



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

January 2008

1/2 Wed 7:30 pm
1/7 Mon 1-3 pm
1/10 Thurs 11:30 am
1/11 Fri

1/14 Mon 7 pm
1/17 Thurs noon
1/23 Wed 7:30 pm

Looking ahead - Save the Dates!

2/2 Sat 7 pm
2/8 Fri
2/20 Wed 7 pm

CALENDAR

ARC monthly meeting on neighborhood renovations
Women's Book Club
Men's lunch at Normandie Farm
First Movie Night of the year at the Club

Citizens Assoc monthly meeting at the Club
Women of Carderock lunch
Swim/Tennis Club Annual Budget Meeting at the Club

Groundhog Day Potluck Dinner at the Club
Movie Night at the Club
Citizen Assoc monthly meeting at the Club

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

CSSC MEMBERSHIP HEADS UP

Our wonderful club seems to be in great demand for the 2008/2009 season. Our waiting list is growing fast and I expect many more inquiries in the New Year.

Enrollment forms for the 2008/2009 membership year will be arriving in your homes on or around February 1. If you don't receive the enrollment form that week please call me or email me.

If you know that you will be away in February and March and want to enroll in the club, please make arrangements with me before you leave town to ensure that you have a membership spot.

Our Annual meeting will take place on January 23, at 7:30 p.m. at the club house. The annual budget (which includes the amount of dues) will be voted on at this meeting.

Enrollment forms and fees will be due **March 1**. A **\$75 late fee** must be included with any enrollment forms received after that date - no exceptions.

So mark the first week in February on your calendar so you don't miss out on membership at CSSC.

New to Carderock? If you are new to the Carderock Springs Community, Welcome!

If you have recently bought or rented a "Bennett" home, please contact me (email is best) with your information - name, address, phone number and whether you are an owner or renter.

Membership renewal forms are mailed to every house that is eligible for Sustaining Member Type 1 memberships. If 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. (An explanation of Membership types is a few pages later in this newsletter)

If you have recently purchased a "Bennett" home, please be aware that there is a \$1,000 reactivation fee that must be paid before the new owners can activate their membership. The enrollment letters will include information about the reactivation fee.

Thank you,

Meris Sparrow
CSSC Membership Secretary
301-767-9473
carderockclubmembership1@verizon.net

Swim & Tennis Club Annual Meeting

January 23, 7:30 p.m.

at the Clubhouse

Vote on the annual budget!

A New Year means a new budget for Club operations and maintenance.

Details of the proposed budget for 2008 can be found on the Club's website www.carderockclub.org. Membership dues is our primary income for the Club.

Membership dues for the coming year will be

- \$695 for Sustaining 1 & 2 member,
- \$840 for Annual members and
- \$590 for Senior members.

Full details of the proposed expenses and income assumptions can be found on the budget summary on the website. (An explanation of Membership types is on the next page)

On **January 23, 2008 at 7:30** the Board will host the Annual Board Meeting to discuss and vote on the proposed budget. The attendance or proxies of 30 voting members are required to conduct the vote. Please plan on attending on the 23rd or provide a proxy. A blank proxy is provided at the end of this newsletter and is also available online for your convenience. Proxies may be provided to any voting member in attendance on the 23rd or can be delivered to the club secretary Marie Caulfield or club manager Larry Ondrejko in person or via the club's mail slot.

So if you want the Club lights to stay on, please cast your vote by proxy or in person on **January 23rd**.

Thank You,

Suzette Goldstein

CSSC President

MEMBERSHIP CATEGORIES and how they work are below. Questions? Contact Membership Secretary Meris Sparrow at carderockclubmembership1@verizon.net . There are three membership categories:

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. 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.

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. Obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 *refundable capitol contribution*. This fee grants the household full *voting rights*, entitles the household to the same annual membership dues as Sustaining Type 1 Members, 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 capitol contribution fee is refunded. There are a *limited number* of these memberships available. If you are interested in obtaining a Sustaining Type 2 membership please contact the Membership Secretary.

