



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

October 2008 CALENDAR

Oct 1 Wed 7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Oct 9 Th 11:30 am	Men's lunch at Normandie Farm
Oct 12 Sun 6-9 pm	CS <u>Citizen Association Annual Meeting</u> at the Clubhouse
Oct 16 Th 11:30 am	Women of Carderock lunch
Oct 19 Sun 2-4 pm	Fall Fun Fest at the Clubhouse

Looking ahead - Save the Dates!

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

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

- *Tennis Registration*
- *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.

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

HAIL AND FAREWELL

Long time resident Jean Kunz sold her home at 8017 Fenway to former resident Karen Eason Roman, husband Shawn and children Shelby and Cole. Karen's mother Anne is enjoying having Karen and her family in Carderock! Jean is now living in a residential assisted living facility at 6505 Stoneham Rd, near Democracy and Old Georgetown Rd . She can be reached at 301-530-8480.

Annual Fall Fun Fest at the Club

Sunday Oct 19, 2-4 pm



Extreme Air Bungee Jumper (fun for all ages!)



Moonbounce



pony rides



face painting



pumpkin decorating



baked yummys and drinks!



Many thanks to Caroline Barbeau, Alison Ewing and others associated with the Club's Children's Activities Committee. This group sponsors kid events throughout the year including movie nights, holiday parties, Spring Egg Hunt, pool games, and more!



TRICK OR TREAT FOR UNICEF, the original "Kids helping Kids" -

Make a difference! Have your children ages 4-18 years old make a poster titled UNICEF at Work.....then bring the posters to the Carderock Fall Fest, Oct. 19th.

We will display all of them and pick 3 winners (by age groups)

Our judges are some of our very own Carderock neighbors/artists.

Prizes: TOP SECRET

On Oct. 31st, Halloween Day, encourage our children (teens too) to pick up the little orange boxes at the Club. Everyone who gets the box will also receive the now famous Glow in the Dark necklace.

Our children will not only Trick or Treat for candy, but will also collect money to help children all over the World. Please start collecting extra change and dollars (check accepted too) to make this year's Halloween even more special! More info: www.unicefusa.org/trickortreat . If you would like to help or have any questions, call 301-365-0037

Croydon CREEP

Friday, Oct 24 6-8 pm

Join your creepy, crawly friends for an evening of frightful fun at "Croydon CREEP" on Friday, October 24 from 6-8 pm. Games, hands-on activities, live animal interpretation and a spooky nature hike. All ages are welcome; no reservations required. \$1 per person at the door; children under 2 free. Thanks to Carderock's Elaine Honig for passing this info along! Croydon Creek Nature Center, 852 Avery Rd (part of Rockville Civic Center off Baltimore Rd). 240-314-8770.



Adult Tennis Program - Fall

(registration form at end of this newsletter)



Players must register at least one day before class is held!

Ladies Team Practice:

Exclusively for members who are on the club tennis team. Team practice will include live ball drills, doubles strategy, and overall play to help improve performance in matches. Each practice will include a 15 minute warm-up, 45 minute specialized live ball drilling, and an hour of match play.

Players must sign up at least one day in advance for class to be held. Register by email or phone

Cardio Tennis:

Get your workout in for the day while playing the game you love. Clinic will be fast paced and fun. It will include a series of drills designed to get your heart pumping, while improving your tennis game at the same time!

Players must sign up at least one day in advance for class to be held. Register by email or phone

Stroke of the Week:

Clinic designed to focus on a particular stroke for that week. In depth technical instruction will be given for the particular stroke. Great way to fix or develop a specific stroke that may need help!

Players must sign up at least one day in advance for class to be held. Register by email or phone

Doubles Clinic:

A great clinic to learn or increase your knowledge in the game of doubles! Drills will be specifically designed for doubles. Clinic will include Warm-Up, Drills, and Doubles Play! Register by email or phone**

After Work, Workout (Advanced Intermediate/ Advanced):

Clinic designed for the working player. Clinics will include fast paced drilling for first 30 minutes, followed by doubles for 30 minutes. Excellent class for advanced players to receive a workout, as well as receive solid competition.

