



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

## November 2009 CALENDAR

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|--|---|
| Oct 28 Wed 8:30 pm                     | Bethesda Green Workshop on Home Energy Use                |
| Oct 31 Sat 3 - 5 pm                    | Free Haunted House at Clara Barton Community Center       |
| Oct 31 Sat at the Carderock Clubhouse: |   |
| 5 pm                                   | Arts & Crafts, Unicef pick-up, Feed the Belly             |
| 6 pm                                   | Halloween Parade, Trick or Treating                       |
| 7:30 pm                                | Potluck at the Club                                       |
| 8 - 10 pm                              | SPOOKTACULAR Halloween Dance (approx ages 5 - 12)         |
| Nov 4 Wed 7:30 pm                      | Architectural Review Committee monthly meeting at Club    |
| Thursdays thru Nov 19 Th               | 8 - 9 pm Free Genealogy Workshops at the Clubhouse        |
| Nov 7, 21                              | Green Workshops - Home Energy Audits & Heat/Cool/Solar    |
| Nov 12 Th 11:30 am                     | Men's lunch at Normandie Farm                             |
| Nov 15 Sun 10 am+                      | Paper shredding and re-use/recycle clothing+ @ Whitman HS |
| Nov 16 thru mid-March                  | Nitin's Junior Tennis Clinics at Potomac Tennis Club      |
| Nov 19 Th 12:30 pm                     | Women of Carderock lunch                                  |
| November 30 Mon 8 pm                   | Annual Swim and Tennis Club Election Meeting              |

### Looking ahead - save the date!

Dec 5 Green Workshop - Tax Credits

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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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## November Annual Election Meeting of Club & Welcome

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The annual Election Meeting will be Monday, Nov 30, 8pm 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

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](http://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.

**WELCOME!** Please take a minute and say "hello" to our newest neighbors:

Jayne and Eduardo Valseca Garcia with Fernando, Emiliano and Nayah  
8605 Fenway Road

Carmen Estrado and Gustavo Garcia  
8308 Lilly Stone Drive

Rosebell Kirungi  
8 Persimmon Court

Stephanie Kayden  
8300 Still Spring Court

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Kids, it's Halloween !!!

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# HAPPY HALLOWEEN

Saturday, OCTOBER 31

3 - 5 pm Free Haunted House for ages up to 12 at Clara Barton Community Center,  
7425 MacArthur Boulevard, Cabin John . For adults, we will have a small, separate section that  
will feature frightening things—trust us on this! Hope you will visit and be very frightened.

At the Carderock Clubhouse:

5 pm Halloween Arts and Crafts,

Pick up your orange UNICEF boxes with your GLOW IN THE DARK  
necklaces!! Feed the belly! Hot dogs and beverages.

6 pm Parade begins, Trick or Treating.

7:30 Potluck at the Club. *Please bring a covered dish to share with your neighbors.*

8 to 10 pm Dance Party with DJ (approx ages 5-12 AND parents)



## SPOOKTACULAR HALLOWEEN DANCE PARTY

join us for a Spooktacular Celebration

Please note: This is not a drop off event. Put your dancing shoes on and come boogie down with your  
kids. Costumes for adults are optional but FUN is mandatory!!

Any questions please contact someone on the planning committee:

Jen DeMarinis jendrennan@msn.com

Karen Roman karenroman1@gmail.com

Caroline Barbeau carobarbeau@msn.com

Maria Acosta acostamate@hotmail.com



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## Tennis, Art Show, Garden

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### TENNIS

I will be conducting some junior clinics at Potomac Tennis Club this winter, Nov 16 until mid-March:

- Tournament Training Group, Mondays from 4-6 pm.
- Players on the Rise Group, Wednesdays from 4-6 pm.

Please let me know if you are interested as I will cap each clinic at 12 kids.

Thanks, Nitin carderocktennis@verizon.net

### ART SHOW

Solo Art Show of abstract oils

Jennifer 'Jammin' Manner

- 5-8 pm Sat Nov 7,
- noon to 5pm Sun Nov 8

Yellow Barn, Glen Echo Park

Questions? [jennifer.manner@zcommstrategies.com](mailto:jennifer.manner@zcommstrategies.com)



### JAY STEDMAN MEMORIAL GARDEN

We say a fond farewell to the Carderock Springs Garden Club, but not to the garden! Our Garden is located in the circle at the entrance to the Club on Hamilton Spring Ct.

