
SHRC NEWS

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

Phone: 469-8109

www.ScottishHills.org

Spring 2006

President's Corner

~ Diane Spencer ~

Are you ready for summer? Well, your Club is almost ready for you! The time is fast approaching when you'll be able to drop by for a swim, sit poolside relaxing and enjoying the sunshine. Or sit in the shade, if you prefer, as we are upgrading our umbrellas and giving the baby pool a sun barrier as well. You will notice another big upgrade as well: both men's and women's bathrooms are getting beautiful new tiles on the floors and fresh paint on the walls.

Thanks to all the efforts by your Board of Directors, particularly Facilities Chair Jeff Danes, you are going to enjoy these and many other improvements around the Club this summer. Roland Flory, our hard-working manager, has been overseeing the work and thanks to him and Jeff we are progressing right on schedule to be finished by opening day (see 2006 Grand Opening article).

Spring Work Day is scheduled for Saturday, April 29 this year and there is lots of work to do to get the Club ready. One of the ways we can keep our annual dues lower than most other pools is to do much of the work ourselves (did you notice that we didn't have to raise the dues this year?!) To thank those wonderful volunteers that come out for a few hours on the workday, we will give extra chances to win a membership for the 2007 season. We've changed the rules slightly: bring your spouse or teenager (15+) along to help and you'll get up to two extra chances. Please see the "Spring Work Day" article for more details.



"Home of the Sea Lions"

Our dive and swim teams are getting set up for registration on May 6, so come see the team Coaches and parent Coordinators if you are interested. We are pleased to have Nicole Van

Wagenen return as Dive Coach and Abel and Kim Grande have agreed to Co-Chair the team again. The Swim Team had a major concern in late January when the Swim Team Coordinators Skip and Andrea Long announced they were re-locating to Atlanta. Our panic was short-lived, however, since Ken and Karen George replied within hours to our plea for help! Ken and Karen have exciting ideas for the swim team to teach and encourage our Sea Lions not to just win, but to have fun!

SHRC and Cary Swim Club have alternatively hosted the Cary City Meet (CCM) for many years. This year our Club will host the 25th Annual CCM on Saturday, July 15 with almost 30 teams from Cary and surrounding areas participating. To put on such an event requires a lot of help from our members, not just swim team. We do anticipate a profit from hosting this meet, and these funds are used to upgrade our facility and make improvements that benefit all our members. Please consider how your family can help this effort and contact the CCM Coordinators, Jeff Kager and Steve Denning, to volunteer. [See CCM article.]

You may remember our terrific Assistant Manager from Summer 2004, Ms. Teresa Rivera. We are delighted that she will be back with us this summer. Teresa and Roland have been working very hard to select the pool staff, both gate/concession and lifeguards. This has not been an easy task as the applicant pool was truly superb. However, the final staff has been selected and their training will begin in a few weeks.

(President's Corner - continued from page 1)

If you have suggestions for improvement of any aspect of our Club, please let us know. You can reach me personally at president@scottishhills.org or the entire board at board@scottishhills.org. Individual board members as well as the manager and swim and dive teams are also available via emails as given on the last page of this newsletter.

2006 SHRC Board of Directors

We would like to welcome Kim Ludovici to the 2006 SHRC Board of Directors, as well as welcome back Jeff Morgan for a 2nd term. They were elected at the March 7th, 2006 Annual Members Meeting to serve 3 years on the Board. The 2006 SHRC Board of Directors are:

Charlie Board	- Membership
Jeff Danes	- Facilities
Judy Heilsnis	- Communications
Kim Ludovici	- Secretary/Insurance
Jeff Morgan	- Treasurer
Diane Spencer	- President/Personnel
Mariel 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.

Farewell

It's always sad to see long time members bid farewell to the club. The 2006 SHRC Board members would like to acknowledge and thank Glen and Ginger Smith for their contributions to SHRC during their 27-year membership. They were among the founding members of SHRC.

2006 Membership Dues

~ Jeff Morgan ~

Invoices for the 2006 Annual Membership dues have been mailed and must be paid in full by May 1st, 2006. Dues for 2006 are \$400. If your dues are not paid in full, you risk losing your stock and your membership will be offered to a family on the waiting list. Payments, payable by personal check to Scottish Hills Recreation Club, should be sent by regular mail (not certified or anything requiring signature confirmation) to:

SHRC
P.O. Box 859
Cary, NC 27512-0859

- Please put 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 our Treasurer, Jeff Morgan, at Treasurer@ScottishHills.org.

Friends or Neighbors Wishing to Join SHRC?

