



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

December 2009 CALENDAR

November 30 Mon 8 pm Annual Swim and Tennis Club Election Meeting ← !!!

Dec 2 Wed 7:30 pm Architectural Review Committee monthly meeting at Club
Dec 5 Green Workshop - Tax Credits

Dec 10 Th 11:30 am Men's lunch at Normandie Farm
Dec 13 Sun 3-5 pm Annual Children's Holiday Party at the Club
Dec 17 Th 12:00 pm Women of Carderock lunch at Hunter's Inn

Looking ahead, save the date:

Jan 31 Deadline to order Carderock Elementary Engraved Brick

Forms in this newsletter:

- PROXY for your club election vote
if you can't come to Nov 30 meeting
- CSES BRICK ENGRAVING order form,
a fundraiser to support the new Carderock Springs Elementary School

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

November Annual Election Meeting of Club & Welcome

The annual Election Meeting will be Monday, Nov 30, 8 pm at the clubhouse. The following volunteers are willing to serve on the 2010 Board of Directors of the Swim and Tennis club:

Suzette Goldstein as President,
Mike Nannes as Vice President,
Marie Caulfield as Secretary,
Robyn Nietert as Swim/Dive Chair, and

Mon, Nov 30, 8 pm!

new members:

Edward Bird as Treasurer,
Jen DeMarinis as Children/Social Activities Chair,
Ray Sobrino as Building and Long Range Planning Chair and
Alison Ewing as Membership Chair
Colette Worley as Tennis Chair

Ray and Alison will be returning to the Board after service a few years ago. We all thank Scott Spear, Seung-kyung Kim, Caroline Barbeau, Paul Barton and Meris Sparrow for their years of service as they step down at the end of the year.

If there are no other volunteers, these candidates will be presented for vote at the November Annual Meeting. If you are unable to attend the meeting, please complete a Proxy Statement, which is on the last page of this newsletter and also online at CarderockClub.org.

This notice is issued pursuant to Article 4, Section 3 of the Constitution and By-Laws of the Carderock Springs Swimming Club, Inc.

LEAF REMINDER



Alas, there is **NO LEAF COLLECTION** in Carderock. Other parts of the county may have it, but not us.

Alternatives:

- Mulch leaves into your grass with a lawnmower, or
- Compost leaves in a back corner of your yard, or
- Pay for someone to remove them.



The county's not taking leaves left in piles by the street.

Annual Children's Holiday Party at the Club

Sunday December 13, 2009

3pm-5pm



Entertainment and Snacks will be provided.

UNICEF RESULTS

We did it! UNICEF Collection doubled from last year to \$ 1,151 --- and that's triple from 2007. A big THANK YOU to all the Trick or Treaters, Parents and Volunteers.....



Our winners are:

Samantha Tave, Shelby Roman, Carolina Nogera, Spencer Levy, Daniel Hamilton, Sebi Smurthwaite, Nico Smurthwaite, Daniel Bronfman, Daniel Molina, Taylor Beers, Jamie Beers, Alyssa Tave, Josie Whalen

Special thanks to Pablo Ramirez, Daniel Hamilton, Skye Hamilton, Fernando Valseca, Josy Whalen and Beenie Smurthwaite. Also a big thanks to teen volunteers: Eliza Orrick, Sylvia Deyo and Claire Crissy.

This was fun and next year will be even better! Carderock Adult Volunteers for UNICEF: Cheryl, Anja, Barbara, Dawn, Gloria, Elise, Sandra, Patricia, Jayne, Mira, Ela, Theres and Phil



Unicef Halloween at the Clubhouse !

Tennis

I would like to thank everyone for their participation at Carderock this season. I enjoyed my second season tremendously and have made some changes to the program (especially the adult groups) to make the 2010 season even better!

