



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

August 2006

CALENDAR

8/1	Tues.	Guest Preview Privilege begins
8/7	Mon. 12- 2 pm	Carderock Women's Book Group
8/2	Wed. 7:30 pm	Architectural Review Committee meeting
8/16	Wed. 6:30 pm	Family Tennis Night and BBQ
8/17	Thurs. noon	Women of Carderock lunch
8/20	Sun.	Newsletter deadline
8/27	Sun. 10-4 pm	Multi-Family Yard Sale, Park Overlook Dr
9/2	Sat.	Labor Day Celebration
	1-4 pm	Tennis Round Robin
	4-5 pm	Pool Games
	6:30-9:30 pm	Potluck/BBQ
9/5	Tues.	Fall Junior Tennis starts
9/17	Sun.	Dog Swim & pool closes for the season

For these dates and more scheduled events,
 check out the online calendar at CarderockClub.org, click on Calendar.

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

Letter From the Club Manager

Club Members,

WOW, can you believe it - we are slightly less than 6 weeks away from the end of an extremely successful swim season!

As we opened the beginning of the season with our clubhouse and grounds all clean and freshly painted and the women's locker room completely renovated, we experienced the highest usage of the facility in recent memory.

Both the Memorial Day and July 4th celebrations were huge successes. Our swim, dive and pre-team programs were very popular and successfully ended with a very well attended Awards Banquet.

The tennis program was once again a big hit with all participants and concluded with the Tennis Awards Banquet held on the 27th.

The 6 week Summer Fun Program for 6 to 10 years olds was exceptionally popular with the highest number of participants in the history of the program.

I would like to encourage you all to take a moment in your visits to the club to thank the kids who were a part of the staff that did an amazing job under extreme pressure to keep the club clean and functioning on a day-to-day basis. They deserve a huge pat on the back and recognition for a job well done.

Have a great finish to the summer and thanks for being members.

See you at the Club,
Larry

Labor Day Celebration



on Saturday Sept 2

1-4 pm Tennis Round Robin
4-5 pm Pool Games
6:30-9:30 pm BBQ

Bring your own food. Join us to party, dance and swim !
The club will provide snacks, sodas, beer, wine, and music!



Wireless internet access has arrived at the Club! Yup, neighbors have been sited at the club multi-tasking: working online on their laptops while simultaneously being with their kids at the pool. Cool!

Late breaking good news:

With your support, actions and strong sense of community, we will not be paying any County property tax for our community pool ! On 7/25 the County Council voted to enact Bill 33-06, granting credits from all County property taxes for non-profit/not-for-profit swimming pools in Montgomery County. The bill still needs to be signed by the County Executive but at the present time there is no indication of any opposition. This bill is the result of a request made less that a year ago that "something be done to help swim clubs and pools with the escalating property taxes." What an awesome accomplishment in such a short amount of time. Great job everyone!!!

Kids

Come to **Labor Day Pool Games**, Saturday Sept 2, 4- 5 pm.

Trivia Question ???

Each year the Swim Team has a Barracuda mascot.

What are the names of the 3 Barracuda mascots for 2006, 2005, and 2004?

The answer is on the club website - go to **carderockclub.org**
(Many thanks to the creativity of Kristina Valencia!)

HAIL AND FAREWELL

As the fall approaches, the Carderock community gives big Good Luck hugs to our high school seniors as they head off to be college freshmen. We remember many of them as toddlers (wow) and have applauded their accomplishments throughout the years, including employment at the club for most of them! Now where are they heading?

Cathy Caludis: Pennsylvania State University

Gordy Casasco: College of Charleston

Roxanne Heinecke: University of South Carolina

Andrew Hubley: Connecticut College

Lilly Kunin: Connecticut College

Jim Love: Spring Hill College

Kyle Mealey: University of Wisconsin

Adam Meyer: US Naval Academy

Sarah Norris: University of Virginia

Nicole Ollis: University of Connecticut

Alex Oshinsky: Allegheny College

Jesse Sobrino: Boston College

Montana Stevenson: University of Virginia

Laura Van Oudenaren: Davidson College

Bridget Woodbury: University of Maryland

Apologies to any seniors who may have been inadvertently omitted.

Tennis

The summer run is nearing an end. But it is not over yet. We will still offer programs through August 18th. Privates as well as ladies team practices will also be in full swing, so just drop in or give us a call.



JUNIOR PROGRAMS.

All programs are available until the third week of August. Weeks can also be prorated if needed. The fall programs for juniors will start Sept. 5th and continue on until Oct. 27th.

FAMILY FUN NIGHT.

August 16th we will have our family night out for all tennis players. Everyone is welcome to attend and bring what you like for the grill. Play will begin at 6:30.

UPCOMING EVENTS.

August is a slow month for tennis at the club. The next tennis event planned will be the Labor Day Social. Check the shop for the date and time of the tennis event. It will be our last big event of the season.