~ Charlie Board ~

<http://www.scottishhills.org/membership>

If you know someone who has said they are interested in joining SHRC, remind them that NOW is the time to apply. Our waiting list fills up once the weather turns warm and families who wait too long miss out on the limited new memberships we can offer each year. For more information, see "Membership" at <http://www.ScottishHills.org> or contact Charlie Board at Membership@ScottishHills.org.

2006 Grand Opening

Saturday, May 27th

Pool opens at 10:00 AM

The pool will officially open on Saturday, May 27th at 10AM. The Opening Day will include our traditional free hot dog lunch for all members at noon. Our hours will change slightly this year - we will be open an extra hour on Friday evenings, closing at 10PM.

Opening Day through August 24th:

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

August 25th through Closing Day:

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

If the health dept. inspection and weather comply, we'll also be open on Sat./Sun. May 20-21st following normal weekend hours. Look for emails from SHRC News, check the web site, 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.

Policy Changes

<http://www.scottishhills.org/misc/policies.html>

There are a few policy changes to be aware of for the 2006 season:

- The Guest limit/month has been changed from 4x/month to 6x/month.
 - The Guest fee for Wake County residents will be \$3/visit and \$1 if after 6pm on weekdays.
 - Swim Lesson fee will be \$25/two week session.
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ANNUAL SPRING WORKDAY

Bring The Whole Family!

Saturday, April 29th at 8:30 AM

Please join us for the annual ritual of the Spring Work Day! We will meet at the pool on the morning of Saturday, April 29th, starting at 8:30 AM and REFRESHMENTS will be served! Meet the other members and enjoy fellowship with your friends and neighbors while getting the pool ready for another summer of fun. We encourage you to bring your children as an educational experience, a healthy dose of volunteerism, and to prove the old saying that many hands make light work! Let's set a record for attendance this year!!!

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. Old clothes that can take getting dirt, paint, or bleach on them is a necessity. If you have any ideas about projects that you have wanted to see done in the past, please do not hesitate to email Jeff Danes at Facilities@ScottishHills.org and we will either add them to the work day list or add them to our Long Range Facility Plan.

In addition, members who participate in workday are entered in the annual raffle for a free annual membership drawn at the Annual Members Meeting. If two or more family members (ages 15+) each work 2+ hours, the family will receive two (2) extra raffle tickets when attending 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!

SHRC to Host the 25th Annual Cary City Meet

~ Jeff Kager & Steve Denning ~

http://www.scottishhills.org/hosting_ccm

The Scottish Hills Recreational Club will host the 25th Annual Cary City Invitational Swim Meet (CCM) on Saturday, July 15. This annual event is one of the largest, if not *the* largest, single-day outdoor swimming event in NC, bringing over 28 local swim clubs and over 1,400 swimmers to our pool.

SHRC members Jeff Kager (kagerclan@aol.com) and Steve Denning (steve@denningcpa.com) will once again coordinate this huge and wonderful event and request that **ALL** members of SHRC consider volunteering a little time in order for the meet to be a success. There are many areas where we need help - both before the meet takes place and especially the day of the meet. For more information regarding SHRC hosting the CCM, see http://www.scottishhills.org/hosting_ccm.

Please put this important date on your calendar. If you have questions about CCM or are ready to volunteer your talents, please contact Jeff and Steve at CCM@scottishhills.org.

SWIM LESSONS

~ Roland Flory ~

www.scottishhills.org/misc/swim_lessons.html

A series of swim lesson classes will be held with morning and evening classes. The three two-week (eight lessons) sessions will be held:

- June 12 thru 23
- June 26 thru 30 and July 10 thru 14
- July 17 thru 28

The cost will be \$25. Registration will commence on Saturday, June 3.

Go Sea Lions!

Dive Team

~Kim and Abel Grande ~

<http://www.scottishhills.org/diveteam>

We are ready to Dive into the 2006 season! We welcome Nicole VanWagenen back as our coach! We will be having Dive Team registration on Saturday, May 6, from 10am-2pm, along with the Swim Team. It IS possible to do both Dive Team and Swim Team. Our practices and meets are at different times! We encourage all those interested in diving to register May 6! You don't need any experience - Nicole will work with you!

Our 2006 schedule is:

- June 15 at Woodvalley
- June 22 at Northbrook
- June 29 at HOME vs Prestonwood
- July 13 Girls championships at Northbrook
- July 20 Boys championships at Northbrook

We will have a list of volunteer positions available at registration! Contact us at DiveTeam@ScottishHills.org with any questions. See ya on the boards!