Players must sign up at least one day in advance for class to be held. Register by email or phone

Early Bird:

Great way to start your day! Clinic will consist of a 30 minute warm-up, 30 minutes of fed drills, and 30 minutes of match play. Hope to see you bright and early!

Players must sign up at least one day in advance for class to be held. Register by email or phone

Program	Days & Times	Semester	Cost
<u>Ladies Team Practice</u>	Th & F 9-11am	TBA	4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	M 7-8pm	9/8- 11/1	**check member rates for cost**
<u>Stroke of the Week</u>	F 11-12pm	9/8- 11/1	**check member rates for cost**
<u>Doubles Clinic</u>	Tu 9-1030am	9/8-11/1	**check member rates for cost**
<u>After Work, Workout</u>	W 7-8pm	9/8- 11/1	**check member rates for cost**
<u>Early Bird</u>	Tu & Th 7-830am	9/8- 11/1	**check member rates for cost**



Junior Tennis Program - Fall



(registration form at end of this newsletter)

I am very excited to announce the following junior programs for the Fall Session here at Carderock Springs. As a tennis professional I have worked extensively with juniors of all levels and age groups, which range from beginners to national and collegiate players. I am confident that the junior programs listed below will not only increase each player's skill level, but also their confidence and fitness levels.

Tournament Training (Advanced Clinic):

This clinic is designed for the tournament player. Each clinic will include a warm-up, specialized drilling (live-ball), match play, and intense fitness. My method of conducting the Tournament Training Program has led to many juniors becoming highly ranked in both the section and the nation. Juniors must be actively participating in Mid-Atlantic Tournaments in order to join.

Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players whose goal is to become a tournament player, or a more serious player. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	M & W 330- 530pm Sat 11-1pm	9/8- 11/1	Full 8 weeks(3 days/wk)(48hrs) Full 8 weeks(2 days/wk)(32hrs) Full 8 weeks(1day/wk) (16hrs) Drop-In (2hrs)	\$580 \$480 \$300 \$45
<u>Players on the Rise</u>	M,W,F 530-7pm	9/8- 11/1	Full 8 weeks (3 days/wk) (36hrs) Full 8 weeks (2 days/wk) (24hrs) Full 8 weeks (1 day/wk) (12hrs) Drop-In (1.5hrs)	\$435 \$360 \$220 \$35
<u>Up and Comers</u>	F 4-5pm Sat 10-11am	9/8- 11/1	Full 8 weeks (2 days/wk) (16hrs) Full 8 weeks (1 day/wk) (8hrs) Drop-In (1hr)	\$200 \$120 \$22
<u>Tiny-Tots</u>	F 5-530pm Sat 1-130pm	9/8- 11/1	Full 8 weeks (2 days/wk) (8hrs) Full 8 weeks (1 day/wk) (4hrs) Drop-In (.5hr)	\$100 \$65 \$11

Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

Make-ups for missed classes can be done on any day a clinic is scheduled. Make-ups for inclement weather can be done by attending another day's class. If signed up for full semester then make-ups will be available the week of 11/4. See you on the courts!

Movement Classes

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 .

MAGGIE'S ADULT YOGA CLASSES AT THE CLUBHOUSE

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

Evening classes throughout the week are also offered at the Potomac Tennis Club, 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 CLASSES AT THE CLUBHOUSE

DANCE :

- Monday 5 - 6 PM (Starts October 6 - four weeks, \$60, ages 8 to teen)

A class of funky modern dance and hip hop moves. Class begins with a warm-up followed by exercises across the floor and a final combination where dancers get the chance to perform for each other. Music and dance are our major motivations and working out our second. Taught by Sylvana Santoz, formerly the Holton Arms Dance Director.

SHAOLIN KUNG FU:

- Wednesday 5:30 - 6:30 PM, (Starts October 8 - four weeks, \$60, ages 10 to teen)

Kung Fu is a traditional Chinese martial art form that uses different stances, punches, kicks and meditative techniques to assist the student in becoming stronger physically, while gaining peace of mind, self discipline, respect and release of stress. Fundi (Teacher) John Weeks has been practicing and teaching Shaolin Kung Fu and Tai Chi for over 20 years. This past summer he taught at the Summer Fun program at Carderock.

