



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

## October/November 2010 CALENDAR

(usually a monthly newsletter but Oct & Nov are combined this Fall)

Nov 1 Mon 7 pm	Citizens' Association monthly board meeting at Club
Nov 3 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Nov 10 Wed	Deadline to enter Carderock Creates (Dec. Art Show/Sale)
Nov 11 Th 11:30 am	Men's lunch at Normandie Farm
Nov 18 Thurs noon	Women of Carderock Lunch
Nov 29 8 pm	Annual CS Swim & Tennis Club Annual Meeting & Election

### Looking Ahead:

Dec 1 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Dec 9 Th 11:30 am	Men's lunch at Normandie Farm
Dec 11 Sat 2 - 6 pm	Carderock Creates: Art Show & Sale at the Club
Dec 12 Sun 3-5 pm	Holiday Party at the Club

Form in this newsletter: [Proxy Statement](#) for Club's Annual Meeting Nov. 29

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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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Notice of Annual Club Meeting and Election

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Monday Nov 29, 8 pm

Carderock Springs Swimming Club, Inc will be conducting the 2010 Annual Membership meeting Monday NOVEMBER 29<sup>TH</sup> at 8:00PM. The Board of Directors will be presenting for election the Slate of Officers and the Proposed Budget for 2011.

## 2011 SLATE OF OFFICERS

The following board members have agreed to continue their service for the 2011 fiscal year.

Suzette Goldstein	President
Mike Nannes	Vice President
Edward Bird	Treasurer
Marie Caulfield	Secretary
Jen Demarinis	Social Programs
Alison Ewing	Membership
Robin Meyer	Swim/Dive
Ray Sobrino	Long Range Planning
Colette Worley	Tennis

The Slate of Officers and recommended 2011 Budget will be posted on the front door of the Clubhouse and on our website [www.CarderockClub.org](http://www.CarderockClub.org) for review by the Membership.

If you are unable to attend and are a voting household, you may cast your vote by Proxy Statement. Your assigned Proxy may bring the completed Proxy Statement to the meeting or you may personally deliver it to either the Board Secretary Marie Caulfield or the Club Manager Larry Ondrejko prior to the scheduled meeting. The Proxy Statement is on the last page of this newsletter.

There will be light refreshments served at the conclusion of the meeting.

We look forward to seeing you there!

Board of Directors

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Celebrations Fall/Winter 2010

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Save the date: Sunday Dec 12, 3-5 pm ~~~ Winter Holiday Festivities



Many thanks to Mary Lou Shannon and the Citizens Association for hosting a NEWCOMER'S RECEPTION at the Club this fall. New folks were welcomed with creative food and got a chance to meet each other!

This year's HALLOWEEN was a fun one at the club! It started with hot dogs and a beverage while checking out everyone's costumes. Then Unicef box and Glow in the Dark necklace pick-ups!! Many thanks to Cheryl Glaessner for being our longtime Unicef Banker.



Next was a Halloween Parade then Trick-or-Treating in the neighborhood. Then a Potluck at the club. Finally, a Spooktacular DJ Dance Party for all ages!

CARDEROCK'S 2010 FALL FEST was another fun event this October. Tons of thanks to Jen DeMarinis, Karen Roman and Susan Smith-Pinelo for organizing such a fun Fall Fest with ponies, mechanical bull, climbing wall and moon bounce, just to name a few activities.



Chili Cook Off results: Congrats to Donna Mattick, the 2010 Carderock Chili Queen! The other entries were fabulous, a tough choice for those submitting ballots!



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## Tennis News, Welcome & Congratulations

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### TENNIS

Thanks to everyone at Carderock for a wonderful season, my third year at Carderock. This year's enrollment continued to grow from years past. Juniors have risen to 120 players and this year's junior team had the most champions and finalists during the interclub season than any other club in the area. Also the junior program now consists of several ranked USTA sectional players and over 20 high school team players. With high enrollment in all 5 junior programs, both the present and future look bright for Carderock and its junior team.

The ladies team practices were also well attended this year and the Friday night Cardio Program has taken off! The 2011 season will include more daytime adult programs as well as one more evening adult program. More information will be made available in the February newsletter.

The Junior programs will continue to run outdoors until November 13th. Beginning the week of November 15th all Players on the Rise, Tournament Training, and Elite programs will move indoors to Potomac Tennis club (off Falls Road across from Bullis). Elite programs will meet Mondays from 4-6pm, \$635 for all 15 weeks. Players on the Rise will meet Wednesdays from 4-6pm, \$635 for 15 weeks ending the week of March 7th.

Tournament Training will meet on Fridays from 4-5:30 pm, \$510 or less depending on enrollment. Any scheduled 4 person groups will also begin the week of Nov 15th and run 15 weeks, \$510. Also if you are interested in private lessons during the winter season, please let me know.