The junior programs continued to grow: there were over 125 juniors enrolled throughout the year. The growth has led to an addition of a new junior clinic for the 2010 season! The group will be called "Elite" and it will be for all players who are currently ranked in the USTA and/or on their respective high school teams. Some students will remain in the tournament group and will be joined by players who excelled in the Players on the Rise group. The Hierarchy will be as follows; Elite, Tournament Training, Players on the Rise, Up and Comers, and Tiny Tots. There will be a description for each clinic and standards needed to participate in January on the website. If you are still uncertain you may always email me. Another addition to the junior program will be a "Junior Team Pass" during the summer months. The Junior Team Pass is for the Elite, Tournament Training, and Players on the Rise Groups. The Pass will include 6 weeks of clinic (90 hours of on court instruction for the Elite Group and 48 hours for Tournament Training and Players on the Rise Groups), 4 Interclub Matches, a season ending Interclub Tournament, One Free Private Lesson, Dry Fit Team shirt, and season ending Junior Team Party/Banquet where awards and prizes are distributed. The cost of the Junior Team Pass will be \$750 for the Elite group and \$400 for the Tournament Training and Players on the Rise Groups. That is less than \$8.50 an hour for clinic instruction not to mention the matches, lesson, shirt, and Banquet.

This year was the inaugural year for a new ladies team, our C-2 Team. Led by Lori Santos, the team did well in its first season. Players are always needed as this team is new. If interested please email me. We also had a great season for our ladies B-4 team who won the C division last year and moved up! They held strong in their first season on the B level, and will compete again on that level in the spring.

In the 2010 season I will also be providing numerous adult programs. In order to continue a strong junior program and begin new adult programs, help will be needed. I have hired a well known pro in the area Simon Harrington. Simon has worked as a pro at McLean Racquet Club, and was the Head Pro at Tuckahoe Club in McLean. He is a certified USPTA professional and will bring a wealth of knowledge and energy to the adult programs. The adult programs that will be made available in 2010 include; Men's Early Bird, Stroke of the Week Clinic, Cardio Tennis, Afternoon Beginner Clinic, Wednesday Night Drill & Play, as well as the ladies teams practices. The sign-up process for these groups will also change. Upon my arrival at Carderock I inherited adult programs with a weekly sign up sheet process for groups. Each week a different number of people come, which changes prices and sometimes cancels clinics. I do not believe this is fair. Just like the junior programs, pre-registration should be done for the programs. This means signing up for the season ahead of time. This enables the pros and the players to not have to wonder whether the clinic will take place each week or have to figure out different costs each week because a different number of people come. Program information and costs will be posted on the website by January.

It is also my intention to try to bring a Men's Team back to Carderock! If interested please email me. If enough interest is generated I will begin the process of finding a league to join. It would be great to see a Men's Team back at Carderock competing!

Also email me for winter program information. I look forward to seeing everyone on the courts in 2010!

Thanks, Nitin Deodhar CarderockTennis@verizon.net

Carderock Springs Elementary School Education Foundation

UPDATE ON OUR NEW ECO-FRIENDLY SCHOOL!

As I am sure many of you have noticed as you walk or drive through the neighborhood, terrific progress is being made on Carderock Springs Elementary School's new building which is slated to open for the school year 2010-11. The roofing is nearly complete, installation of windows is beginning, trusses in the gym and multi-purpose room have been set, and topsoil and seed have been spread on a portion of the play fields on the north end of the site. The "substantial completion date" for our new school is July 7, 2010.

We hope that you are as excited for the opening of the new school as we are, as it is shaping up to be a wonderful resource for our children and our neighborhood - with new school fields, a science lab classroom, a large gymnasium, playground equipment, an amphitheater, and a beautiful habitat garden for the whole neighborhood to enjoy. In addition, we should all be proud of the fact that the school has been built with a focus on being environmentally-friendly - including a cutting-edge geothermal heating system, incorporating natural light whenever possible, using local and recycled materials, and other "green" design ideas. The school is hoping to obtain LEED silver certification upon completion of the construction.

