking, etc. Contact Jeff Hanson/Phil Rider for pictures. 301-469-0231.



New Carderock Springs Elementary School, coming 2010

Recommended and For Sale

RECOMMENDED

Cathy Mumaw (office: 301-802-1286, home: 301-515-7232) has a great team of cleaners (C&J Best Cleaning Co.) who blitz through the home cleaning and do an excellent job for a very reasonable fee. They are dependable, honest, and efficient. They use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.

JennysDesignBuild, a full-scale design-build company w/nearly 30 years in the building/remodeling industry. They've kept the business small so they can continue to offer personal, small-town service to their clients. They listen carefully to clients' wishes and plans, rather than pushing their own ideas or tastes. Their subcontractors have been working with them for many years, are under their strict supervision, and are also fully licensed and insured. Contact Jennifer Bennington/MHIC lic. #96200 at 301-580-7195; jenny@jennysdesignbuild.com; www.jennysdesignbuild.com . Recommended by Barbara Feuer/Maarten Rietveld, 301-365-0113. or Jill Kahn/jilldesign @ 301-928-9550.

Young Guatemalan will help with any and all fall chores, e.g. mowing, raking/bagging leaves, planting/transplanting, path construction, drain repair, garage cleaning, or any other kind of heavy work on a reasonable hourly basis. Recommended by Ray 301-469-0192.

Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net

FOR SALE

Order your 22 inch double-sided balsam fir evergreen holiday wreath and support 100 rowers on Walt Whitman's crew team (WhitmanCrew.org).



- waterproof red velvet bow (\$20) or
- waterproof red velvet bow, pine cones, and berry decorations in a mailable box (\$29)

A Carderock rower will personally deliver your wreath to you the first week of December. Make checks payable to Walt Whitman Crew Boosters. Order by Fri Nov 14 from any of the following rowers:

Emily Acker 8213 Hamilt n Spg Ct 301 365 2532

Jack Crissy 8208 Lilly Stone 301 365 7980

Emily Deyo 8216 Lilly Stone 301 365 1247

Ben Hughes 8400 Fenway Rd 301 469 4803

Owen Knight 8004 Hamilt n Spg Rd 301 229 2336

Eliza Orrick 8212 Fenway Rd 301 365 6253

Adrienne Remijan 8613 Fenway Rd 301 365 1725

Fred Schott 8105 Lilly Stone 301 767 0322

Aaron Weiss 8021 Park Overlook 301 469 0655



If you're planning on buying a live wreath anyway, support the Walt Whitman Crew team!

Go ahead, pick up the phone right now while you're thinking of it. Thanks!

CLUB BOARD OF DIRECTORS, 2007 - 2008

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301-365-3675
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	301-365-0190
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

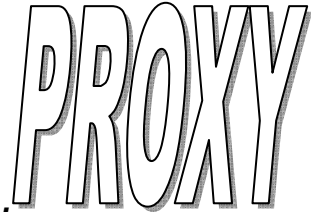
CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Meris Sparrow	301 767 9473	carderockclubmembership1@verizon.net
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@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	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net	
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 221 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com.



...if you can't make it to the November 10 Annual Club meeting...

PROXY STATEMENT

CARDEROCK SPRINGS SWIMMING CLUB, INC.

NOVEMBER 10, 2008 ANNUAL 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 Annual Meeting of the Corporation to be held on November 10, 2008, 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 Proxy has FULL DISCRETION as to the voting of my Membership Interest at the meeting.

Date: _____

(Member's Signature)

Your Membership #: _____

(Print Member's Name)

Your assigned Proxy may bring this paper to the 11/10/08 meeting or you may personally deliver it to either Club Board Secretary Marie Caulfield or Club Manager Larry Ondrejko prior to the day of the meeting.

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

The Citizens' 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 the Citizens' Association website, 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. Next meeting is November 5.



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