



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

November 2012 CALENDAR

Oct 31 Wed 5:30 pm

Halloween Parade at Club

Nov 4 Sun 6:30 pm

Citizen Association Annual Fall Meeting at Club

Nov 7 Wed 7:30 pm

Architectural Review Committee monthly meeting at Club

Nov 10 Sat 5:30 pm

Movie Night at Club

Nov 13 Th 11:30 am

Men's Lunch at Normandie Farm (2nd Thursday of the month)

Nov 20 Th noon

Women of Carderock lunch meeting (3rd Thursday)

Nov 27 Tues 8 pm

Swim & Tennis Club Annual Election Meeting at Club

Save the Date!

Dec 9 Sun 1-5 pm

Carderock Creates art/craft show at Club

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

Newsletter Distribution

Q. Where has this orange newsletter been these past months and why am I getting a hard copy of it now?

Reminder

A. Twice a year, in November and May, a hard copy of this Club newsletter is printed and distributed to all Carderock residents. The first of every month it is published online at www.CarderockClub.org, just click Newsletter for the current and/or back issues. If you'd like to Opt In and receive a hard copy *each and every* month, email your request to CarderockClubNewsletter@verizon.net to contact the editor, Margie Orrick then a Carderock Kid will personally deliver your Club newsletter each month.

NOTICE OF ANNUAL MEETING

The Carderock Springs Swimming Club, Inc will be conducting the 2012 Annual Membership meeting Tuesday, November 27 at 8:00 pm.

The Board of Directors will be presenting for election the Slate of Officers (below) and the Proposed Budget for 2013, both of which will be posted on the front door of the Clubhouse and on our website CarderockClub.org for review by the Membership.

2013 SLATE OF OFFICERS

The following have agreed to serve as board members for the 2013 fiscal year.

SUZETTE GOLDSTEIN	PRESIDENT
PAUL KISSINGLER	VICE PRESIDENT
EDWARD BIRD	TREASURER
ELIZABETH BILBAO	SECRETARY
JEN DEMARINIS	SOCIAL PROGRAMS
ALISON EWING	MEMBERSHIP
ROBIN MEYER	SWIM/DIVE
RAY SOBRINO	LONG RANGE PLANNING
COLETTE WORLEY	TENNIS

If unable to attend and you 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.

There will be light refreshments served at the conclusion of the meeting.
Looking forward to seeing you there,

Board of Directors

Kids

HALLOWEEN PARADE at the Club - October 31

5:30 pm: Get a hot dog, your UNICEF box, glow-in-the-dark necklace, and see everyone's costumes.

6 pm: Join in the Costume Parade before Trick-or-Treating in the neighborhood.



UNICEF

Kids: If you don't have one already, pick up your UNICEF box at the Club to collect donations when you Trick-or-Treat on Halloween.

Adults: get your spare change/bills ready to hand out Oct 31 to an assortment of ghosts, goblins, and maybe even a Katniss or Thor.



MOVIE NIGHT - November 10 at Club



5:30 pm Pizza, hot dogs, popcorn, lemonade. BYOB!

6 - 6:30 pm Short Show

6:30 - 8pm Main Feature (TBD)

SOUP/STEW CONTEST RESULTS

venit gustavit censuerunt (they came, they tasted, they voted)



Congratulations to new local legend,
soup star champion

☆☆☆☆☆ Julie Corbin ☆☆☆☆☆

and her Won-ton Soup at the Carderock Fall Fest in October!

Thanks to everyone who came out to the Carderock Fall Fest in October. Numerous adult/teen/kid volunteers made the day possible with extremely creative games, projects, face painting, food and Unicef collections. Well done, Carderock!

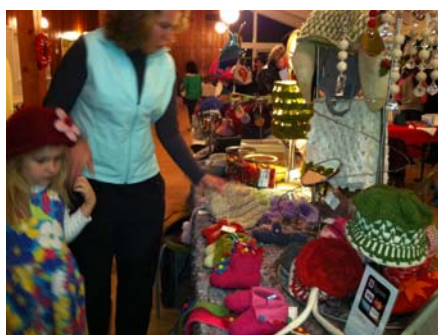
Carderock Creates coming in December

3rd Annual "Carderock Creates!" Arts and Crafts Holiday Show



SAVE THE DATE: December 9, 1 pm to 5 pm at the club

Photos from last year/2011:



Creative Carderockers: ready-set-go! Interested in selling/participating? Jewelry, glass, wood, painting, fiber arts, food, u-name-it! Contact Anja Caldwell Anja@FiberFrolics.com or Kristina Valencia Kristina@FiberFrolics.com

Interested in buying holiday gifts? This is THE event to buy local art and presents for friends, family and teachers!