The Garden Club started around 1984 with \$5 dues per year and about twenty members. Throughout the years we visited many interesting places like Brookside Gardens, Pleasant Sheep and Herb Farm in Boyds, Kiparoo Farm in Poolesville, and the Herb and Dried Flower Farm in Damascus. We also enjoyed the Sugarloaf Heritage Guild Autumn Studio Tour.



In 1997, the Garden Club dedicated the Garden to Jay Stedman: an early member, master gardener, and horticulturist. Many Carderock neighbors have donated their money, plants, and green thumbs to maintain the Garden. Martha Donnelly designed the original plan. Peter Hazell installed an ironwork bench and created the dry bed stream surrounding it. His wife Joan was the president for many years. Another past president was Brenda Bell, sister of Edmund Bennett, the developer and builder of Carderock Springs.

This fall, we purchased a plaque naming the Jay Stedman Memorial Garden. The plaque sits on a rock donated by Tri State Stone Co on Seven Locks. Nancy Everett and others did a major clean up. The Club will now be in charge of maintaining its beauty. Do stop by and visit sometime. We welcome any and all "random acts" of weeding and pruning! Happy gardening!

Fondly, Anne Eason

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## Fall Festival/Chili Cook-Off and Green/Recycling News

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### FALL FESTIVAL/CHILI COOK-OFF

Many thanks to those who produced a fantastic Fall Festival complete with ponies, bungee-jumping, moon bounce, jewelry sale, and more. Also thanks to all 10 entries in the Chili Cook-Off and congrats to the Carderock Chili Cook-Off Winners who are, drum roll please.....



2009 CARDEROCK CHAMPION: David Wahl (Chicken Chili Verde!!!) #5

2<sup>nd</sup> Place: Susan Smith-Pinelo (Cincinnati Style Chili-yum!) #8

3<sup>rd</sup> Place: tie between Mark Hill & Jayne Valesco  
(Red Chili, hmm--Raw-Vegan-delicious chili!!!!) #1, # 7

Thank you, thank you all for making the cook-off a success!

Recipes are online at [carderockclub.org](http://carderockclub.org), scroll down and click Recipes.

### GREEN/RECYCLING NEWS

[www.BethesdaGreen.org](http://www.BethesdaGreen.org) is sponsoring four 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](mailto:greenerliving@bethesdagreen.org) for these workshops:

1. Wednesday, Oct 28th from 7 - 8:30 PM - Introduction to Home Energy Use
2. Saturday, Nov 7th, 10 - 11:30 AM - Home Energy Audits
3. Saturday, Nov 21st, 10 - 11:30 AM - Heating and Cooling Systems, Solar Power
4. Saturday, Dec 5th, 10 - 11:30 AM - Tax Credits and Financing Options

All events are held at Bethesda Green, 4825 Cordell Ave., Suite 200, Bethesda, at the corner of Cordell and Woodmont Avenues, above the Chevy Chase Bank branch.

Sunday, November 15, 10 am: Hazardous Waste Collection at Westland Middle School

Sunday, November 15, 1-5PM, Walt Whitman High School:

Free paper shredding (accepted: papers with staples, paper clips, plastic windows;

Not accepted: credit cards, CDs or computer disks of any type)

Recycling/Re-using clean and usable clothing plus shoes, bed and bath items, miscellaneous household goods, small furniture (nothing bigger than chairs), sports and exercise equipment, books, toys, to be placed in bags or boxes.

Not acceptable: sofas or love seats, TVs, computers, large appliances, anything large and heavy.

Collections will benefit ARC of MC, Lupus Foundation of America, Vietnam Veterans of America, and National Childrens' Center. Tax deduction receipts will be available.

Reminder: To schedule bulk trash or scrap metal collection of large items such as fencing, shelving or appliances, phone the County Solid Waste office 240 777 6410 before 11AM on Mondays for a next-day Tuesday pick-up. Metal hangers are accepted only if part of a larger pick-up.

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## Classes and Social Groups

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### FREE! WALKING CLUBS

- 9:15 - 10:15 am, Wednesdays from the south side of the one lane bridge (near Wilson Lane) on MacArthur Blvd. For anyone, but mostly parents of elem/middle/high schoolers in Whitman district. Questions? Contact: Debbie French 301 229 3546. french.dawe@paradise.net.nz
- 10 am Thursdays from Clara Barton Community Center. For anyone, but mostly those living in Clara Barton/Cabin John/Carderock vicinity). Questions? Call the Center at 301-229-0010.

### FREE! FAMILY HISTORY/GENEALOGY WORKSHOP at the Clubhouse

Personal Historian Tanya Neider is conducting a Family History workshop for the community. She's knowledgeable and enthusiastic!

