



April 2006

CALENDAR

3/31	Fri.	6:30 and 7 pm	Movie Night and Summer Fun Registration
4/3	Mon.	12 - 2pm	Women's Book Group
4/5	Wed.	7:30pm	Architectural Review Committee
4/8	Sat.	1-4 pm	Spring Tennis Kickoff
4/12	Wed.		Registration Deadline for Women to visit NLM at NIH
4/13	Thurs.		Men's Lunch (with Wives this month!)
4/20	Thurs.	11:30pm	Women of Carderock visit NLM at NIH
4/20			newsletter deadline
4/23	Sun.	4pm	Ladies Tennis Social - tennis & cookout
4/23	Sun.	6-9pm	Citizen Assn Wine & Cheese Social & Spring Meeting
4/26	Wed.	7:30 pm	Club Board Meeting
4/29	Sat.	1-4 pm	Parent-Child Tennis Round Robin
5/6	Sat.	5-6pm	"Manhunt" author at the Club
5/7	Sun.	2-5 pm	Swim and dive team sign up at the Club
5/27	Sat.		Pool Opens for the Season
5/27	Sat.		Memorial Day Party

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

From the Editor

Neighbors,

The new spring blossoms are arriving and with them there's a new newsletter editor for the club. Starting this month, the club blends together the two communications roles of webmaster and newsletter editor into one person, Margie Orrick.

A previous pen and ink drawing has returned onto the cover page of the newsletter. We were fortunate to have John Eberhard create this work of art depicting our clubhouse in 1987. His collection of drawings, "Portraits of Places", are enjoyed and owned by people around the world.

Starting this month you'll also find this newsletter online! Just go to carderockclub.org and click on Newsletter. If you misplace the physical paper you're holding now, then when you are looking for it

again, you can just go to the website to peruse the information.

A big round of applause for our neighborhood youth, age 8 to 18, who are reliably delivering Club newsletters each month to neighborhood mailboxes! This is sometimes their very first paid job so be sure to thank Andy Hubley, the Oshinsky boys (Alex, Marcus, and Ryan), Andrew Phelan, and Alex Rosen. If someone is sick or on vacation, **I'm looking for backup delivery people**. If you'd like to be added to the list of available backups, contact me at the email below.

Submit items for the newsletter by the 20th of each month via email, snail mail, hand delivery to the clubhouse or to my house. If delivering to my front door, there's even a box just to the left of my front door dedicated for submissions to the newsletter.

Your Carderock Club newsletter editor and webmaster,

Margie Orrick
8212 Fenway Rd

Email: carderockclubnewsletter@verizon.net
Website: carderockclub.org

Membership

The 2006/07 CSSC Membership Renewal deadline was **March 1**. We have now opened membership to our waiting list. If you have not renewed your membership yet, and still wish to do so, please send your renewal form and payment, **including a \$50 late fee to:**

Membership Secretary
Carderock Springs Swimming Club
8200 Hamilton Spring Court
Bethesda, MD 20817

Sustaining Member,
Type 1 and 2 dues \$690 + \$50
Senior Sustaining Member,
Type 1 and 2 dues \$590 + \$50
Annual Member dues \$800 + \$50

Checks should be made payable to CSSC

Memberships will be taken on a first come, first serve basis.

If you have just purchased a "Bennett" home in Carderock, a \$1000 initiation fee, in addition to your annual dues, must be paid before you can activate your club membership.

Please contact me with any questions regarding membership or to discuss a payment plan for the initiation fee.

Meris Sparrow 301-767-9473 or
pmsparrow@aol.com



???

Trivia Question:

You've undoubtedly noticed the beautiful new roof on the clubhouse. Have you ever considered *how many cedar shake shingles* are on the roof? The answer is on the club website - go to carderockclub.org. (Yes, this is a ploy to get you to look at the website and to perhaps even bookmark it).

**CARDEROCK SPRINGS SWIMMING CLUB, INC.
8200 HAMILTON SPRING COURT
BETHESDA, MARYLAND 20817**

SUMMER EMPLOYMENT APPLICATION

NAME: _____

ADDRESS: _____

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

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

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

E-MAIL ADDRESS: (_____)

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

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.