A *reduced rate for Senior Citizens* (defined as persons 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.

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) residents in neighborhoods in the Carderock sub-division; 2) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 3) residents of the Whitman school district; 4) all others.

Emeritus Guest Privileges

To encourage the participation of Senior Citizens in the community who are Sustaining Members Type 1 or Type 2 who do not wish to purchase a full senior membership, we offer Emeritus Guest Privileges. This privilege, permitting the *occasional use of the facilities, is limited to Sustaining Members Type 1 and 2 households having no more than two persons, each of whom is 65 years old or older*. Each senior member of the household may purchase an Emeritus Guest Privilege card at membership renewal time that will entitle the holder to *15 days use of the club's facilities*.

Emeritus Guest Privilege cards are not transferable among family members. Guests of Emeritus Privilege cardholders (e.g., visiting grandchildren) are still required to pay the regular guest fees. Emeritus Guest Privilege cards must be purchased by the March 1, membership renewal deadline.

Groundhog Day

Potluck DINNER,
Saturday,
February 2

7 pm at the Club

..... Will the groundhog see his shadow or not?

..... Will we see you at the dinner or not?



MOVIE NIGHTS

Save these Friday nights for movies at the Club in 2008:

January 11, February 8 (March 7 to be rescheduled)

SUMMER FUN enrollment will be coming up soon. If you've got questions now about this summer weekly program of team-building games and arts & crafts at the club for elementary-age kids, contact Bonnie Phelan.



DIVE TEAM

The dive team is looking forward to another season of fun, high energy and team spirit! New divers of all ages are encouraged to join. We are a small team so members get lots of individual attention and training. Hope to see you at Swim/Dive Registration in the spring.

2008 Carderock Dive Team Schedule

June 15 Old Farm @ Carderock Springs
June 22 Carderock Springs @ North Chevy Chase
June 29 Rock Creek @ Carderock Springs
July 6 BYE - No meet
July 13 Carderock Springs @ Old Georgetown
July 20 Divisional Championship Meets
July 23 All Stars ~ 12 and Under events
July 24 All-Stars ~ 13 - 18 events

For more information contact Dive Rep Theresa Barton: 301-365-1491 or lptbarton@juno.com

Social Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

January 10, Thursday noon

The next Carderock Senior Men's lunch will be on December 13 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

We always welcome new members. If you would like to attend or be put on our invite list, please contact Seth Tuttle at 301 365-1277 or sltuttle2@verizon.net

WOMEN OF CARDEROCK

January 17, Thursday noon

The January meeting will be Thursday the 17th, 12 noon at the home of Chris Carpenter, 8000 Park Overlook Dr. Please RSVP to her at 301 469 7077.

The December luncheon at Normandy Farm was a great success. Happy New Year to all !

CARDEROCK WOMEN'S BOOK CLUB

January 7, Monday 1 pm

"One Hundred Years of Solitude" by Gabriel Garcia Marquez

Marquez is especially noted for his use of "magical realism" in his novels and short stories. "One Hundred Years of Solitude" is no exception and magic and humor abound in this most famous of his novels.

Come join us in our discussion. We will meet on January 7, 1-3 pm in the home of Patricia Encarnacion, 7507 Hamilton Spring Rd. 301-767-0263. Newcomers are always welcome.



Community and Farewell

GREENIES

"HEAVY METAL" - Remember that sound? Well this is a lot softer and more fun.

GET READY for future specifics about a Scrap Metal Challenge (i.e. bottle tops, fastening hardware, OJ tops, wire, door knobs, etc.) starting Super Bowl Weekend: Carderock Springs vs. Cabin John.

- **SHORT TERM GOAL:** Collect the most household and scrap metal to be RECYCLED by Earth Day & REDUCE landfill waste.
- **LONG TERM GOAL:** Change habits/awareness, build community both internally and externally, neighbors, ages, businesses.

