
SHRC NEWS

Published exclusively for the membership of Scottish Hills Recreational Club, Inc.

Phone: 469-8109

Spring 2005

President's Corner

Diane Spencer

There was a chill in the air last weekend but, according to the calendar, the summer is fast approaching. In fact, our pool opening is only a little more than a month away. Roland Flory, our pool manager, has already been hard at work making improvements and repairs to the pool to have it ready. There are many changes - be sure to check out the new wooden shelter. Roland has also been busy hiring an excellent staff for the summer.



"Home of the Sea Lions"

Want to keep up with what's going on at the pool? The easiest way is to make sure we have your current email address. Our weekly "SHRC News Updates" give timely reminders that you may not notice on the board at the pool, such as social events, schedule changes, special pool openings/closings, etc. Please read the SHRC Communications article for more information.

Although our pool is a private club and we pay contractors to do major repairs and upgrades, much of the work is done by member volunteers on the biannual workdays. Our Spring Work Day is on Saturday, April 30th. There is much to do (see the "Spring Work Day" article for details) to get the pool ready for opening day. Won't you please consider giving a few hours of your time? No experience necessary - everyone is welcome!

It is the hard-working and caring volunteers at SHRC that make a good club really great. Many of the same terrific people are there helping year after year. In addition, I've noticed something interesting about past board members: even when

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these folks leave the board, they don't stop caring. You'll see them handing out hot dogs or pizza at the socials, repairing items, or just offering good advice on how our club can be improved. For

example, Dan McFarland (known to the swim team as "The Voice of Scottish Hills") is one such volunteer. Even after his term on the board ended, he continued to keep in contact with board members, helping out with projects, as well as offering advice. So thank you Dan, and thank you to all the other wonderful caring people at SHRC.

We all look forward to a happy, fun and safe summer. See you at the pool!

2005 Grand Opening

Saturday, May 28th

Pool opens at 10:00 AM

Opening Day will include our traditional free hot dog lunch for all members. **If the health dept. inspection and weather comply, we'll also be open on Sat./Sun. May 21-22nd and Thurs./Fri. May 26-27th, following normal hours.** Look for emails from SHRC News, check signs at the pool, or call the pool's answering machine for information relating to these possible early openings as we get closer to that time.

Opening Day through August 23rd:

Monday - Friday	10 AM - 9 PM
Saturday	10 AM - 10 PM
Sunday	12 PM - 8 PM

August 24th through Closing Day:

Monday - Friday	10 AM - 8 PM
Saturday	10 AM - 10 PM
Sunday	12 PM - 8 PM

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Very Important Message Regarding SHRC Communications

During the 2004 season, we began building an SHRC email receiver list and sending out weekly email communications, in-season as well as occasional reminders in the off-season, to the pool membership in an effort to provide you with more timely information. These weekly communications of SHRC news and reminders were in addition to the quarterly newsletters and were extremely well received by those on the email receiver list. Going forward in the 2005 season, we are continuing to send weekly "SHRC News Updates" emails to keep you informed of pool activities.

Not only is email an easy way to communicate information in a timely manner, it is also cost effective. Consider that a one page letter to each member costs the membership \$148 in postage alone, then add printing and copying charges (\$130-\$350), members will have a glimpse of the cost savings involved in paring down hard copy mailing of information. The ability to communicate quickly and cost effectively is a very attractive option and we would sincerely like to expand the email list to include as many members as possible. If you are not already receiving the "SHRC News Updates", please send an email to communications@scottishhills.org to add your email address. As was done last year, the three most recent weekly "SHRC News Updates" will be posted on the bulletin board during the in-season so that even families without email access can see these timely communications.

The quarterly newsletter will continue to be produced as it has in the past, but will now also be sent by email to the members on the email receiver list. No more wondering where you've placed your hardcopy of the newsletter - you can find it in your inbox. This newsletter marks the last time a hard copy will be produced and US mailed to all 400 members automatically. Understanding that not all member families have access to email, we will continue to produce and US mail hardcopies to any member who requests it. However, please note that for the members who

receive only the hardcopy mailing, although the newsletter will still contain the same information which has always been sent, it can't include all of the weekly information and updates that members on the email receiver list are receiving through email. Please let us know if you require a hardcopy newsletter by: signing up at the pool or dropping a note in the mail to: SHRC P.O. Box 859, Cary, NC 27512-0859. US mailing the newsletter to those who request it will begin with the summer newsletter.

In addition to building an SHRC email receiver list to communicate with the members, we are also providing easy to remember email addresses for you to contact people associated with the pool. An email sent to board@scottishhills.org goes directly to all 7 board members, manager@scottishhills.org goes to Roland Flory, swimteam@scottishhills.org goes to Donna Howard, and diveteam@scottishhills.org goes to Abel and Kim Grande. Individual email addresses for each board member can be found on the back page of this newsletter.