ADULT LIFEGUARDS NEEDED

~ Roland Flory ~

We will need several adult lifeguards in late August in order to keep the pool open full time. Let's hope that Bill, Maryann, and Stacy will be back. Teresa is a certified lifeguard trainer and could do a lifeguard course sometime during the summer. Anyway, all lifeguards must have an annual CPR course in order to work. You can take the course without cost on May 24 or 25 at the pool. Please pre-register for either date by contacting Mr. Flory by May 10. The course will run from 6:30 pm to 9 or 9:30. Lifeguards need a Red Cross first aid course every three years. Teresa will be teaching first aid on May 17 during the evening, also. Give it some thought.

Go Sea Lions!

Swim Team

~ Ken and Karen George ~

<http://www.scottishhills.org/swimteam>

We are excited about the upcoming season and are pleased to be announcing several changes in the swim team practice schedule. The practice times have been posted online

(www.scottishhills.org/swimteam/practice_schedule.html), and they've been shifted a bit. The main difference this year is that we will be having quotas for each practice block of time, and each block of time will include lanes for ALL AGES.

This means that if you have children 6 and under, 7-10, and in the upper age bracket, you can bring them all to the pool at the same time. Summer job schedules for teens will also be easier to work around because we start at 8:30 in the morning. This also will allow the coaching staff to have more individualized time with the swimmers in their particular age group specialty. We will be signing up for practice times at registration on the 6th of May on a first-come first-served basis.

We are interested in knowing ASAP how many swimmers are in year round school on tracks 1 and 2. We would like to have morning practices for them while traditional schools are still in session, beginning May 31 and running through June 9.

Let me introduce the coaches:

Brian Post, a Scottish Hills Alumnus, will be our new head coach. Brian is currently at ASU, majoring in Secondary Education. He wants to be a high school teacher. We are very fortunate to have him on board this year.

David Rojas, a year round swimmer for 13 years, is our assistant head coach. Due to a swimming injury, he is unable to compete any longer. He is extremely excited about working with our older swimmers, using his 13 years year round experience to help our teens improve their times. He is currently at NCSU. He also will be coordinating our "land practices", a new integral part of our practice schedule.

Kate Higgs, another home-grown swimmer, is returning as an assistant coach. She will be working with the middle age group of swimmers. Along with her previous coaching, we are excited that she also brings her high school swimming experience along with her role as a swimming instructor at the YMCA to the pool with her.

Matt Merry, also a Scottish Hills swimmer, will be working with the 6 and unders. He has aspirations of working with youth summer camps as a career. We are really happy that he's agreed to be an assistant coach this year.

Their email addresses are listed on the web site in the swim team "[contact info](#)". We also have begun to fill the volunteer positions for the season. If you have a particular interest in an area, please let us know so we can allow you to serve in that area.

Also please feel free to email us with any comments, suggestions, or questions that you have. Our phone number is also available, but email is preferred so that we can get back to you overnight in most cases.

Go Sea Lions!

Ken & Karen George
SwimTeam@ScottishHills.org

Reminder: Swim Team registration will be held Saturday, May 6th from 10am-2pm.



2006 Social Activities

~ Mariel Swiggard ~

<http://www.scottishhills.org/social>

Welcome to the 28th Season of Fun at the Scottish Hills Club. We're looking forward to a number of great events, including our old standbys, a new Midnight swim, and the revival of an old tradition. Volunteers are wanted for all events, and the only requirement is that we have fun!

2006 Social Activities

- May 27 - Saturday - Opening Celebration
- June 9 - Friday - Ice Cream Social
- June 16 - Friday - Midnight Swim
- June 17 - Saturday - Ladies Night Out
- June 23 - Friday - Ice Cream Social
- June 30 - Friday - Midnight Swim
- July 4 - Tuesday - Celebration
- July 7 - Friday - Ladies Night Out
- July 22 - Saturday - Adult Social
- August 4 - Friday - Middle School Social - hopefully Dive-In Movie
- August 18 - Friday - Lock-In
- August 25 - Friday - Ice Cream Social

You can also find these activities on the SHRC Calendar at www.localendar.com/public/shrc, as well as the activity details at <http://www.scottishhills.org/social>.

Easter Egg Hunt Wrap-up

Our annual Easter egg hunt was a success thanks to our volunteers and a little cooperation from the weather. The Easter Bunny stopped by for breakfast and pictures. The rain held off until the end of the hunts, and excited children claimed our four prize baskets. Thank you to everyone who came by and especially to our many wonderful volunteers.

Opening Day Celebration

Come join your neighbors and friends to celebrate the beginning of summer by joining us at Scottish Hills on Saturday, May 27th. We'll open the pool

officially at 10am and kick off the season right with a free hot dog cookout at noon.

Ladies' Night Out

Come out for a few hours of relaxation and conversation with friends and neighbors. BYOB and a little dessert to share, if you can. (Remember, no glass containers, please.)

