

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

February 2012 CALENDAR

Feb 1 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club (1 st Wed)
Feb 4 Sat 5:30 pm	Potluck & Dance Party at the Club
Feb 9 Th 11:30 am	Men's Lunch at Normandie Farm (2 nd Thursday)
Feb 20 Mon 7 pm	Citizen Association monthly meeting at Club (3 rd Monday of month)
Feb 16 Th noon	Women of Carderock lunch meeting (3 rd Thursday)

Future dates:

March 26	Tennis classes begin
April 22 (pm, time TBD)	Citizens' Association annual election meeting at the Club

FORMS in this issue (and online at CarderockClub.org)

- Summer Fun: Registration for kids, Volunteer for teens
- Summer Employment at the Club for teens

This newsletter is available online at the club website: www.CarderockClub.org

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 MEMBERSHIP NEWS

It's that time again... renewal notices for the 2012/13 season of the Carderock Springs Swim and Tennis Club (CSSC) have been mailed. If you did not receive your envelope and form, please contact me at alisonewing@verizon.net. **If you wish to be an active member this year, please review and update the info on your application form and return it along with your payment before March 1, 2012.** **A \$75 late fee is due with payments received after March 1.**

Even if you don't intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing, which our by-laws require for Sustaining Members Type 1 and 2.

Two changes to be aware of this year:

1. CSSC membership dues have gone back down to 2011 levels (with slight rounding to even numbers).

	<u>2011</u>	<u>2012</u>
Sustaining 1 and 2	\$795	\$700
Annual	\$940	\$850
Senior	\$690	\$600

2. In an attempt to save trees and printing costs, the CSSC newsletter has gone "green." You will now be receiving an electronic link to the newsletter at the beginning of every month instead of a hard copy delivered to your house (with the exception of the May and November issues which will continue to be delivered by hand). **The ENewsletter will be sent to the PRIMARY e-mail listed on your enrollment form so please make sure it is up-to-date!**

Alison Ewing
CSSC Membership Secretary
alisonewing@verizon.net

New to Carderock?

If you are new to the Carderock Springs Community, Welcome! The membership renewal forms are mailed out to every house that is eligible for Sustaining Membership Type 1 (see below). If you have moved into a home in Carderock Springs - either bought or rented - since last spring and you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have. The enrollment letters will include information about the \$1,000 initiation fee for purchasers of Carderock Springs homes.

The following is a description of the membership categories and how they work.

Club Membership News, cont.

Sustaining Members Type 1

The 404 original homes in Carderock Springs are Sustaining Members Type 1 of the Carderock Springs Swim Club (CSSC). Sustaining Members Type 1 are either active or inactive depending on whether the people living in these homes have paid the annual membership dues. Sustaining Membership Type 1 is only available to the current residents of the 404 eligible houses and does not follow those residents after the sale or rental of one of these homes. However, Club membership (with more limited voting rights) is available to anyone who rents one of these homes. As of February, 2003, following the sale of a house eligible for Sustaining Membership Type 1, a \$1000 activation fee must be paid before the new owners can activate their membership. If the owners choose not to activate their membership in the year of purchase, they may choose to do so in any following year.

Dues for the 2012 season for Sustaining Members Type 1 are \$700.

Sustaining Members Type 2

A limited number of additional Sustaining Memberships have been made available to residents of near-by communities. This class of membership is referred to as Sustaining Members Type 2. Starting in 2006, obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 refundable capital contribution. This fee grants the household limited voting rights, entitles the household to the same annual membership dues as Sustaining Members Type 1, and allows the member to become inactive in one or more years while retaining the right to rejoin the Club as an active member in subsequent years. If a Sustaining Member Type 2 decides to leave the Club, their capital contribution fee is refunded. Written requests for this type of membership should be submitted to the Board of Directors of CSSC, where they will be considered at their next monthly Board meeting.

Dues for the 2012 season for Sustaining Members Type 2 are \$700.