2005 SHRC Board of Directors

We would like to welcome Charlie Board and Jeff Danes to the 2005 SHRC Board of Directors. They were elected at the March 1st, 2005 Annual Members Meeting to serve 3 years on the Board. The 2005 SHRC Board of Directors is as follows:

Charlie Board	- Membership
Dayton Cobb	- VP/Facilities
Jeff Danes	- Facilities/Ins.
Judy Heilsnis	- Sec./Communications
Jeff Morgan	- Treasurer
Diane Spencer	- President/Personnel
Maribel Swiggard	- Social

The board can be contacted by email at board@scottishhills.org, or individually at the contacts given on the back cover of this newsletter.

Spring Work Day

Saturday, April 30th, 8:30 AM

The annual spring workday is scheduled for the morning of Saturday, April 30th, starting at 8:30 AM. This is the annual ritual of preparing the club for our opening in May. We need members to come out and join your friends and neighbors to get the pool ready for another summer of fun. There are plenty of tasks that need to be done, including cleaning, setting out deck furniture, repairs, painting, landscaping, etc. Any and all skills are needed and welcomed. Bring if you can - **wheelbarrows, shovels, rakes, garden snippers, limb trimmers and chain saws**. Old clothes that can take getting dirt, paint, or bleach on them is a necessity.

Remember, members who participate in workday are entered in the annual raffle for a free years membership drawn at the Annual Members Meeting. Mark your calendars now and come help get the pool ready for another great season. Whatever amount of time you can offer will be greatly appreciated and will make a difference!

Flower Lovers Needed

We need several gardeners to volunteer to help prepare and maintain our flowerpots, boxes, and entrance beds.

Saturday, April 30th during the workday, we will focus on cleaning the pots, boxes, and beds. Early May, we will do some planting and placement of the pots around the deck. During the summer, some help is needed to keep spent flowers removed as well as weeds.

You may volunteer to help with the flowerpots and boxes around the pool, or the entrance beds, or BOTH. Please contact Roland at manager@scottishhills.org if you are interested in helping, or you can come and talk with Roland on the morning of the 30th.

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Payment of Annual Dues

Members have been invoiced for their 2005 Annual Dues of \$400. All dues must be paid in full by May 1st, 2005. There is a waiting list of potential new members. If your dues are not paid in full, you risk losing your stock and your membership will be offered to a new member. Payments, payable by personal check to Scottish Hills Recreational Club, should be sent by regular mail to:

Scottish Hills Recreational Club
P.O. Box 859
Cary, NC 27512-0859

- Please include your membership # on the check.
- A check returned for insufficient funds ("bad checks") will be subject to a \$30 processing fee.
- The SHRC board of Directors reserves the right to require CASH ONLY from members who repeatedly submit "bad checks."
- If you have questions, please contact Jeff Morgan at treasurer@scottishhills.org.

Changes to By-Laws

At the March 1st, 2005 SHRC Annual Members Meeting, the members in attendance voted to make two changes to the SHRC By-laws as noted below. An updated copy of the SHRC By-laws will be provided upon request at the pool.

1. Any member who has not paid their annual dues by **May 15th** will be considered to have resigned their membership. Thus the member's number will be retired, their stock reimbursed and a new member will be invited to join the pool in their place.
2. The Board has changed the number of available seats on the Board from 9 to 7, to consolidate positions and duties more effectively among Board members.

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2005 Social Calendar

May 28 - Opening Day Celebration

Kick off the season right and join us for a free hot dog cookout from Noon until 1:30 PM (or until the food runs out!)

June 11 - Ladies Night Out, 9-11 PM

BYOB (or whatever) and a dessert to share.

June 17 - Ice Cream Social, 7-8 PM

July 4 - Annual Independence Day Celebration

Games, contests, sun and fun with your neighbors all day long. Join us for a free hot dog cookout from Noon until 1:30 PM (or until the food runs out!) The pool will close in the evening so everyone can enjoy the evening fireworks of their choice!

July 8 - Ice Cream Social, 7-8 PM

July 9 - Ladies Night Out, 9-11PM

BYOB (or whatever) and a dessert to share.

July 23 - Adult Social

Leave the kids at home and enjoy a delicious meal, good music and (even better) companionship at our annual adults only social event.

August 6 - Middle School Social, 9-11 PM

Pizza, snacks and who knows what other surprises?

August 13 - High School Social, 9-11 PM

Pizza, snacks and who knows what other surprises?

August 20 - Adult's Night Out, 9-11 PM

BYOB (or whatever) and a dessert to share. An end of season (almost) celebration with your neighbors. No one under 21 allowed.