The Carderock Springs Elementary School Educational Foundation, with generous support from parents and the community, has played an important role in raising money to fund, and advocating for, the substantial renovation upgrades. In addition to new school improvements, the Foundation also funds essential annual programs, such as the technology program which provides specialized individual computer instruction to all the children in a fully equipped computer lab. The Foundation was started by Carderock parents in 2001 to assist the school and to help offset tough budget constraints from Montgomery County.

Through the Foundation's efforts, many of the items on the original "wish" list - including a science lab classroom, smart boards, wireless internet, telephones in classrooms, a covered canopy from the bus loop to the school entrance, student storage cubbies and lockers, upgrades to the multi-purpose room and the gymnasium, and an upgraded front stair to the school - have been accomplished. Here are a few highlights of some of the additional items the Foundation has been able to fund and get approved:

Habitat Garden

The new habitat garden will feature seating as part of a retaining wall that can accommodate at least one classroom. Teachers will be able to use this space as an outdoor classroom to learn about plants and other science-related topics. A path of memorial bricks (more information below) will frame the garden.

Amphitheater

With the fairly steep slope behind the school, an amphitheater was a natural fit and a long-standing request from parents, teachers, and the community. The standard amphitheater that the school system

provides consists of railroad ties and mulch. The Foundation is paying for a long-lasting amphitheater made out of concrete, with alternating Carderock stone risers. The seating capacity should be quite large and will likely be able to seat 2 full grades. This is a solution to the grading of the hill and a resource for the entire community.

Upgraded Carderock School Sign

The upgraded school sign will be precast and faced in Carderock stone and will be viewable approaching the school from either direction. It will be lit but it will not have an electronic board attached to it.

Terrazzo Tile Lobby Flooring

Terrazzo tile flooring in the main level lobby area, as well as adding aesthetically to the school entrance, will add durability in a high-traffic area and will reduce long-term maintenance and replacement costs, freeing up future CSES school funds for educational purposes.

Stone Base Around Front Columns of School

The architect, Beery Rio, has designed columns outside the front of the school with Carderock stone bases.

There is still a tremendous need for additional upgrades, including items that will need to be purchased after the new school is completed. In particular, we are focusing on raising funds for the new fields, including field reseeding and leveling, upgraded playground equipment, and landscaping of the grounds, as well as additional resources for the computer lab and science class room. We welcome any ideas for how we can improve the school for the children and the neighborhood.

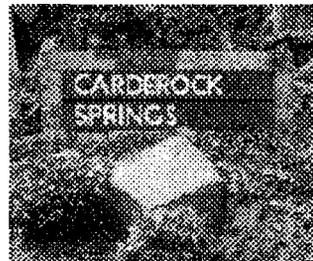
Upcoming Events

The PTA will sponsor a very special 'new school opening' event for all students, parents and staff members either immediately before or on the normally-scheduled "Open House" day which falls the day before the first day of school. Neighbors and alumni families will be invited.

There will be several fundraising efforts coming up, including a silent auction in the spring. In addition, we hope that you will consider purchasing a commemorative brick (or two or three) to help support the school and the Foundation's efforts. The current plan, subject to approval, is to use the bricks to create a memorial border around the Habitat Garden. A donation form follows, and the deadline is January 31, 2010. If you are not interested in purchasing a brick but would otherwise like to support the Foundation's efforts, you can find a general donation form at www.csesef.org. All donations are tax-deductible!

Thank you for all your generous support and for your patience during the construction phase. If you have any questions, please feel free to contact one of the Foundation Board members, including your Carderock neighbors Lisa Stevenson, Stephanie Angrick, and our brick coordinator extraordinaire, Karen (and Shelby) Roman.