- Thursday evenings from 8-9 pm October 29<sup>th</sup> thru Nov 19<sup>th</sup>



Whether you are a novice or seasoned genealogist, you are invited to come and join the community for an evening of memories and learning. Bring a current project to work on such as organizing pictures, searching family documents, research, or recording stories, or come to learn how to:

Record your genealogy, search for ancestors, create a heritage book, and more.

For more information contact Tanya Neider at 301-365-2338 or [tjneider@juno.com](mailto:tjneider@juno.com)

### 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](mailto:kristina_valencia@yahoo.com) or (301)767-9738

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Classes and Social Groups, cont.

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**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](mailto: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](mailto:Maggie@yogaplus.com) or visit [www.yogaplus.com](http://www.yogaplus.com) for details about these classes.

**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**Nov 12, Thursday noon**

The next Carderock Senior Men's lunch will be on November 12 at Normandie Farm.

Social hour at 11:30; lunch at 12:00. Questions? Contact [sltuttle2@verizon](mailto:sltuttle2@verizon) or 301-365-1277.

**WOMEN OF CARDEROCK**

**Nov 19, Thursday noon**

The November meeting will be on Thursday, the 19th, from 12:30 to 2:30 at the home of Ann Doyle, 8029 Fenway Road. PLEASE NOTE THAT'S 12:30 to 2:30. You can RSVP to her at 301-365-0229. Bring your lunch and know that newcomers are always welcome.

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## Wanted, For Sale and Recommended

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### WANTED

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

### FOR SALE

#### Musical Instruments:

Martin 6 string guitar, very well cared for, Sigma CS 5 \$200; Oboe, Selmer 101, includes a very nice reed case for 12 reeds and some accessories. \$1300. 301-469-0432

Looking for a home for this beautiful (hardly ever used) 11 year old Weber Baby Grand Piano. I bought this for my kids to take lessons and no-one ever played!!!! Please email if interested or call 301 365 9132.

#### Storage/Furniture:

Sturdy metal sports equipment rack holds all types of balls, bats, gloves, rackets and more. Great condition \$15; teak Loft Bed, queen size with drawer at foot of bed and under mattress storage compartments, very good condition \$125. 301-469-0432

#### Other:

Rollerblades, men's size 10-11 , good condition \$7. 301-469-0432

Rubber Riding boots, women's size 7-8, good condition. \$7. 301-469-0432

Miniature winter village scene with space for electric lights. Includes over a dozen houses \$15. 301-469-0432

Nikon 35mm Camera (not digital) with 50mm Nikon lens, 50-70 mm Quataray zoom lens, Vivitar auto thyristor 550 FD flash. \$75. 301-469-0432

Wagner Spray Tech Airless Paint Sprayer Model 1620, slightly used (3 times) comes with extra hoses and spray heads. \$100. 301-469-0432

### RECOMMENDED

Giovanny at PRIDDY Clean Chimney Sweeps, Inc. recently put on a new crown and pointed up of the fireplace back wall. Giovanny (301-530-4262) made a fair estimate, we are very satisfied with his work, and highly recommend him. Angelika Mumme (301-365-2908)

Please send recommendations for reliable contractors to [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net) and they'll go in this newsletter and in John's online list at [www.Carderock.info](http://www.Carderock.info)



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## House Cleaning Services Available

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- 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.

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## Services Available

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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](mailto: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](mailto: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

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](mailto: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 [lissetteatiyeh@gmail.com](mailto:lissetteatiyeh@gmail.com), 301-602-8817

Gutter, Roof Cleaning and Other Chores. Gutters of any standard house in Carderock \$85, a bit more if there is an extension and more gutters to clean. We'll come by and check your gutters, roof and chimney cap and let you know if cleaning or repairs are necessary. Other Chores: anything that needs to be done around the house or yard. Eric Bruestle: [elbruestle@gmail.com](mailto:elbruestle@gmail.com); 240-688-8180.

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.

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### Services Available, cont.

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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 summer 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

Baybitter 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

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 7<sup>th</sup> 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

**CLUB BOARD OF DIRECTORS, 2008 - 2009**

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

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)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockSprings.net">www.CarderockSprings.net</a>	
Overview of CSSC & CSCA	<a href="http://www.Carderock.info">www.Carderock.info</a>	
OTHER/neighbors		<a href="mailto:CS-Chat@yahoogroups.com">CS-Chat@yahoogroups.com</a>

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

- [www.Carderock.info](http://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 270 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)

**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, 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. Next meeting is November 4.

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