KID/TEEN YOGA:

- Wednesday 4:30 - 5:30 PM (Ongoing, ages 6-11, \$15/class)
- Thursday 5-6 PM (Ongoing, ages 12-17, \$15/class)

These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. The objective is to make young people aware of the importance of a healthy lifestyle, including diet, exercise, rest and coping with the challenges of life -- learning for a lifetime of good health. Taught by Maggie Wong. For more information call or email Maggie Wong at 301-365-2424, maggie@yogaplus.com, www.yogaplus.com.

CARDEROCK SENIOR MEN'S GROUP LUNCH

Oct 9, Thursday noon

The next Carderock Senior Men's lunch will be on October 9 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

Oct 16, Thursday 11:30 am

A trip to Washington Harbor for lunch is planned for the October meeting, weather permitting. We will meet at the Club House to car pool. Please RSVP to Marilyn Mayerfeld at 301-469-6004.

At the September meeting, hosted by Ann Doyle, Jean Gal gave us an update on the presentation by Margit Meissner of the Intergenerational Initiative at the CS council meeting. Theres Kellerman suggested the WOC initiate a "round robin" type network among WOC members. She will update the WOC call list and distribute copies to all members with details of the initiative. New members are always welcome to join.

A WIDER CIRCLE FUNDRAISER

Nov 2, Sunday 3-6 pm

A Wider Circle will be holding their annual fundraiser on Sunday, November 2nd, from 3-6pm at the Bindeman Center (11810 Fall Road, in Potomac, corner of Falls and Tuckerman). It is a family event with catered food, a moon bounce, wii on the big screen, golf swing analysis, a silent auction, music and other children's activities. Tickets are \$25 for adults; children under 16 are free! Please contact AWC at 301-657-1010 for tickets. Call Anne Thompson 301-461-1332 with questions. For more information about A Wider Circle, go to www.awidercircle.org; see how we are fighting to end poverty in our area.

Another Carderock Certified Wildlife Habitat

The Carderock Springs yard of Susan Burkhalter and Curtis Shively is now recognized as an official "Certified Wildlife Habitat" by the National Wildlife Federation. A NWF press release indicates that "To become certified, a property must provide the four basic elements that all wildlife need: food, water, cover and places to raise young; and must employ sustainable gardening practices." More information about gardening for wildlife is available at www.nwf.org/habitat or by calling 1-800-822-9919. It's easy to register your land!

Wanted, Help Wanted. and House Cleaning Services Available

KID CHESS PLAYERS WANTED

Kid Chess Club meets Wednesday, 5-6 pm, at River Falls Clubhouse. Most participants are 2nd to 5th graders. \$100 for 10 weeks. Contact Dominique 301-580-0934.

HELP WANTED

Two Carderock families are looking for a person—male, female, young, older, nanny, au pair—to come and look after an independent elderly person for several hours one or two days a week. Without a responsible person in the house, younger family members feel uneasy leaving the older man/woman alone. Both families are flexible as to language, time and amount of hours. Pay is \$15 per hour. Please call 301-469-6740.

Office Assistant Needed. Part-time work in a home-based office off Seven Locks Road in Bethesda. Requirements: excellent English grammar and telephone manner, basic office skills, basic computer skills (Word and Excel). Tasks included receiving, processing, selecting and mailing children's books to reviewers. Other duties based on applicant's skills which can range from editing to basic web page maintenance. Must be self motivated. Hours are flexible -- 15 to 20 per week, no benefits. Call 301 469 2070 or e-mail resumes to marilyn@childrenslit.com .

HOUSE CLEANING SERVICES AVAILABLE

- Yvanne 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.