All payments at Potomac Tennis Club are made to them. Payment is due in full on the first day of class. Upon arrival you will also be asked to fill out a registration form. Therefore please come early on the first day of class.

Nitin Deodhar, Carderock Tennis Pro  
carderocktennis@verizon.net

### WELCOME

- Raylynn Oliver and David Robinson who have moved into 8023 Fenway Road with 16 year old twins Justin and John. They are looking forward to making new friends!
- Seppo Torvinen and his 17 year old son who plays ice hockey well enough to have played it internationally when they were in Finland. They have moved into 8116 Lilly Stone Drive. Surely Whitman Hockey is counting their blessings!

### CONGRATULATIONS WMI!

Many of our Carderock neighbors are quite accomplished. Here's a shout out to one of them: Robyn Nietert, a Bethesda Magazine Woman of the Year for her Women's Microfinance Initiative in Africa!

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**Social Groups, Exercise/Dance Classes, Nursery School Classes**

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**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**Nov 11 Thursday 11:30**

The next Carderock Senior Men's lunches will be on Nov 11 and Dec 9 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle 301-365-1277 for questions..

**WOMEN OF CARDEROCK**

**Nov 18, Thursday noon**

The November meeting of the Women of Carderock will be on Thursday, November 18 from noon to 2 pm at the home of Ann Doyle, 8029 Fenway Rd. Please RSVP to her at 301-365-0229. Bring your lunch and enjoy the company. Newcomers are always welcome.

**TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Club**

- Mondays and Wednesdays, 9 to 10 am, fee is \$10 per class, drop-in fee \$15

Improve body strength, flexibility and balance while firming all major muscle groups using free weights & exercise. Includes body warm-up, strength training, abdominal work, and 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. Tanya Neider 301 365 2338, tjneider@juno.com

**MAGGIE WONG'S YOGA/EXERCISE CLASSES at the Club - join any time**

- Tuesday and Thursday 9:00-10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind.
- Fridays 10:00 - 11:30 am, through Nov 12. Living with Scoliosis

Evening classes at Potomac Methodist Church: Tuesdays and Thursdays at 7:30 - 9:00.

Visit [www.yogaplus.com](http://www.yogaplus.com) or call Maggie 301-365-2424 for more information and to sign up.

**IMPROVISATIONAL DANCES at the Club**

- Three Fridays evenings and two Saturday mornings a month

No experience required, no steps to memorize. Be social or dance alone, dance as hard or as soft as you feel you need to. Featuring Ecstatic Dance, Biodanza, and Gabrielle Roth's 5Rhythms.

Contact Jim Guzel 202 627 9903 or [Jim@AphroditePhoto.com](mailto:Jim@AphroditePhoto.com)

**BANNOCKBURN NURSERY SCHOOL ANNUAL OPEN HOUSE**

**Sat Nov 6, 10 to noon**

Cooperative nursery school with classes for 2 year olds (2 days/week), 3 year olds (3 and 5 days/week), and 4/5 year olds (5 days/week). Accepting applications for the 2011-2012 school year. 6314

Bannockburn Drive Bethesda, MD 20817 (at Laverock Lane). Contact Membership Chair Dina Yetman 301 452 1288 or the school 301 3204252. [www.bannockburnnurseryschool.com](http://www.bannockburnnurseryschool.com)

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## House Cleaning Services Available

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- Our housekeeper/childcare provider has both Tuesday & Wednesday mornings available. Mile is enthusiastic, reliable, speaks English, has own transportation and 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.
- 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.
- 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 house cleaner with Carderock references. Available Monday and Friday. Call Bertha 240 672-3249
- 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.
- Housecleaner available M-F for housecleaning, laundry-ironing, has own car, good work and references. Call Sod 240 676 4344.

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Lost, Wanted, For Sale & Services Available

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### LOST

Girl's 26" white Mongoose bike, lost earlier this Fall. Originally left at the bike racks of the new Carderock Springs Elementary School. If found please call 301 469 8895.

### WANTED

Duplicate bridge anyone? Our Carderock women's group meets twice monthly on Thursday nights. Join us or be on our substitute list! Anne Eason 365 1979 or Maxine Cohoes 229 7478.

### FOR SALE

2 pairs skis, suit skiers of c. 5 ft 8 in and 5 ft 10 in, Cirrus Diagonal & Dynastar Visa. \$50 each. Ski boots, size USA 7 ½ (Alpina) & 10 ½ (Raichle), \$40 per pair. Ski poles 2 pairs, \$20/pair. Weight lifting bench & weights \$100. Email cmsuchet@comcast.net

### SERVICES AVAILABLE

Responsible, hardworking Whitman student is available to babysit. I am happy to play games & sports, do artwork, read & cook for kids & can also help out by emptying dishwashers, folding laundry, straightening up, & doing other household chores. Call Anna Volkov, cell phone 240-997-6539 or home, 301-365-1981.