TO BE EMPLOYED YOU WILL NEED A CURRENT SIGNED WORK PERMIT AND ALL TAX FORMS COMPLETED PRIOR TO EMPLOYMENT.

What are our teens and 'tweens up to these days? Here in Carderock we've got incredibly resourceful, compassionate, and creative 'tweens and teens. For example, meet one of our 7th graders:

Donate Kids Sports Stuff to



Good Cause

I am collecting gently used sports equipment between now and the end of May to donate to the Bethesda-based National Center for Children and Families. The NCCF runs a camp program for needy kids and could really use some of those balls, bats, mitts, soccer shoes, shin guards, tennis rackets, goggles, etc. that your elementary aged kids may have outgrown. If you're looking to clean out your closets of extra stuff like this, please help me help these kids in time for their summer camp program. If you have something to contribute, please leave it in the carton in my garage at 8204 Hamilton Spring Court. Thanks for your help.
Dylan Collins., 7th grade.

MOVIE NIGHT

Friday March 31

6:30 pm The Jetsons

7:00 pm E.T.

Pizza, hot dogs, popcorn and drinks will be served. A \$1.00 donation per child is requested to help maintain the video equipment. Please contact Suzette Goldstein at suzette.goldstein@hok.com or Alison Ewing at 301-469-0345 if you are interested in helping out.

EGG HUNT

Spring Egg Hunt at the Club



Sunday, April 9th, starts 1:00 pm

The eggs go fast - so be there right at 1:00 so you won't miss out.

Volunteers needed to fill the eggs, hide the eggs and serve coffee. Student Service Learning hours are available for this community service. Please contact Alison Ewing at 301-469-0345 or Suzette Goldstein at suzette.goldstien@hok.com if you can help.

Talks, Socials, Meetings

"MANHUNT": Meet Author of Best-Selling Book on Saturday May 6, 5:00 - 6:00 pm

Come meet nationally-acclaimed author James Swanson, who will read from and discuss his new book *Manhunt: The 12-Day Chase for Lincoln's Killer* which has been favorably reviewed and profiled in the media. Harrison Ford will star in a forthcoming movie based on the book.

Ron Collins is hosting this event at the Carderock Clubhouse for all who are interested.

Copies of *Manhunt* will be on sale and the author will also be signing books. In order to help gauge audience size, RSVPs would be appreciated to rcollins@freedomforum.org

The **Architectural Review Committee (ARC)** of the Carderock Springs Citizen's Association meets the **first Wednesday of each month at the clubhouse at 7:30 pm**. The committee reviews proposed construction projects occurring in the community. All neighbors are welcome to attend.

Carderock Springs Citizens Assn. **Spring Meeting Wine and Cheese Social**, Sunday, April 23, 6:00 - 9:00 pm at the Club.



Please join your fellow Carderock Springs Citizens Association members and neighbors for the Citizens Association's spring meeting on Sunday, April 23. It will start at 6:00 pm with an informal "wine and cheese" social. The formal association meeting will begin at 7:00 pm with reports from the association's officers, as well as an update from the Architectural Review Committee (ARC) and the Design Guidelines Committee. There will be time to discuss other important issues facing our community. For further information, please contact Malcolm Stevenson (301-469-0140) or view the association's recent newsletter on the Swim and Tennis Club's website (www.carderockclub.org, click CS Citizens' Association, then scroll to the bottom of the page for the newsletter).

Swim/Dive and Tennis

SWIM/DIVE NEWS: Sign up for the swim and dive team

Sunday, May 7, 2- 5pm at the Club. Be sure to bring:

- your swimmer (to order the correct size suit and optional clothing)
- your checkbook
- your calendar (to volunteer for swim and dive meets).

Get ready for another season of fun as kids improve their skills each week!



TENNIS NEWS

The warm weather has finally arrived and the tennis activity is heating up for the spring. Stop by and check out what's going on or call us. Look what's going on this month !