Playgroups!

Attention parents of younger children! I have been asked about organizing pool playgroups for preschool and younger children. If you are interested in getting together with other parents and kids, send me (Mariel Swiggard) an email at social@scottishhills.org and I'll be happy to get things started.

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Membership Chair Changes

Charlie Board is handling Membership duties for the 2005 season. To update membership information, request membership applications, or sadly, resign, please contact Charlie at membership@scottishhills.org.

The 2005 SHRC Membership Directory will be available in early June. Each member listing includes the names of the adult members, address, and home telephone number. Members may elect to be included or not. If you are not listed and would like to be, or conversely, please email or call Charlie.

Please remember that your membership applies only to the people living in your house. Family members (adult children, adult siblings, grandchildren) living in a separate household are not covered under your membership. They may visit the pool with you as your guest, or you may add non-member children to your membership for \$50 each if you baby-sit them. Failure to comply with any of the SHRC rules may be considered sufficient cause for suspension of pool privileges.

Staff News

Roland Flory

We've finished the interviewing and hiring process for the summer. We received approximately 2 applications for every position and all but a few applicants were from our membership. It was a very difficult selection process. I think you will be pleased with the staff, as they will be friendly, experienced, eager, and competent.

We will have two new assistant pool managers this year, as Teresa Rivera and Crystal Wrenn were not able to return. Although the two assistant pool managers will be new to the position, they are not new to SHRC. Arne Newmann and Magda Jenc will assist me in keeping the pool operating smoothly. We all look forward to having a great summer! See you at the pool.

Go Sea Lions!

Swim Team Update

Peter and Donna Howard
Parent Co-Chairs 2005

We had a successful registration day on April 2nd. Over 80 families were able to register. We now offer on-line registration until June 4th. Contact Peter & Donna Howard for more information at swimteam@scottishhills.org.

Practice Information:

Monday, May 23 - Afternoon Team Practices Begin
No practice on Memorial Day (May 30th) or on Monday, July 4th.

Note new times and practice reversal

4:30-5:15 p.m.	11/12, 13/14, 15-18
5:15-6:00 p.m.	7/8 and 9/10
6:00-6:30 p.m.	6 and under

Saturday 9:00-9:45 a.m. - Optional practice for endurance

We never practice on Sundays.

Morning practices begin on the first day the pool is open for the summer.

9:00-9:30 a.m.	6 and under
9:30-10:15a.m.	7/8 and 9/10
10:15-11:00a.m.	11/12, 13/14, 15-18

Sea Lion Coaches will take attendance at each practice. **Swimmers must attend a minimum of 2 practices the week prior to a meet to be eligible for main heats and relay heats.** The Head Coach and Assistant Head Coach have authority to excuse absences in advance such as family vacations or planned camps. Swimmers and parents should notify Coach Cameron or Coach Magda about planned absences.

2005 Swim Meet Schedule (meets begin at 6:00 PM)

June 7	Time Trials - SHRC
June 14	Dutchman Downs - SHRC
June 21	Sunset Ridge - Away
June 28	Wellsley - Away
July 5	Lochmere - SHRC
July 12	Cary Swim Club - Away
July 16	Cary City Meet** - Away
July 19	Shepherd's Vineyard - SHRC
July 26	Awards Banquet - SHRC

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**The Cary City Meet will be held on Saturday, July 16th at Cary Swim Club. Younger swimmers compete during the morning and older swimmers compete during the afternoon.

Dive Team Update

Abel and Kim Grande
Parent Co-Chairs 2005

Summer is almost here and it is time to DIVE in! We are excited to begin the 2005 season. We would like to welcome Nicole Vanwagonen as the 2005 SHRC Dive Team coach. Practice will be on Mondays, Wednesdays and Fridays. Dive meets are on Thursdays, beginning June 9th. If you have not already signed up and would like to, contact Abel or Kim Grande at diveteam@scottishhills.org.

See ya on the boards!
Abel and Kim Grande

2005 Dive Meet Schedule (meets begin at 6:00 PM)

June 9	North Hills - @ North Hills
June 23	Preston - @ Preston
June 30	NCAC - Home
July 7	Wood Valley - @ Wood Valley
July 9	Championship - @ Northbrook (AM)
July 14	Championship - @ Northbrook (PM)

SHRC Tennis Ladder

The 2005 SHRC Tennis Ladder will run from April 1st through Labor Day. The Tennis Ladder uses a 20-point system tracked on tennisengine.com. SHRC members looking to play some tennis, please contact Joel Schnoor at tennis@scottishhills.org. Any and all SHRC members are welcome to join!