Senior Members

A reduced rate for Senior Citizens (defined as households of 2 or 1, at least one of whom is 65 years old or older) is available for both Sustaining Memberships Type 1 and Type 2. This class of membership is for unlimited use of the facilities throughout the season. A Senior membership is not available to Annual Members.

Dues for Seniors for the 2012 season are \$600.

Annual Members

All members who do not hold Sustaining Memberships Type 1 or 2 are considered Annual Members. Annual Members do not have voting rights and must return to the waiting list if they go inactive for a year. The waiting list for Annual Memberships is made available in the following order or priority: 1) Families who have taken a Guest Preview Privilege in the previous season. 2) residents in neighborhoods in the Carderock sub-division; 3) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 4) residents of the Whitman school district; 5) all others.

Dues for Annual Members for the 2012 season are \$850.

Club Membership News, cont. and Tennis News

CLUB MEMBERSHIP NEWS, cont.

Emeritus Guest Privileges

Emeritus Guest Privileges were established in 2006 to encourage the participation of Senior Citizens in the community who are Sustaining Members Type 1 or Type 2 but who do not wish to purchase a full senior membership. This privilege, which will permit the occasional use of the facilities, is limited to Sustaining Members Type 1 and Type 2 households having no more than two persons, each 65 years old or older. Each senior member of the household will be entitled to 15 days use of the club's facilities. Emeritus Guest Privileges are not transferable among family members. Guests (e.g., visiting grandchildren) are still required to pay the regular guest fees. **Emeritus Guest Privileges may be purchased for \$100** and must be purchased by the March 1st membership renewal deadline. A list will be kept at the front desk where Emeritus Guests will be asked to sign in when visiting the club.

Preview Guest Privileges

In order to encourage potential applicants, and give them a chance to become familiar with the swim and tennis club, we offer a Preview Guest Privilege. This will allow use of all the facilities beginning August 1, at a cost of \$300. This preview of the club is a ONE TIME ONLY privilege that may not be repeated for other members of any household who has declined an invitation to purchase a membership. Applications for Preview Guest Privileges can be requested by e-mail at alisonewing@verizon.net beginning May 1, and will be accepted on a first come first serve basis.

TENNIS NEWS

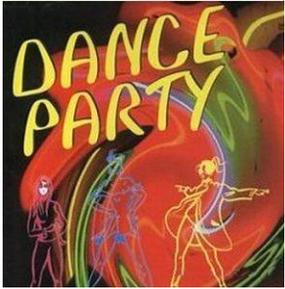
Thank you all for your early registration! The spring 2012 classes have begun filling up and classes begin the week of March 26th. Summer registration has also begun, so please review the several options we now have! Please remember that this year we are offering classes at both Carderock and Old Georgetown Club. When registering please look at which site the clinic is held.

This season Emre Baris will be joining the staff as our full time Head Professional. Many of you know Emre well since he has taught at Carderock for numerous years and returns after teaching at a private club in NYC. I am also happy to announce Oren Stephen will be returning. The 2012 season will be Oren's 3rd season at Carderock.

Please visit the website www.carderocktennis.com for all program information. Space is still limited so send in your registration forms to reserve your spot. I hope to see everyone on the courts this spring and summer. I am excited to return for my 5th season!

Thanks,

Nitin Deodhar
Director of Tennis at Carderock
Deodhar Tennis Academy



Family Potluck & Dance Party

Saturday, February 4



5:30 pm Potluck - Bring a covered dish, beverages provided

6:30 - 8:30 pm Dance Party with DJ

Everyone is invited! For everyone in Carderock!

SUMMER FUN

Carderock's popular Summer Fun program includes neighborhood teens supervising elementary school kids in organized activities at the Club from 10 am to 3 pm weekdays over 6 weekly sessions beginning Monday, June 18.

Come and get to know each other!



We are currently accepting applications for volunteers to assist Summer Fun program staff. You must be at least 12 years of age on or before June 18, 2012. You must commit to a full week of service. You will receive volunteer SSL hours which you report to your school. Due to the high number of volunteer requests, you may not be chosen for more than one (1) week of the six week program. All positions will be filled on a first-come basis and the number of program participants enrolled will determine the number of volunteers per week. When submitting your application please indicate your first, second and third choices for weeks.