NOW: SAVE & COLLECT 3-pound COFFEE CANS to put your scrap metal in.

If you would like to help in this effort, please email Martha Donnelly: marthapaci@comast.net
Look for more information in the February newsletter.

The green Citizen Association Dec 2007 newsletter summarizes the 2 Carderock Greenie meetings so far.

<http://carderocksprings.net/association/cahome.cfm> , click Newsletters.

FAREWELL

Chris Nolen, 74, died in November while hiking in Nepal. In his 60's and 70's he was well-known for robustly leading the Potomac Appalachian Trail Club and Sierra Club's Tuesday Vigorous Hikes of 15 to 20 miles which gained 3,000 to 5,000 feet in elevation. Chris had recently placed and checked automatic cameras along the Appalachian Trail for the Predator Survey Project with the Smithsonian Institution. A positive man, Chris was "having the time of his life" in Nepal according to a friend. Professionally he was an electronics engineer and worked for the Institute for Defense Analysis and SAIC. Married 56 years, he leaves his loving wife Jo Ann, 2 children and 2 grandchildren. A memorial service will be held at 2 pm on Saturday, January 5 at River Road Unitarian Church (corner of Whittier and River).

Yoga Exercise Classes

YOGA CLASSES for CHILDREN (ages 5-10) and TEENS (ages 10 - 15) at the Clubhouse:

As parents know, pre-teen and teen years can be quite stressful. Yoga is a proven method to calm and steady young and old through challenging poses and meditation techniques. Instructor Carderock resident and instructor Maggie Wong is offering two new classes for children at the Club in 2008. The goal is to improve strength, flexibility, self-awareness, posture and composure, leading to a calmer and healthier child. Fee: Seven classes \$105.

- **Yoga for Children**, Wednesdays 4:30 -5:30. First class January 16.
- **Yoga for Teens**, Tuesdays 5 - 6 pm. First class January 15.

Contact: Maggie Wong, 301-365-2424; Maggie@yogaplus.com. (Certified yoga instructor Maggie is currently the stretching and toning coach for the Holton Arms dance group).

KID'S YOGA at Potomac Tennis Club:

A *Kid's Yoga* class, taught by Carderock Mom Ela Rohde, is ongoing at the Potomac Tennis Club. The class is for designed for boy and girls ages 6-10. Young people's yoga is often useful for improving poise, concentration and reducing stress. The class combines physical exercises and relaxation practice. Fee: 10 classes, \$150.

- Wednesday's 4:30 - 5:30 pm

Potomac Tennis Club is located at 10800 Potomac Tennis Lane, Potomac. For more information or registration call or email Ela, 301-767-8927; elarohde@yahoo.de.

ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES at the Clubhouse:

Stretch, strengthen and tone every muscle group in your body.

- Mondays and Wednesdays, 9 to 10 am, \$10 per class.

First two classes free for new students. In addition to the traditional 1 hour stretch and tone program, there is also an *optional half an hour for those students who would like to enjoy a longer class with additional stretching and breathing exercises with soothing relaxation at the end of the class.* Fee is \$2 for the extra half hour. For more information call Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher, at 301 770 7994 or 301 412 5432 or email alexercise@comcast.net .

MAGGIE's ~ YogaPlus ~ YOGA CLASSES

The current session of Maggie Wong's yoga classes at the Clubhouse continue through the year end.

You may sign up any time, as the fees are pro-rated.

The session fee is \$16 per class; drop-in fee is \$20.