Tennis

Thank you for another wonderful season! My fifth season has been busy with the addition of new adult programs, an always expanding junior program, junior and adult team matches, additional staff, and more.

The new adult programs introduced this year have started to take off! We will continue offering these programs next season. Sign ups can be done via email but next season we will also have sign ups sheets available by the tennis office. Please remember all classes are posted on the Carderock website www.CarderockClub.org by clicking on the tennis link or go directly to www.DeodharTennisAcademy.com

The Junior programs have continued to grow at Carderock. I have been excited to see that member participation has gone up this season. Our Tny Tots and Up & Comers programs are filled with new and young faces while our higher level programs have developed depth and become more competitive.

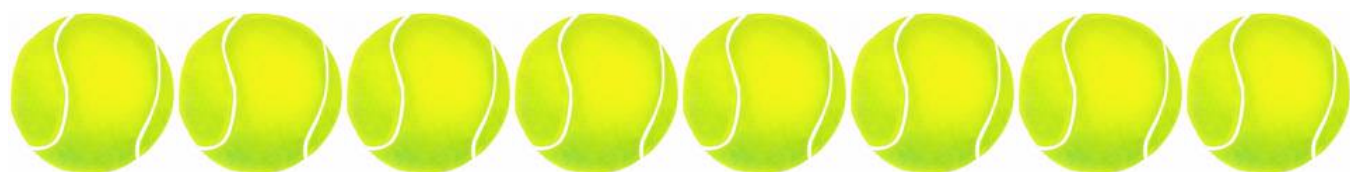
The competitive teams at Carderock have enjoyed great success this 2012 season. Our adult teams were very competitive in the GWTA League. The Ladies C Team has improved tremendously and had an outstanding fall season. As of mid-October (when this note was written) our Ladies B Team was battling for first place! If the Ladies B Team finishes in the top spot then they will move up another division. This would be the second division win for this team in 4 years! The Carderock Junior Team was not to be outdone this 2012 season. The team had a 5-0 record and its first undefeated season in recent memory. For next season it is my hope to build on the success the teams had this year. I also would like to create a Men's Team for 2013. If interested, please email me at Deodhartennis@yahoo.com. Congratulations to all the teams for an outstanding season!

Last but not least I am happy to have Emre Baris as a full-time Head Pro with the tennis academy. Emre had been part-time in previous seasons but is now taking on a bigger role with the academy!

Thanks again to everyone for another great season and I hope to see everyone on the courts in 2013! Schedules for the 2013 season have been posted.

Thanks,

Nitin Deodhar
Director of Tennis
Deodhar Tennis Academy
www.DeodharTennisAcademy.com



Exercise Classes at the Club

DONNA BLANK'S FELDENKRAIS Awareness Through Movement

- Wednesdays, 1 - 2:15 pm, Sept to Dec 12th (no class 11/21). \$250 for 10 classes.

Open to all ages and abilities. Experience natural ease in action, a more relaxed presence, and more embodied living. Free yourself from limiting images of yourself and consequent limited patterns of action. Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and a Laban Movement Analyst. Call Donna 301 469 8665 or email donnablank@gmail.com

MAGGIE WONG'S YOGA - join any time

- Tuesdays and Thursdays, 9 to 10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind. Email Maggie@yogaplus.com and see www.yogaplus.com

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES

- Mondays and Wednesdays, 8 to 9 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

LAURA PROBERT'S PHYSICAL THERAPY

- 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



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

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, CarderockCitizens.org. 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 Wednesday, November 7.

Classified Ads

Yippee! The Carderock *Citizens' Association* is now accepting Classified Ads in the Community News (green) newsletter. While ads placed by college-age and younger students are free, there is a \$10 monthly fee for other ads. For information, contact Phil Rider: cscapres@gmail.com. Previously, classified ads were in this *Club* (orange) newsletter.

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.CarderockCitizens.org	
Overview of CSSC & CSCA	www.CarderockSprings.org	
OTHER/neighbors		CS-Chat@yahoogroups.com

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

- www.CarderockSprings.org 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 419 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

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.



Plus the new pavilion is also available to rent, by itself (or with the pool in summer) and/or with the clubhouse, too!

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

Proxy

**PROXY STATEMENT
CARDEROCK SPRINGS SWIMMING CLUB, INC
NOVEMBER 27, 2012 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 of the undersigned to attend the Annual Meeting of the Corporation to be held on November 27, 2012, 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 11/27/12 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.

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