We are currently accepting Registrations for the 2012 Summer Fun Program for children ages 6 through 10. Each weekly session includes team building activities, tennis, swimming, art instruction and fun related skill-enhancing games.

Thank you for your interest in Carderock Club's Summer Fun program. We hope your children and teens will enjoy their experience.

Q & A: Where to Announce Club & Neighborhood Events/Services and Ask the Experts

QUESTION: Since the club has changed this newsletter's distribution and content as of January 2012, if I want to announce something then where do I send what?

ANSWER:

Email to the appropriate Newsletter editor

- a. **Club events** to be held at the club: CarderockClubNewsletter@verizon.net (orange newsletter)
- b. **Neighborhood news:** CSCAnewsletter@gmail.com (green newsletter)

Email to CS-Chat

c. **Recommendations:** send email to cs-chat@yahoogroups.com to reach over 375 of your neighbors. With profuse thanks to John Surr, a pdf file of recommendations is updated monthly at the CSCA website CarderockSprings.net, click Recommendations.

d. **Classified ads**

- Classified info which is new, changes or is available for a limited period of time such as For Free, Wanted, For Sale: send email to cs-chat@yahoogroups.com to reach over 375 of your neighbors.
- Classified info which is static, informing the community that your business/service is available such as tutoring, vacation homes for rent: send email to cs-chat@yahoogroups.com to reach over 375 of your neighbors. Let's not go overboard so please do not re-send it frequently,

While putting Classifieds online was initially considered, including having a nominal fee, the Citizens' Association has decided to not post Classifieds online at this time. Meanwhile the Swim/Tennis Club has discontinued Classifieds from this newsletter as of this year.

Ask the Experts

Q: What is corrective exercise and how can it help me?

A: Corrective exercise is an exercise that is tailored to your individual problem or asymmetry. They are usually done on one side of the body vs. both based on the pattern of tightness or pain that the individual is experiencing. Everyone has asymmetry and muscle imbalance in their body, some greater than others. When an imbalance gets to be significant there is usually tightness and pain involved and sometimes this leads to injury.

Corrective exercises aim to balance out these asymmetries so that there is less tightness, pressure and compensation in the system. This helps relieve pain, heal injuries and prevent them in the first place. Corrective exercises can address pain almost anywhere in your body. They are a good set of tools to have in your tool box when you want to have the best health and mobility as possible! - Laura Probert

Classes at the Club

DONNA BLANK'S FELDENKRAIS Awareness Through Movement CLASSES at the Club

Carderock resident Donna Blank offers Feldenkrais Awareness Through Movement classes to experience natural ease in action, a more relaxed presence, and more embodied living which translates to whatever you do - working at the computer or smiling with your whole self.

- Wednesdays through March 21 (no class Feb 29), 1 pm to 2:15 pm. \$270 for 11 classes.
- Sunday workshops "Getting Grounded". Feb 19 & March 18, 10 am to 5 pm. \$95/day or \$175 for both Sundays.

Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and Laban Movement Analyst. She has taught in schools and universities as well as privately throughout the world for 35 years. For more information, call 301 469 8665 or email donnahblank@gmail.com

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.

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

Visit www.yogaplus.com or call Maggie 301-365-2424 for more information and to sign up.

Body Massage Ball Workshop

Carderock Springs yoga teacher Maggie Wong also specializes in the use of the Body Massage Ball for achieving deep tissue massage, acupressure release and overall body flexibility. She holds periodic workshops to teach the use of the ball for improved flexibility and pain management. Please email maggie@yogaplus.com for more information.

LAURA PROBERT'S PHYSICAL THERAPY at the Club

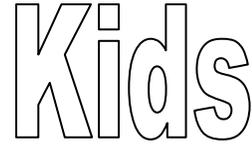
- Therapeutic Exercise class: Tuesdays, 12:30 -1:30 pm. Includes Total Motion Release (TMR). For people who really want to start moving and shaking after previous pain/injury but are afraid they might hurt themselves if they begin a regular fitness center class and want professional guidance to start out. \$20 drop in, or \$15 each if purchase 6 or more classes.