- Tuesday (yoga with weights) 9 to 10:30 am
- Thursdays (yoga and weights) 9:30 to 11 am
- Fridays (yoga and massage ball) 9 to 10:30 am

Evening classes throughout the week are offered at the Potomac Tennis Club, Falls Road. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

Parenting and Language & Art Classes

PARENTING CLASS

IT'S NOT LIKE WHEN WE WERE KIDS! - RAISING CHILDREN IN THE 21ST CENTURY

Families face new and ever-changing challenges in today's world. No one can avoid the stress that comes with living in the 21st century, and we can't stop our children from experiencing the challenges they have ahead. **WHAT WE CAN DO** is raise our children to be resilient, to have the internal strengths and external support that will help them succeed in life and triumph over challenges.

Marie Caulfield, PhD, will be holding a 9 week program for parents on developing strength, hope and optimism in their children. Based on the clinical and research findings on children and adults who have shown resilience and strength in the face of difficulties, the Raising Resilient Children curriculum encourages parents to foster in their children qualities that will help them throughout their lifetime.

- Classes will be held Fridays from 9:30-11:00 am (with coffee and snacks, of course), from January 18-March 14. Fee for 9-session class is \$225.

For more information or to enroll, call Marie at 301-365-3675 or e-mail her at marie@caulfieldcoaching.com. Also, check out her website at www.caulfieldcoaching.com.

HEY MOM- I WANNA GO TO SEÑORA LUPE'S...

Spanish Circle Time "La Hora de Juego" at the Clubhouse for ages 18 months to 4 years

- Every Tuesday, from 11:15 a.m. to 12:00 p.m

Led by a Carderock resident and native Spanish speaker trained in education and with years of experience!

"La Hora de Juego," a well-known program in Takoma Park and Silver Spring, is designed to teach children a second language in a fun, encouraging, and stimulating environment.

The first 6-week program introduces Spanish language and culture through songs, stories, games and body movement. Tuition is \$90 per child for the 6-week program.

For more information or to enroll your child, call Señora Lupe at 240-899-7468 or email lupemarks@yahoo.com



Wanted and House Cleaning Services Available

WANTED

ADULT MUSICIANS: Did you use to play in a band? Do you miss jamming with other rock musicians? Carderock Springs Dad looking to start rock band to jam a couple of times a month. This is very casual, no audition is necessary. I need drummers, singers, guitar, and base guitar players. Previous band experience would be nice, but not necessary as this is just for fun and we will not be performing. This band will play music from 70's classic rock, eighties rock and 90's grunge music. Synthesizers need not apply. Please call and leave a message for Greg at 301-365-1709

SEA FOR SKI HOUSE SWAP. Interested in exchanging a long-weekend at a Sea Colony Tennis Community beach house in Bethany Beach, Delaware for long-weekend at nearby ski area - Wisp, Seven Springs, etc. Beach housing is on second floor of two-floor garden apartments with 3 bedrooms and loft, sleeping up to 10. Indoor pools and tennis courts. Available through April or May (to be discussed). If interested, please e-mail Hal at hcohen1@ix.netcom.com

Pet sitter/housesitter needed for February 4-9, for Golden Retriever and two cats. Prefer live-in but will consider just walking and feeding. We are on the "other" side of Persimmon Tree. Call the Owens at 301-320-3512.

HOUSE CLEANING SERVICES AVAILABLE

- Wonderful housekeeper has some free hours to help with light housekeeping, laundry, organizing, and babysitting or pet care. She currently works part-time for several Carderock families and has her own transportation. Conscientious and reliable. Contact Amporn (also known as "Nan") at 240-423-6314.
- My Thai househelper has some hours available for light housekeeping, ironing, laundry, and kitchen duties. Please email me at smarnell55@aol.com for more information.

- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- 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

Experienced piano teacher offers lessons to children and adults at all levels in your home or hers. Lessons include basic music theory, solphedgio, and ear training exercises. Please call Larisa Shtirberg 301-762-7553 (H) or 301-379-6681 (C) (preferred) or E-mail lorashtirberg@yahoo.com or drop a note at 8100 Fenway Road.