Experienced babysitter available on weekends and weeknights. Whitman senior 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 Nanny available in the mornings 'til afternoon. Is reliable, has taken superb care of our daughter for 6 years. Peruvian, speaks fluent English, has her own car. Alejandrina Alonzo h-301 270 0727, c-301 8069423 or call Carderock reference Beth Vergnetti h-301 320 7455, c-301 351 6620.

Experienced babysitter and pet sitter available. Red Cross Certified Babysitter. Experienced Pet Foster Parent. Local references available. Whitman High School junior and Carderock resident. Please contact Adrienne Remijan at 301 365-1725.

Pet-sitting, dog-walking, or any other pet-related activities. 14 year old Shoshana, an experienced pet owner, is responsible and available to walk/play/care for your pets. Call Shoshana Leventhal at 240-715-2826 or Maureen at 240-498-4887 or Penny at 240-899-3954.

Cabin John Dog Walking: Mid-day walks to keep your pets happy and healthy. Carolyn 301 257 1076.

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 9<sup>th</sup> grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

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### Services Available, cont.

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Whitman senior 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

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

Responsible Whitman freshman with years of experience in the art of the pooper scooper is available for watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.). Please call T.J. today! 301-908-5646/cell, 301-767-9747/home.

Planning a move? Downsize-Etc guides seniors through every step of the moving process including where to move, staging your property for sale, what to keep, what to sell, packing/unpacking & a final clean-up. Don't be overwhelmed. Turn an ordeal into a truly pleasant experience. Nancy Malphrus 301 873 0795.

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. 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

Exercise Physiologist offers custom personal training based on your goals, your sport & your fitness level through weightlifting, strength yoga, toning & flexibility. Improve existing injuries through exercises & specific/targeted stretching. Includes diet/nutritional needs & pitfalls. Stefi Huber 301-767-1057.

Carderock's gutter cleaner of choice is Thierry Callier, who works to high standards or better. Unchanged price policy: \$85 for any standard Carderock house, a bit more for big extensions. Also available for odd jobs including heavy lifting. Contact bigfrog002@yahoo.com, phone 240-644-3312.

Young Guatemalan will help with any and all cleaning chores, including cutting fallen tree branches, applying lime and fertilizer, mulching, pruning, transplanting, garage cleaning and any kind of heavy work, on a reasonable hourly basis. Recommended by Ray 301-469-0192.

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: 240-361-7769

Our company provides the following services at reasonable rates: Mulching, Bush Trimming, Lawn Mowing and Maintenance, Leaf Cleanup, Rototilling, Aerating/Dethatching/Seeding and more! Please call 301-840-9509 or e-mail aaron@gratzlawn care.com to schedule an estimate.



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## Services Available, cont. & Recommended

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### **SERVICES**

I Build Construction. Serving the Carderock community for over 5 years. Additions, kitchen and bathroom remodeling, basement finishing and waterproofing, decks, flooring, roofing, siding, fine carpentry, etc. [www.ibuildmd.com](http://www.ibuildmd.com) or Alex Shatskov at 301-358-4806.

Computer Services - DC/PC Computer Support offers friendly, personalized maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Telephone and e-mail support is also available. Email [support@dc-pc.com](mailto:support@dc-pc.com) or call Jim 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. Also instrument repair and set-up. Call 301-365-8022 or email [rychliks@gmail.com](mailto:rychliks@gmail.com)

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, [Allegrettostudio@yahoo.com](mailto:Allegrettostudio@yahoo.com)

### **RECOMMENDED**

DogOn Fitness, exercise services for bored, stay-at-home dogs, high-energy dogs and any dog who craves an active daily walk or run while you are at the office! Highly dependable, professional and unique, each session is customized to your dog and circumstances including walks or a brisk run with athletic dog lovers, visits to the park or canal, daily relief walks, puppy visits, vacation visits, boarding and "Get Life on a New Leash" exercise and bonding classes for dogs and their owners. Contact Lesley Smith 301 646 7223, [www.dogonfitness.com](http://www.dogonfitness.com). Recommended by Xenia Woyevodsky, Carderock resident with three dogs who has been a very satisfied client for close to 2 years!

Daycare openings nearby. My kids had a wonderful experience at Siew (Sue) Tan's daycare and she has openings now for infants and toddlers. Her location on Seven Locks across the street from the Co-Op is so convenient for Carderock families. Licensed daycare provider since 1991, CPR and 1st Aid certified. Contact Siew at 301-320-4280 or [omoritan@verizon.net](mailto:omoritan@verizon.net). Recommended by Sharon Nothman.