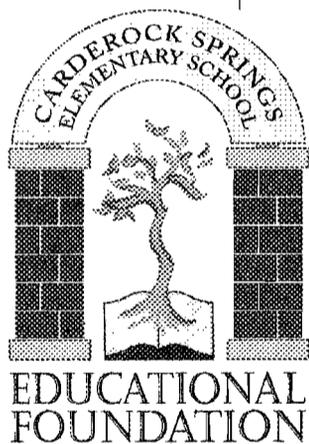
Dear Carderock neighbors
and alumni families,



My name is Shelby. I'm a Kindergartner at Carderock. I love it. My parents tell me that everything I'll ever need to know, I'll learn in Kindergarten. So, this is what I've learned so far:

- "Literacy Stations" are more fun than playdough.
- Principal Palmisano lives in the White House.
- When boys kiss you on the bus, it's gross.
- My Mom's 4th grade teacher Mrs. Veihmeyer still works at our school!
- The lunch room has chocolate milk.
- My teacher Ms. Noonan is nicer than my Mom, but not my Grandma.
- Our new school is going to be "green," I would have preferred rainbow colors.
- Every day I'll read my name engraved on a brick at my new school next year! - Shelby

My name is Karen Roman (Karen Eason, Carderock Class of '85)! I'm also known as Shelby's Mom or Anne Eason's daughter. Our new eco-friendly school will be a wonderful asset to the neighborhood. We invite you to help lay the foundation by purchasing a commemorative brick. Your personalized brick can honor a past, present, or future Carderock star or proud neighbor of our "Blue Ribbon School of Excellence." The engraved bricks will be used to create a border in the outdoor Habitat Garden, pending final approval. The money raised will support the students and faculty at CSES and its new building and grounds. Thanks! - Karen



Commemorative Brick Order Form (Deadline is 1/31/10)

- ___ 1 brick @ \$150
- ___ Additional bricks @ \$100 each when bought together

Name _____ Phone _____
Address _____
Email _____

Total enclosed: _____ Fill in reverse side for engraving info!

Make checks payable to CSES Educational Foundation
Send to: CSES Educational Foundation
9812 Falls Road, Box #114-209
Potomac, MD 20854

For questions: karenroman1@gmail.com, kimkuehl@verizon.net, or leannetill@hotmail.com
Check out the Foundation's website: www.csesef.org

Engraving Information for Commemorative Brick(s)

(Maximum of three lines with no more than 15 characters per line)

Brick #1 _____

Brick #2 _____

Brick #3 _____

Brick #4 _____

Thank you!!!

Holiday Events

HOLIDAY CRAFT SHOW

Clara Barton Community Center, 1-6 pm, Dec 6

Reasonably priced crafts for sale—jewelry, beads, Christmas items, wood crafts, prints, metalwork, ceramics, glass, oils, watercolors, fiber arts, photography, stationery, books ... and more. So stop in and enjoy meeting creative people in our community. Light refreshments will be available for a modest fee. 7425 MacArthur Boulevard (at 75th Street) in Cabin John, 301-229-0010. Admission Free.

ART EXHIBIT

Arts Barn, Dec 1 through Jan 4

Carderock Springs resident Phil Brown has a small exhibition of his turned wood vessels at the Arts Barn at 311 Kent Square Road in Gaithersburg through January 4th, with a reception on December 1 from 7-8:30 p.m. The Arts Barn is open Wed. through Fri. 10 a.m. - 5 p.m. Sat. and Sun. 10 a.m.- 2 p.m., closed Mon. and Tues. Brown's bowls are in the permanent collections of the Renwick Gallery of the Smithsonian American Art Museum, the Gelman Library at George Washington University, the Wood Turning Center in Philadelphia, and in hundreds of private collections. www.gaithersburgmd.gov/artsbarn

GREEN/RECYCLING NEWS

10 am, Sat Dec 5

www.BethesdaGreen.org is sponsoring the 4th in a series of interactive workshops to learn, discuss and practice concrete, practical steps for saving energy in your home from certified experts in the field. A limited number of FREE spaces are available, so RSVP now to greenerliving@bethesdagreen.org for this workshop: Saturday, Dec 5th, 10 - 11:30 AM - Tax Credits and Financing Options
Held at Bethesda Green, 4825 Cordell Ave., Suite 200, Bethesda, at the corner of Cordell and Woodmont Avenues, above the Chevy Chase Bank branch.