Ice Cream Social

We're serving vanilla and chocolate ice cream, as well as orange sherbet, with all the toppings! Cost is \$1 per bowl. (Those on traditional school calendars may note that we're having ice cream socials on both the last and first days of the school year.)

Annual 4th of July Celebration

SHRC offers a terrific day of fun for the whole family on the 4th of July. There will be lots of games and tournaments to participate in from 10:30am until 4pm, as well as a free hot dog cookout at noon. Sign up for the tournaments when the pool opens. Bring the kids' decorated bikes for the bike contest. Plan a fun family day at the pool! (Please note: The pool will close at 6pm so everyone can enjoy evening celebrations around town.)

Adult Social

FIESTA! Attention Senoras y senors. We're in for a spicy good time this year. Leave the ninos at home and get ready to shake your maracas on the dance floor after a muy deliciosa dinner. Don't forget your bathing suits for some party time in the agua...Admission TBD.

(Please note: The Pool will close that evening at 5:50pm for setup.)

Overnight Lock-in

We're going to try and bring back an old favorite. Children 12 and up are invited to spend the night at the pool. Pack your swim suits and pajamas, and don't forget your sleeping bags, but don't expect much sleep. Pizza and munchies will be included. Admission price TBD. Parent volunteers are needed. Please contact Mariel Swiggard.

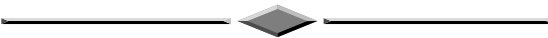
(Social Activities - continued from page 6)

Midnight Swims

We're offering something new this year - bring the whole family to enjoy a moonlight dip in the pool. The pool will stay open until midnight.

Middle School Social

It's the Middle School students' turn to have a fun evening at the pool from 9pm-11pm. There will be pizza and soda. Admission is \$4. Guests are welcome to come with a member. Please sign up at the front desk by noon on the day of the event. Mariel would love to hear any suggestions from the kids. We are trying to do a Dive-In Movie Night once again. Movie suggestions should include only films with a PG13 or tamer rating, and may not include adult language or sexual content. Parent volunteers are needed. Please contact Mariel Swiggard.



Resignations and Stock Transfers

~ Charlie Board ~

<http://www.scottishhills.org/membership>

If you are thinking of resigning your pool membership, there are two ways to sell your SHRC stock. The most common way is to notify us in writing (email Membership@ScottishHills.org or postal mail) that you wish to resign your membership. Your stock will be sold to the next person on the waiting list and a \$400 check for your stock fee will be mailed to you.

Another way to sell your stock is to offer it as part of the sale of your residence. Our members often find this an attractive addition to the amenities of their home and may even encourage the sale! If you choose this option, there is a form for both the seller and the buyer to complete and sign. The buyer must also submit an application and pay an application fee. Upon approval, the old member's number is retired and a new member

Go Sea Lions!

number is assigned to the buyer. This procedure clarifies the requirements of membership and ensures that all parties agree to the conditions of transfer and ownership. It is advantageous to the buyer because the membership is transferred directly and they do not need to go on the wait list. **Please note: no private sale of SHRC stock is recognized!**

Appropriate forms for transfer by home sale may be obtained by contacting our Membership Coordinator, Charlie Board, at Membership@ScottishHills.org.

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 per child if you baby-sit them. Failure to comply with any of the SHRC rules may be considered sufficient cause for suspension of pool privileges.



2006 SHRC STAFF

~ Roland Flory ~

We have hired an excellent group of young people, most of them members, to work at the pool this summer. We have a good blend of experience with some talented newcomers. After a hiatus last year, Teresa Rivera will be back this year as one of our assistant managers and our trainer. Kim Fichera will be back as an assistant manager, also. I truly believe this staff will do a superb job for you and your family. We are looking forward to a super summer. Several facility improvements will add a great deal of interest and satisfaction to your time at the pool.



Go Sea Lions!

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
Jeff Danes	Facilities	facilities@scottishhills.org
Judy Heilsnis	Communications	info@scottishhills.org
Kim Ludovici	Secretary/Ins.	secretary@scottishhills.org
Jeff Morgan	Treasurer	treasurer@scottishhills.org
Diane Spencer	President/Personnel	president@scottishhills.org
Mariel Swiggard	Social	social@scottishhills.org

Other SHRC Contacts

Roland Flory	Pool Manager	manager@scottishhills.org
Ken & Karen George	Swim Team	swimteam@scottishhills.org
Kim & Abel Grande	Dive Team	diveteam@scottishhills.org
Jeff Kager & Steve Denning	CCM Coordinators	ccm@scottishhills.org

Pool Number 469-8109