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Swim Lessons

We will offer 3 two-week sessions with registration beginning on Saturday, May 28 at 10 AM. **The sessions will be held: June 6-17, June 20 - July 1, and July 11-22.**

Morning lessons will be Monday - Thursday, with Fridays as make-up days. Evening lessons will be Monday, Wednesday, Thursday, and Friday, with Saturdays as make-up days. The cost is \$20 per session and the minimum age is four years.

Adult Lifeguards

We need two or three more adults who are interested and willing to get lifeguard certified to help lifeguard at the pool late in the summer and particularly after school starts. This may determine if we are able to stay open during school hours. Contact Roland if interested.

Tennis? Archery?

Interested in tennis lessons or archery lessons? You'll have a chance to indicate your interests on Opening Day weekend. Please let Roland know if you have ideas for other activities for the summer.

General Safety Reminder

To ensure the safety of all members and their families, our staff is trained to enforce a set of safety standards. These standards include such things as no glass in the pool area, no running on the pool deck, one person on a diving board at a time, and no sliding down the slides head-first.

Please be especially careful in the parking lot, where children are frequently walking, riding bikes or skateboarding.

Inclement Weather Policy

The pool has a strict and detailed policy for the conduct of members and staff present at the pool at the time of threatening or severe weather. All people in the pool and on the adjacent decks should heed the instructions of on-duty staff without hesitation. Your responsibilities, as well as those of the staff, will be posted in the covered shelter area. Please take the time to read these policies. It may save a life.

Parents with Toddlers

Please use the special swim diapers and rubber pants for your untrained children, to avoid accidents in the pool. Closing the pool, especially the big pool, for the required 24 hours following a fecal discharge is very inconvenient for those wanting to swim, and very inconsiderate of those who allowed the accident to occur. By the way, "little swimmer" pants are available from the concession stand.

Smoking Policy

Please remember that **smoking is not permitted anywhere inside the fenced perimeter of the pool**, including the pool itself, the decks, main shelter, enclosed screen porch, restrooms, "far" shelter, or under any tent or awning. Smoking remains permissible on the tennis courts, in the parking lot, and in grassy lawn areas.

Pool Use

Please note that the Scottish Hills Recreational Club facilities shall not be used for the purpose of conducting a revenue-generating business or activity without approval by both a majority of the SHRC Board and the pool manager. This includes, but is not limited to, swim lessons, dive lessons, tennis lessons, lifeguard instruction, etc.

Our Guest Policy and Your Responsibility

Members may bring guests to the pool. Guests who live in Wake County must pay \$2 per visit and are limited to 4 visits per month. The fee drops to \$1 after 6 p.m. on weekdays. Guests who live outside of Wake County are not required to pay a fee and may visit the pool an unlimited number of times, as long as they attend with a member.

It is the responsibility of every member to register (sign in) any in-county or out-of-county guest, and to identify your guest(s) to the front desk staff when you sign in. **SHRC Bylaws allow the Board to issue, at its discretion, 3-day suspensions to member families found to exhibit blatant, grievous, or repeated disregard for the visitor policy.**

Planning a Party? Bringing a Large Group?

Remember that if you're planning a large party or if you want to reserve a sheltered area or the screened dining room, you must complete a reservation application with the pool manager. Also remember that there is a fee for each non-member guest. Check with pool manager Roland Flory for specific rules and requirements.

SHRC Community Watch

Like our neighborhoods, our swim club property has always been (and will always be) vulnerable to the youthful pranks and indiscriminate vandalism. Pools seem to be a favorite target and the problem is shared by many of the swim clubs in our community.

While our security system effectively deters after-hours intrusions onto the pool deck or into the shelters, damage and destruction of our property exact direct and indirect costs that are ultimately borne by the membership. Each of us can help minimize vandalism (and its associated costs) by collectively providing a community watch of our property, by being aware of people on our property after hours and their activities, and by being ever watchful for property damage and reporting such to the Manager or Assistant Managers.

So please seize any opportunity (driving down the street, walking the greenway, etc.), especially after hours, to notice who is doing what on our property. If you suspect inappropriate activity, you shouldn't hesitate to contact the Cary police at [469-4012](tel:469-4012).

Your SHRC Board Members

(Email to All Board Members: board@scottishhills.org)

<u>Name</u>	<u>Responsibility</u>	<u>Email address</u>
Charlie Board	Membership	membership@scottishhills.org
Dayton Cobb	VP/Facilities	VP@scottishhills.org
Jeff Danes	Facilities/Ins.	facilities@scottishhills.org
Judy Heilsnis	Sec./Communications	communications@scottishhills.org
Jeff Morgan	Treasurer	treasurer@scottishhills.org
Diane Spencer	President/Personnel	president@scottishhills.org
Maribel Swiggard	Social	social@scottishhills.org
Roland Flory	Pool Manager	manager@scottishhills.org

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