Free and For Sale

FREE

Fisher Price Power Wheels Kawasaki style motorcycle, designed for 3 - 5 year olds. The motorcycle is powered by a battery, makes "real motorcycle sounds," and is big enough to ride at a maximum speed of about 5 MPH. For years, this mini-motorcycle was the hit of our cul-de-sac, but my kids have outgrown it, and would be happy to pass it along to a new generation of bikers. If interested, email sarabhatia@aol.com

FOR SALE

Fisher-Price Infant-to-Toddler Rocker with calming vibrations unit operation. Excellent condition. Price: \$20. Contact: Cecile, 301-469-9174

Gourmet All-Clad Stainless Fish Poacher 18" x 7" x 4". Excellent condition. Price: \$50. Contact: Cecile, 301-469-9174

Joovy Caboose Stand-On Tandem Stroller. Excellent condition. Price: \$70. Contact: Cecile, 301-469-9174

White Kitchen Aid built-In Dishwasher. Energy Star. Whisper quiet sound insulation system. Removable culinary tool track. Instruction guide available. Excellent condition. Price: \$350. Contact: Cecile, 301- 469-9174.

US Kids Set of Right Handed Golf Clubs: Standing Bag, Driver, 3 Wood, 6, 8, PW, SW, Putter. Perfect Child's Height 49" - 53". Includes Size 3 Adidas Golf Shoes. \$200 OBO. Call Dave @ 240 - 876 3609

Got a teenage son snowboarder? Get a bargain on high quality gear. My son outgrew his snowboard gear way too quickly so it's all in excellent condition: Burton Dominant 150 Slick snowboard (2006); Burton Missions bindings (2006, large); Forum Youngblood boots, mens size 10.5; Burton khaki and blue snowboard jacket, youth XL; Burton grey snowboard pants, youth L. Approx value: \$750+. Prefer to sell as a package. \$400 or best offer. Contact Susan Cohen at sac8204@verizon. or 301-767-1872

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, Seawitch Halloween 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.

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.

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>

Rehoboth Beach House Rental with swimming pool. A 2 year old townhouse, 5 bedrooms, 4 1/2 baths, fully furnished 3 blocks to beach. 2 master and 4 additional twin beds make it ideal for up to 8 people (families only please). 2 decks, garage and 2 additional parking places. Amenities include fully equipped kitchen, central air, microwave, washer-dryer, cable TV and DVD. No pets or smoking please. Weekdays and weekends are available in September and October, which is the best season at the beach. Email art@yogaplust.com or call 301-365-6237 for pictures and more information.

Services Available

Flowers, flowers, flowers! 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 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. Get ready for adverse weather. We'll come by and check your roof, gutters and downspouts, especially near flashings around skylights and chimneys, without obligation. If they need cleaning we do any standard house in Carderock for \$85 and a bit more if there is an extension and more areas to clean. Please call Dan at 240-688-8179 or email dabruistle@gmail.com.

Recommended

Calibrate your HDTV. Once you get your HDTV home, the colors, contrast and picture may not look as good as they did in the store. The TV should be adjusted to fit its new environment and the strength of the signal. Equipment attached to the TV (such as DVD players) also affect the picture. Ron Stevenson uses a computer and software to professionally calibrate HDTVs. \$175 for one HDTV, and an \$150 for additional TVs in the same house. Call Ron 240 246-0535. Recommended by Arthur Bruestle.

No Ohana Jewelry, a family-run jewelry store. Years of experience in wholesale and retail, expert advice, fashion sense., good prices. Excellent selection of fine jewelry including Tahitian and pearls. Top quality jewelry repairs. Loren (owner) 301-881-0141. 12268C Rockville Pike. Highly recommended by Jane 469-0750.

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.

Have a recommendation? Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net



New Carderock Springs Elementary School, coming 2010

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 218 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com.



**TENNIS PROGRAM REGISTRATION FORM
Fall 2008**

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W/Cell) _____

If a minor:

Parent's Names: _____

Email Address: _____

Programs: Days & Time:

Total Amount Enclosed: \$ _____ (*Please do not send cash in the mail*)

Make checks payable to:
Nitin Deodhar
8820 Ridge Dr.
Bethesda, MD 20817

◦ FOR PRIVATE & SEMI-PRIVATE INSTRUCTION CALL 301-365-1541 ◦

Thank you for your early registration!



...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 October 1.



Dog Swim 2008: Dozens of dogs got the last glorious swim at the pool before it closed in mid-September!



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Bethesda, MD 20817