Mike Rychlik, Carderock Springs Elementary/Whitman Cluster parent, offers guitar and mandolin instruction to school age children and adults. **ELECTRIC & ACOUSTIC GUITAR LESSONS** (beginning, intermediate) and **MANDOLIN LESSONS** (all levels): Everything from how to hold and tune the guitar or mandolin, to music theory and improvisation. Multiple styles (depending on instrument) include Rock, Blues, Old Time, Country, Bluegrass, Jazz. Mike is a multi-instrumentalist, has been playing for 35 years and has toured internationally. He also offers fretted instrument repair. Please call 301-365-8022 or email at rychliks@gmail.com for more information.

Do you love your home? Then treat yourself to a Home Portrait by Cabin John artist, Robinwyn Lewis. You can reach her at 301-229-1623.

To bike or not to bike? Celebrate your love of biking and your love of Shakespeare! Check out the tee shirts designed by Cabin John resident Fred Zirm at www.bikingwiththebard.com. He gives a \$5 discount to local residents (no shipping costs). E-mail him at bikebard@aol.com.

Gabrielle, age 15, is looking for pet sitting or child care work on weeknights or weekends to finance her trip to Rome in April. Speaks French and English. Call 301 767 9889 or email webgabri75@hotmail.fr

Petsitter available. We have lived in Carderock Springs for over 20 years, and I have had pets all my life. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. We also do odd jobs: yard cleanup, driveway sealing, small jobs around the house. Please call Dan or Eric at 301-365-6237.

I Paint Inc. Reliable home remodeling work fairly priced for the Carderock community. Kitchen, bathroom and basement remodeling, custom decks, interior exterior painting. Free Estimates with references in the community. Call Dan Mendelsohn to set an appointment. Email ipaintinc@gmail.com or call 301-221-7462.



I Paint Inc.

Recommend

My reliable, honest, capable, U.S. citizen cleaning lady has one day every other week (or maybe every week) available. I cannot say enough wonderful things about Yvane. She has been with me for 30 years! Contact her directly at 301-384-3915 or cell 301-793-7737. Questions? Call Mary Anne Lasko 301-469-0084.

I highly recommend HomeServe (301-299-2095) for any remodeling or major repair work you may have. They saved my life after the floods a few years ago -- replaced the drywall, floors, etc. in a timely and expert way at reasonable prices. The company is owned by John Petsche, a former resident of Carderock Springs. If you use him, please tell him I sent you so that he'll know that I was very satisfied. Recommended by Willie Sanderson.

Please send recommendations for reliable contractors to carderockclubnewsletter@verizon.net

CLUB BOARD OF DIRECTORS, 2007 - 2008

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301-365-3675
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	
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			carderocksummerfun@verizon.net
Tennis Pro		301 365 1541	carderocktennis@verizon.net

Do try and come to the 1/23/08 budget meeting, but if you can't then use this

PROXY STATEMENT

CARDEROCK SPRINGS SWIMMING CLUB, INC.

JANUARY 23, 2008 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 January 23, 2008, 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 vote at such meeting shall be cast as follows:

A. My Proxy has FULL DISCRETION as to the voting of my Membership Interest at the meeting.

↑ Check one box above OR one box below ↓

B1. In Favor of the Proposed 2008 Budget

B2. Opposed to the Proposed 2008 Budget

Date: _____

(Member's Signature)

Your Membership #: _____

(Print Member's Name)

Your assigned Proxy may bring this paper to the 1/23/08 meeting or you may personally deliver it to either Club Board Secretary Marie Caulfield or Club Manager Larry Ondrejko.

(It's extraordinary:
google "Proxy" and you get this Cuda. Who knew?)



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

Group	Website	Email
SWIM & TENNIS CLUB	CarderockClub.org (no password required)	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net (create a password to see archived info)	
OTHER/neighbors		CS-Chat@yahoogroups.com

In addition to those 2 websites for the Club and Citizen Association, there is a 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 170 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, 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. The **next ARC meeting is Wednesday, January 2.**



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