HOLIDAY GIFT MAKING CLASSES



Back by popular demand, gift making classes at The Kids Studio here in Carderock! The Kids Studio is a private art studio located in the home of Carderock resident and parent Kristina Valencia at 8324 Still Spring Ct. Young artists, ages 5-12, will be able to hand make their own gifts for the holiday season (non-denominational).

Classes- December 2, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18

Cost- \$30/class supplies and gift wrapping included (and delivery if necessary)

Time- 4:00-5:45 pm (I have snacks)

Call to register today- classes fill very quickly!!!! kristina_valencia@yahoo.com or (301)767-9738

HERMON PRESBYTERIAN CHURCH

7 pm Sunday Dec 20

The local church invites you to join voices to celebrate the Christmas season with an evening of Lessons and Carols. Additional Christmas services are:

Thursday Dec 24, 5 pm Children's Service and
10 pm Christmas Eve Service



Classes and Social Groups

HIP HOP FOR GIRLS AGES 8 TO 10 YEARS OLD at the Clubhouse

Mondays 4:30 - 5:30 pm, 10/26 - 11/23. 4 weeks, 12 student limit. \$59 includes make-ups for your missed classes (within 6 weeks of purchase) and password protected videos of your kids emailed to you. Also check out my Adult Hip Hop and Bellydance classes at a different location near Friendship Heights metro (ages 18 and over). Sign up online at <http://www.AminaDance.com>

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Clubhouse

Improve body strength, flexibility and balance while firming all major muscle groups.

- Mondays and Wednesdays, 9 to 10 am (an additional $\frac{1}{2}$ hour of stretching is offered)
- Fee is \$10 per class; \$2 for an additional $\frac{1}{2}$ hour of stretching
- Drop-ins welcome - Fee is \$15 per class

This class is designed to tone muscle, strengthen bones & core using free weights and exercise. It includes a body warm-up, strength training, abdominal work, and a cool down stretch. Bring a mat/towel and light hand weights (some available at Clubhouse). Tanya has certifications as a Lifestyle Fitness Coach, ACE Personal Trainer and in CPR/AED. For more information please contact Tanya Neider at (301) 365-2338, tjneider@juno.com

MAGGIE WONG'S YOGA at the Clubhouse and in Potomac

Maggie Wong offers yoga classes:

- Tues & Thurs morning at the Club, 9 to 10:30 am
- Tues and Thurs evening at Potomac Methodist Church, 7:30 to 8:45 pm

It's her twelfth year teaching at Carderock!

Email Maggie@yogaplus.com or visit www.yogaplus.com for details about these classes.

CARDEROCK SENIOR MEN'S GROUP LUNCH

Dec 10, Thursday 11:30

The next Carderock Senior Men's lunch will be on December 10 at Normandie Farm.

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

If interested call Seth Tuttle at 301-365-1277 or e-mail sltuttle2@verizon.net

WOMEN OF CARDEROCK

Dec 17, Thursday noon

The December meeting of the Women of Carderock will be a luncheon at Hunter's Inn, 10123 River Road at 12:00noon. Newcomers are always welcome. PLEASE CALL MARILYN MAYERFELD AS SOON AS POSSIBLE to let her know if you will attend as she will need to make reservations. Her phone # is 301-469-6004 and her email is mayerfeldme@verizon.net.

Free, For Sale and Recommended

FREE

Nordic Cross Country Ski Exerciser. Very low mileage (unfortunately) and in excellent shape. Call 301-365-3485.

FOR SALE

Help a neighbor clear out what they consider to be a cluttered house! Wooden wine rack ... a very unusual design, holds about a dozen bottles, \$5. Electric wine cooler, black with glass door, holds two dozen wine bottles, good condition \$30. Glass punch bowl set with cups, ladel, and hooks nearly new, \$7. Snowy Christmas Village, miniature houses with space for electric lights, includes over a dozen houses, \$15. Stained glass panels, floral designs, 11" x 16", ready to hang, \$55. Camera, Nikon 35 mm (not digital) with 50 mm Nikon lens, 50-70 Quataray zoom lens, and vivitar auto thyristor 550 fd flash, \$35. Rollerblades and protective gear, men's size 10-11, \$10. Sports equipment storage rack, sturdy metal, holds balls, bats, gloves, rackets and much more, very good condition \$15. Oboe --- see photo! → Selmer 101, includes very nice reed case for 12 reeds and some oboe accessories, \$1300. Call 301-469-0432.