Home Remodeling - Big or Small. Reece Construction is the one to call. I'm sure that you've seen his sign around the neighborhood and beyond. We just completed an extensive kitchen/dining plus renovation with Reece and his top-notch crew. Each and every one of them is a craftsman in his own right and joy to work with. Reece oversees the job; is easily available to talk and definitely customer oriented, offers good options and is flexible. The craftsmen, painters, electricians, and plumbers work as a flawless team to accomplish all that's needed. I cannot say enough praise to do them justice. Reece can be reached at 301-972-1177 or my email [rbfolb@comcast.net](mailto:rbfolb@comcast.net). Recommended by Jane 469-0750.

Painter Tracy Schaff, Exclusive Residential Painting, 301 540 9336. Truly excellent work - pleasant, priced right, clean. Recommended by Joan Wolff.

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## Monthly ARC Meeting & Vacation Rentals

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### 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 Wednesday, Nov 3.

### VACATION RENTALS AVAILABLE

Duck, NC - Outer Banks Duck, NC - Outer Banks Two-level, oceanfront condo 3 bdrm, 2 bath w/ great ocean views. Family friendly community with amenities, 15% off to Carderock Club members. <http://www.outerbanksrentals.com/rental/house.html?ID=1248> or contact [lisatippins@verizon.net](mailto:lisatippins@verizon.net)

Corolla, NC - Outer Banks beach house rental. Beautiful waterfront home. Enjoy romantic sunsets over the water. Private pier on the water with screened gazebo and hot tub. Professionally decorated. Gourmet granite kitchen. 6 Bedrooms & 5 1/2 baths. Call Barbara 301-469-9292

Pawley's Island, SC 3-Bdrm, 2-bath resort condo on True Blue Resort, includes golf/lessons, tennis, 4 pools, and beach. Fully furnished. Offering 10% discount for Carderock families. See <http://www.vrbo.com/56199> or contact Hamilton Springs Rd Pawley's resident Denise 301-646-5829.

Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking Inlet. Shopping & golf greens nearby. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Key Colony Beach, FL 3 bdrm vacation home near Key Marathon. Sleeps 6 plus 2 more. Located across from golf & tennis courts. Great places for dinner/drinks on the beach. Fall rates: \$1450 per week. Email [sabinapfogle@gmail.com](mailto:sabinapfogle@gmail.com). Photos: <http://www.airbnb.com/rooms/22654>

Santa Fe, New Mexico Santa Fe Casita nestled in the Eldorado Community with views of the surrounding mountain ranges. This house is perfect for a honeymoon, romantic getaway, mother/daughter-father/daughter (son) vacation, or healing journey. For more info call 301 395 0954.

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**Swim and Tennis Club Contacts**

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**CLUB BOARD OF DIRECTORS, 2009 - 2010**

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Jen DeMarinis	301 365 1629
Bldg and Long-Range Planning	Ray Sobrino	301 365 3878
Membership	Alison Ewing	301 469-0345

**CLUB CONTACTS**

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Alison Ewing	301 469-0345	alisonhewing@aol.com
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.

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
- CS-Chat 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 329 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)

# Please Join Us for the First Ever **Carderock Creates** Show And Sale

## December 11<sup>th</sup>, 2 -6 pm at the Carderock Clubhouse

This event will showcase the creative souls that live and create in our neighborhood: artists, crafters, authors.....Young and old are welcome to apply! Spaces are limited and will be awarded on a first-come first-served basis so email today! Send a description of your work to [anja@knit2give.com](mailto:anja@knit2give.com).

- Applicants need to respond by November 10<sup>th</sup>
- Vendors must commit to the whole 4 hours
- Vendors will bring a plate of their favorite holiday goodies to be included in a bake sale
- Vendors will be provided with "a" table for display, the rest is up to you
- Authors Please contact [odcoffey@verizon.net](mailto:odcoffey@verizon.net) . Books will be displayed on one table; you need not stay for the full 4 hours.
- There will also be a table set up for those of you who offer a service.

Event coordinators Anja Caldwell and Kristina Valencia welcome questions or offers to help with the event. [anja@knit2give.com](mailto:anja@knit2give.com) or [kristina\\_valencia@yahoo.com](mailto:kristina_valencia@yahoo.com)

### PROXY STATEMENT, Carderock Springs Swimming Club, Inc NOVEMBER 29, 2010 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 29, 2010, 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 have FULL DISCRETION as to the voting of my Membership Interest at the meeting.

Date \_\_\_\_\_

\_\_\_\_\_  
(Member's Signature)

Your Membership # \_\_\_\_\_

\_\_\_\_\_  
(Print Members Name)

Your assigned Proxy may bring this completed Proxy to the 11/29/10 meeting or you may personally deliver it to either the Club Secretary Marie Caulfield or the Club Manager Larry Ondrejko prior to the scheduled meeting.