Spring Tennis Kickoff: April 8 Saturday 1-4 pm

Ladies Tennis Social: April 23 Sunday 4pm. Members bring a guest for some evening tennis and a little food and fun. Call the shop or stop by for details. It will be a great way to end a nice weekend.

Rain date: Sunday, April 30.

Parent-Child Round Robin: April 29 Saturday 1-4 pm

Junior Programs

All junior programs are up and running. Late registration is no problem. All classes can be prorated.

Men's Night is going to be played every **Wednesday from 7-9 pm**. All guys are welcome to come out for a "Guys Night Out!"

Tennis Pro Shop 301 365 1541 or Cell 240 731 3872



Carderock Springs Swim & Tennis Club

TENNIS PROGRAM REGISTRATION FORM
SPRING 2006

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W/Cell) _____

If a minor:
Parent's Names: _____

Programs:	Days & Time:

Total Amount Enclosed: \$ _____ *(Please do not send cash in the mail)*

Make checks payable to:

Ryan Freeman
32 Amarillo Court
Germantown, MD 20874

◦ FOR PRIVATE & SEMI-PRIVATE INSTRUCTION CALL 301-365-1541◦

Thank you for your early registration!



Junior Tennis Programs – Spring 2006

Junior Elite (Advanced)

Designed for juniors that want to fine tune their game and improve performance at the tournament playing level. Focus is on strokes, tactics and conditioning.

Junior Aces (Intermediate)

This program is designed for the junior who wants to take their game to the next level by developing better skills and to correct weaknesses through fast paced drills and playing.

Junior Netters (Beginners/ Low Intermediate)

Focus will be on stroke production, rules and score keeping. The format will provide a mixture of drills and beginning play with the objective of improving overall play.



Wimpleton (Children ages 4-7)

This is an introductory class to tennis with emphasis on fun, fun, and fun.

JR. PROGRAMS	Days & Times	Dates	Cost:
Junior Elite	Monday & Thursday 3:30-5pm	Session 1: (9 wks) April 3 rd – June 1 st	\$270
Junior Aces	Monday & Thursday 5-6:30pm	Session 1: (9 wks) April 3 rd - June 1 st	\$270
Junior Netters	Wednesday & Friday 5-6pm	Session 1: (9 wks) April 5 th - June 2 nd	\$180
Wimpleton	Wednesday or Friday 4-4:45pm	Session 1: (9 wks) April 5 th -June 2 nd	\$100

Adult Tennis Programs – Spring 2006

Morning or Evening Explosion (Workout Drill Sessions. All abilities)

Get your workout on the tennis court. This program is composed of high paced drills to increase stamina, speed and overall conditioning. Drop in or signup in advance.

*Minimum of 2 players must sign up each week.



Ladies Morning Clinic I (Adv. Beginners/ Intermediate)

This class is designed to fine-tune the fundamentals of stroke production and beginning doubles strategy. The class format consists of 1 hour of drills and ½ hour of organized play and critic.

Men's Clinic

On Sunday afternoons we will be offering a Clinic for men only. It will consist of a high cardio workout with lots of fast paced drill. The time of the class will be 2:00-3:00 on Sundays.

Men's Clinic

ADULT PROGRAMS	Days & Times	Dates	Cost:
Morning Explosion	Monday or Wednesday 7-8:30am	Session 1 April 3 rd – May 31 st	\$225 or \$25/class
Ladies Clinic I	Friday 11-12:30am	Session 1 April 7 th – June 2 nd	\$225 or \$25/class
Evening Explosion	Tuesday 6:30-8pm	Session April 4 th – June 6 th	\$225 or \$25/class

Men's Clinic Sunday 3:00-4:00 April 2nd \$25/class

(Please sign up in advance or call within 48 hours if you plan to attend.)

Carderock Springs Swimming Club

Summer Fun 2006

COMMUNITY SERVICE / VOLUNTEER APPLICATION

NAME _____

ADDRESS _____

AGE (_____) **DATE OF BIRTH** _____

TELEPHONE HOME (_____) (_____) (_____)

TELEPHONE CELL (_____) (_____) (_____)

E-MAIL _____

PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.

NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)

_____ **6/19 - 6/23** _____ **6/26 - 6/30**

_____ **7/03 - 7/07** _____ **7/10 - 7/14**

_____ **7/17 - 7/21** _____ **7/24 - 7/28**

PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH CHILDREN AGES 5 THRU 10.

REGISTRATION FORM Summer Fun Program

REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF AUGUST 31, 2006 ENTERING FIRST GRADE, AND NO OLDER THAN (10).

CHILDS 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 \$200.00.

DATE	CHOICE	FEE
6-19 THRU 6-23	_____	\$200.00
6-26 THRU 6-30	_____	\$200.00
7-03 THRU 7-07	_____	\$200.00
7-10 THRU 7-14	_____	\$200.00
7-17 THRU 7-21	_____	\$200.00
7-24 THRU 7-28	_____	\$200.00

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 \$75.00 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 unless due to the will fully fault or gross negligence of it’s agents or employees.

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 #** (_____)

More Socials, Groups

**CARDEROCK SENIOR
MEN'S GROUP - MEN'S LUNCH**

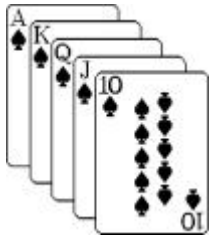
Will meet on Thursday, April 13, for the annual lunch with WIVES (companions, etc) invited. So ladies, if he usually won't take you to lunch, this is your chance. If you are interested in attending this event, please call Seth Tuttle at 301 365 1277 or e-mail me at stuttle@erols.com

**CARDEROCK WOMEN'S
BOOK GROUP**

Will meet on Monday, April 3, from noon to 2pm at the home of Patricia Encarnacion, 7505 Hamilton Spring Road. We'll discuss E.M. Forster's book Passage to India. Newcomers are welcome.

DUPLICATE BRIDGE ANYONE?

Our Carderock women's group meets twice monthly on Thursday nights. If you are interested in joining us, please call for details: Anne Eason 301 365 1979 or Susan Coffman 301 369 7795.



WOMEN OF CARDEROCK

A car full of Women of Carderock visited the Montgomery County Historical Society on March 16th. We learned about the history of our county and saw the Beall-Dawson House. A highlight was our visit of the Stone Street Museum of 19th Century Medicine. After our tour we had a delicious and reasonable lunch at a nearby Indian restaurant.

On Thursday, April 20 we will visit the **National Library of Medicine at NIH**. We will tour their new exhibit: "Visible Proofs: Forensic Views of the Body", how medical information can help solve crimes. As usual, we will meet at 11:30 at the club to carpool to the Library. The Library requires names of persons attending at least one week before the visit. If you are interested in going, please call Margit Meissner at 301-469-6740 by April 12. We will have lunch in a nearby restaurant afterwards

Looking forward to seeing many of you! Newcomers are welcome.

Classes Offered

Summer 2006 classes for young **artists ages 5 - 12**. Exciting, interactive experiences in many different mediums: paint, paper, textiles, clay, wood and much more.



Our focus is on the creative process and helping students discover their artistic potential.

One week sessions, Monday - Thursday, starting June 19; last session ends July 27. No session offered week of July 4. Six students required for each session. Each daily class is 10:30 am - 1:30 pm. \$250/week. Reserve a space today; class sizes are limited. Call Nancy or Kristina 301 767 9738, or email Kristina_Valencia@yahoo.com

Mixed Level Yoga. For those with some yoga experience, focusing on core muscle strengthening and the Sun Salutation and related postures. Warmup and stretching with the body massage ball.

~ **YogaPlus** ~ Spring 2006
Come anytime, fee is pro-rated. Sign up for the remainder of the series and pay \$15/class. Drop-in fee: \$20. Make up for missed classes by attending any other class during the current session. Instructor Maggie teaches these classes at the Clubhouse:

Tuesdays 9:00 - 10:30 am. Yoga with Weights. 8 weeks/ \$120. 4/25-6/3/06;

Thursdays 10:00 - 11:30 am Gentle Yoga. 7 weeks/\$105. 4/27-6/8/06;

Fridays 9:00-10:30 am Mixed Level 7 weeks/\$105. 4/28-6/9/06

Yoga with Weights: Hatha (Flow) Yoga and Free Weights. Yoga postures and movements for core muscle strengthening, flexibility, balance, relaxation; weights for upper body toning. While this is a more challenging class, the difficulty is adjusted to meet the abilities & needs of the participants.