RECOMMENDED

Ryan Robbins Remodeling. Large and small projects with a specialty of those unique, problem solving jobs that require custom thinking, skilled application and often-times, budget-conscious considerations. Ryan's workmanship surpasses most of what is ordinarily available as he listens intently to his customers needs and transforms ideas into beautifully-designed results. Ryan also never passes up an opportunity to thrill customers with the completion a "Hon-e-DO List" of smaller, handyman-type items. He is based in the Carderock Springs neighborhood. Call or email Ryan for more information or stop by to see the beautiful balcony he recently built @ 7702 Hamilton Spring Road. Highly recommended by your neighbor Karen Williams.

Attorney Chris Allen (301-670-0300) at Allen & Blackford, Inc., Gaithersburg, is knowledgeable, responsive, and very reasonably priced. Prepares wills, trusts, and other legal documents. Resolves traffic and misdemeanor offenses, as well as other legal issues over the past 25 years. Highly recommended by Jane Roth.

Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net and they'll go in this newsletter and in John's online list at www.Carderock.info

House Cleaning Services Available

- Our housekeeper/childcare provider has Wednesday mornings available. Mile can either come alone or with help for a larger cleaning job. Enthusiastic, hard-working, has own transportation, speaks English, and has great references. Please contact Mile directly (240-462-5453) or Lois Kramer (301-758-8088) or loiskramer@msn.com.
- Maria, a wonderful, pleasant, reliable housekeeper with her own transportation and who has worked for me over 20 years. She has every other Saturday available and I know you won't regret hiring her. Call Muriel Ebitz 301-365-7756
- 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 reasonable fee. Dependable, honest, and efficient. Use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.
- 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.
- Housekeeper now available M-F (morning or afternoon) to do: cleaning, laundry/ironing, run local errands, cooking, organizing, pet care, etc. Good work and good references (experienced in Bethesda and Potomac areas, currently working for 3 Carderock families), own car. Please call Nan 240 423 6314 or leave a message.
- 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

Stressed at the thought of entertaining over the holidays? For event recommendations, guidance, planning contact local resident Lyn Stout. I have worked on the local level at the Carderock Clubhouse and at most venues in the Washington DC area during my 16 year career. My company Brightline productions can help with more complex projects, like personal or corporate videos (take a trip this year and want to create a short video or book to give as a gift?), webphone applications for your business, sophisticated graphic presentations or full scale live event production. Clients have included local Carderock residents and corporations Polo, Tesla Motors, Rockband - The Beatles, the Roosevelt Foundation and the Social Security Administration. Call 301-767-0646 or visit my website at www.brightlineproductions.com - no job is too small!

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, Allegrettostudio@yahoo.com

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons and evenings. Telephone and e-mail support is also available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim Connolly at 202.841.0873.

Experienced pet sitter, house sitter, dog walker, and gardener. My name is Dylan Barbash. I have worked in Carderock before. I love animals, volunteer at the Humane Society, and am available during the holidays. My number is 301-928-9741

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. Currently available on Mondays and Wednesdays after school and would love to work with children in her neighborhood. Many references available. If you suspect that your child is having some difficulty in reading and would like help, please call 301 365 7530 or email cmglaessner@yahoo.com

Recent Cum Laude graduate from Vanderbilt University with degrees in Physics and Engineering Science is offering tutoring in any level of math and/or physics. \$40/hour, available most afternoons. Can come to your house, or meet you in a library, or you can come to his house. Call or e-mail Ryan Walter at (301) 801-7713, ryan.s.walter@gmail.com

Lawn Mowing, Reseeding, Leaf Raking, Snow Shoveling - all your yard and lawn care needs. Energetic high school senior. Dmitri Schill H: 301-469-4973 C: 240-274-2861

Gutter and Roof Cleaning. Thierry Callier, understudy, pal and successor to Dan and Eric, will be pleased to clean your roof and gutters this fall. The price for any standard house in Carderock is \$85, and a bit more if there is an extension and more gutters to clean. Please call or email Thierry: bigfrog002@yahoo.com, 240-644-3312.