A healing coach right in your back yard specializing in healing, recovery and performance. Holistic approach for acute and chronic pain, injury, post-surgical dysfunction, weakness, postural strain and stress related pain.

Call Laura Probert MPT physical therapist 240 328 6073, email bodyworkspt@comcast.net, web www.bodyworksptonline.com, blog www.disciplinethemind.blogspot.com



**CARDEROCK SUMMER FUN PROGRAM
REGISTRATION FORM 2012**



REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 18 2012, ENTERING FIRST GRADE AND NO OLDER THAN (10).

CHILD'S NAME: _____

ADDRESS: _____

AGE: (_____) DATE OF BIRTH: (_____)

PARENT'S NAME _____

PHONE NUMBERS: HM (____) (____) (____) WRK (____) (____) (____)

E-MAIL ADDRESS: (_____) CELL (____) (____) (____)

EMERGENCY CONTACT: 1 (_____) (____) (____) (____)

EMERGENCY CONTACT: 2 (_____) (____) (____) (____)

FOOD / OTHER ALLERGIES OR SPECIAL CONCERNS: _____

EACH FIVE DAY SESSION FEE IS \$ 250

	DATE	CHOICE	FEE
WEEK 1	6-18 THRU 6-22	_____	\$250
WEEK 2	6-25 THRU 6-29	_____	\$250
WEEK 3	7-02 THRU 7-06	_____	\$250
WEEK 4	7-09 THRU 7-13	_____	\$250
WEEK 5	7-16 THRU 7-20	_____	\$250
WEEK 6	7-23 THRU 7-27	_____	\$250

PAYMENT IN FULL REQUIRED AT TIME OF ENROLLMENT. IF YOU CANCEL CHILD'S ENROLLMENT TWO WEEKS PRIOR TO START OF CHOSEN SESSION, YOUR FEE LESS \$75 WILL BE REFUNDED. LESS THAN TWO WEEKS NOTICE WILL RESULT IN NO REFUND.

The club assumes no liability for injury or damages arising from participation in the program.

I hereby approve my child's participation in the program activities and consent to the emergency treatment of my child on my behalf. To the best of my knowledge, there are no physical or other limitations, which will interfere with my child's participation.

Parent / Guardian Signature

Date

Payment Received: Amount (_____) Date (_____) Ck # (_____)

MEMBERSHIP NUMBER _____

CARDEROCK SPRINGS SWIMMING CLUB, INC.
SUMMER 2012 EMPLOYMENT APPLICATION

To be employed you will need a current signed work permit and all tax forms completed prior to employment.

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: (____) (____) (____)

DATE OF BIRTH: (____) (____) (____) **AGE** (____)

SOCIAL SECURITY NUMBER: (____) (____) (____)

E-MAIL ADDRESS: (_____)

CURRENT YEAR IN SCHOOL: 9 10 11 12 **GRADUATE**

PLEASE INDICATE YOUR AVAILABILTY TO WORK:

MONDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____
TUESDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____
WEDNESDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____
THURSDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____
FRIDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____
SATURDAY	_____	10 – 3:30 _____	3:30 – 10:30 _____
SUNDAY	_____	10 – 3:30 _____	3:30 – 9:00 _____

EMPLOYMENT / LEADERSHIP / VOLUNTEER EXPERIENCE:

Please submit a short statement with your completed application explaining why you want to work at the club and why we should hire you.

Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 2012

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robin Meyer	301 365 1370
Social/Children's Programs	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	alisonewing@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.

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

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. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. 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 & every community member to attend, whether you are renovating or not. The next meeting is Wed Feb 1.

CARDEROCK CLUBHOUSE AVAILABLE TO RENT



Looking for a great setting to hold your next special occasion, day long retreat, seminar / training session or business luncheon? Consider the Clubhouse at Carderock Springs Swim and Tennis Club.

A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

Please contact the manager Larry E. Ondrejko
carderockclub@verizon.net or telephone 301.365.2292
Visit our web site CarderockClub.org

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