Gentle Yoga. Gentle yoga exercise to improve core muscle strength, posture and balance, and to maintain flexibility & a calm mind. Contact Maggie Wong: 301-365-2424; maggie@yogaplus.com; or visit www.yogaplus.com

Classifieds

DOG FOUND

On March 20th, a gray whippet dog was found in Carderock. In mid-March there were signs posted in the neighborhood looking for a missing grey whippet dog, but when the dog was found the signs were gone. Who knows where she belongs? Contact Suzanne Dritschilo: dtppro@aol.com



FREE

Wheelbarrow needs a good home. Old, metal and works just fine. 8212 Fenway Rd. 301 365 6253.

FOR SALE

Elm wood upright **chest**, direct from China, \$500. Call Ellery Owens at 301-320-3512.

HELP WANTED

Pet Sitter.

Need live-in pet sitter 14 April (Easter weekend) until about the 29th of April, then again from the 19th of May until the 29th of May. Care for Golden Retriever dog and two cats off Persimmon Tree Road. Call Ellery Owens at 301-320-3512.

HELP WANTED

Daytime Puppy Care.

Working Carderock mom needs daytime help with 10 week old German Shepherd puppy. Looking for someone reliable and trustworthy to stop by my house once a day to fill up her water dish, let her out and play with her in the backyard for a bit (maybe go for a walk, although she hasn't taken to the leash thing yet) and possibly clean up any messes. Ideally need someone noon-ish although early afternoon at 2:30 or 3 would be fine. She has a wonderful disposition and is lots of fun to play with. Call mobile (202) 365-5551.

Typist needed for occasional documents such as CV, professional profile. Needed soon: CV. Microsoft Word. Call 301 469 8665 and leave message, or e-mail asbjrmd@aol.com. Rates negotiable.

HOUSE CLEANING SERVICES AVAILABLE

Enthusiastic, with excellent references and own transportation. Available Monday through Friday. Call Gisela 301 622 2897.

Anna Maria 301 942 6743.

Excellent, honest and reliable cleaning person with 28 years experience has available time. Speaks, reads, and writes English. Call Yvanne 301 384 3915.

Experienced with Carderock references. Available Monday-Wednesday-Friday. 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 and a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

RECOMMENDED

Hermon church lecture series: The historic Hermon Presbyterian Church is offering a spring concert and lecture series which includes the following events, all of which start at 4 pm on Saturdays:

- April 1: Violin and Piano recital.
- April 22: Lecture and discussion about quality of life and medical decisions.
- May 20: Presentation on living wills and advance directives.

Now that the Olympics are over, are you itching to learn a new sport? Ever notice people in those impossibly long skinny boats on the Potomac? Thompson Boat Center is just 20 minutes away and offers lessons in sweep **rowing** (8 people per boat) and sculling (1 person per boat). Recommended by Margie Orrick and other Carderock neighbors. It's incredibly fun! See <http://thompsonboatcenter.com/>



Club Board of Directors

President	Tim Mealey	301 365 5620
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Tom Deyo	301 365 1247
Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive	Robyn Nietert	301 469 0140
Social Activities	Suzette Goldstein	301 469 7597
Facilities	Ray Sobrino	301 365 3878
Membership	Meris Sparrow	301 767 9473

Club Contacts

Manager: Larry Ondrejko 301 365 2292 carderockclub@verizon.net
Membership Secretary: Meris Sparrow 301 767 9473 pmsparrow@aol.com

Newsletter Editor: Margie Orrick 301 365 6253
carderockclubnewsletter@verizon.net

Tennis Pro: Ryan Freeman 301 365 1541 and 240 731 3872
carderocktennis@verizon.net

Club website www.carderockclub.org

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