Services Available, cont.

Exercise Physiologist: Stefi Huber offers Personal Training for all athletes from Novices to



Professionals. I specialize in customizing Fitness Programs based on your goals, your sport and your fitness level. Increase your lean muscle mass and boost your metabolism through Weightlifting, Strength Yoga, Toning and Flexibility exercises. Let me help you improve any existing injury through a series of exercises and specific and targeted stretching. I will also help you examine your diet and nutritional needs and pitfalls. I'll meet you at my gym in Carderock or at yours. Stefi 301-767-1057.

Coming Soon: *The Canal Challenge*. Learn Cardio and Stamina Techniques in Outdoor activities! Dogs will be Welcome. They need to be fit too!
Call for more info at 301-767-1057 or e-mail at stefihuber@aol.com

Is English Literature all Greek to you? Lisette Atiyeh (M.A., English Lit./Language) can teach you to read between the lines! Don't write yourself off! Lisette (arts/culture journalist) can help you with papers and essays, too! Contact lisetteatiyeh@gmail.com , 301-602-8817

Cristina Tono, 16 years old would like to offer her services for babysitting. She is a member of the Carderock community and lives on Hamilton Spring Rd. Cristy 301-469-5918 home or 240-688-0745 cell.

Whitman Junior available for pet sitting, walking dogs and taking care of cats and other animals. Experienced. I love animals. Please call Natasha at 301 469 4973

Please give a call to T.J. McPhaul for all your vacation needs. I am a responsible Pyle Middle School student with years of experience watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.) while you are away. 301-767-9747

Bayb sitter and Plant care-taker available: Shayna Barbash is a responsible Whitman Junior who has completed courses in Child Development and Safe Sitter programs. She is also available to water plants and has experience with working in the yard. Contact Shayna at barbashr@mail.nih.gov or 301-641-7595.

Experienced babysitter available on weekends and weeknights. Whitman sophomore Emily Deyo has flexible hours and really enjoys being with children. Completed a Child Development class focusing on ages 3 to 5. Contact emily.deyo@yahoo.com (preferred) or Cell: 301-335-9879, Home: 301-365-1247

Experienced babysitter available in Carderock on weekends. Red Cross Certified Babysitter, Whitman High School freshman, and Carderock resident. Local references upon request. Please contact Adrienne Remijan at 301 365-1725 or a.remijan1@gmail.com

Services Available, cont.

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy and not lonely while you're away. Please contact 7th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

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

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons & evenings. Telephone and e-mail support is also available. Contact support@dc-pc.com or call Jim Connolly at 202.841.0873.

Guitar and mandolin instruction for kids or adults by Carderock parent Mike Rychlik. Electric and acoustic guitar and mandolin lessons in a broad range of genres such as Bluegrass, Jazz, Blues, Old Time, Country and Rock. Mike also offers fretted instrument repair and instrument set-up and can assist in the procurement of a suitable beginner instrument. Call 301-365-8022 or email rychliks@gmail.com

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

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	www.CarderockClub.org	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	
Overview of CSSC & CSCA	www.Carderock.info	
OTHER/neighbors		CS-Chat@yahoogroups.com

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- 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 274 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

CLUB BOARD OF DIRECTORS, 2008 - 2009 (new officers after Nov 30 election, see front page)

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Scott Spear	301 365 2643
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

PROXY STATEMENT

CARDEROCK SPRINGS SWIMMING CLUB, INC.

NOVEMBER 30, 2009 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 30, 2009, 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 11/30/09 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 December 2.

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