LADIES TEAMS.

The Ladies Fall season will begin at the start of September. Anyone interested in joining should call the shop for details. All official practices will begin the first week of September.

On a personal note, I would like to thank everyone for all the support and gifts my wife and I have received this summer as we have prepared for our first baby. It is really fantastic how nice and caring everyone has been. Thank you all for being so great.

301-365-1541 Tennis at the club
240-731-3872 Cell

WOMEN OF CARDEROCK

Women of Carderock met July 20th at Almuth Ewing's house. A lively discussion centered on how to evaluate charities to which we make contributions. Brenda Bell explained the process by which it will be determined whether Carderock would be included in the historical register.

WOC will meet at noon on August 17 at Margit Meissner's house. Please bring your lunch. The September meeting will be on Thursday, September 21. Please mark your calendars. We will meet at the Club at 11:30 A.M. and will carpool to the Katzen Museum at American University. Gloria Turner will be our guide. We will have lunch after this visit at a nearby restaurant. For further information, please call Margit Meissner 301-469-6740.



CARDEROCK WOMEN'S BOOK GROUP

August 7, 12-2 pm is the next meeting.

After Darwin but before intelligent design there was the theory of creative evolution, which George Bernard Shaw explores in his comedy *Man and Superman*. What better way to beat the heat than by reading Act III's famous rendition of "Don Juan in Hell"? All welcome to join our discussion on Monday August 7 from 12-2 pm in the air conditioned home of Eva Hess, 8303 Thomlinson Avenue. For more information please call Carolyn Finney LoBuglio at 301/320-4430.

For those of you wanting to race ahead in your reading:

- September, *The Iliad* (Fagles translation)
- October, *Galileo's Daughter*, Dava Sobel
- November, *My Antonia*, Willa Cather
- December, *The Magic Mountain*, Thomas Mann
- Winter 2007, *The Odyssey*

Exercise

WATER AEROBICS with Karin Baker at the Club

- Aerobic Dancing Tuesday and Thursday, 8:45 - 9:45 am
- Water Aerobics Tuesday and Thursday, 10:30 - 11:30 am.

The 8 week session is \$84 twice a week, \$44 once a week, or \$6 drop in.

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. 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 ~ CLASSES. Carderock resident Maggie Wong offers a variety of Yoga classes locally year-round. Join any class any time, fee is pro-rated. See www.yogaplus.com for a complete description of classes.

LYME DISEASE

Did you know Maryland is one of the 8 leading states with Lyme Disease? And it's in Bethesda and in Carderock. At least one human and one dog were exposed to Lyme Disease in Carderock this Spring/Summer.

Lyme Disease is spread by the bite of a small tick (but is not spread from pets to humans). The most obvious initial symptom can be a red rash, often 2 inches in diameter at the bite site and in the shape of a bull's eye or target, with a ring of normal colored skin surrounded by a red circle.

Avoid tick bites by taking simple precautions: wear light-colored, long sleeved and long-legged clothes when outside in high grassy areas. Check for ticks after being outside and remove them. If you have a weird rash, don't wish it away - see a doctor promptly since antibiotics taken early usually cures Lyme Disease. If the rash is ignored and it turns out to be Lyme Disease, problems can hang around long-term.

Definitive exposure to Lyme disease is verified through a blood test. More info is available from the American Lyme Disease Foundation, www.aldf.com

Classifieds -For Sale

FOR SALE

Concerts at National Cathedral:

Tickets available for 6

Saturday/Sunday concerts at

National Cathedral starting

October 2006....Tickets are

discounted in exchange for driving
1 person to and from concerts.

Please call: 301-469-9565

Major yard sale!!!! A multi family
yard sale will be held at 8003 Park
Overlook Dr on Sunday, August 27
from 10AM - 4PM. Families of all
ages will be selling many different
items including; Bikes, Toys, Board
Games, Furniture, Grills, Exercise
Equipment, Skis, Videos, Video
Games, DVDs, Books, Possibly
Clothing, and MUCH MORE! C'mon
over! Don't miss out on your
chance to get really good stuff -
all before school starts!

Aquarium (12x17x24 inches) with
decorative metal stand \$75; 3-
piece furniture in excellent
condition (sofa, loveseat and wing
chair) \$275; and outdoor fish pond
\$18 or best offer. Free in ground
fish pond liner
with filter for outdoor pond. Call
CK at 301-365-3238.

Appliances For Sale: Kenmore Elite
Stainless Steel and black
dishwasher - about 2.5 years old,
in great condition. Maytag Plus
Side-by-Side Stainless Steel and
black refrigerator - purchased for
\$1800 in 2004 with a 5 year
warranty. General Electric double
oven. Original to house (circa
1984), but in good condition. All
reasonable offers for appliances
considered. Please call Sheryl: 301-
775-1536

VEGGIES FOR YOU! If you are
interested in a big bag of a variety
of wonderful fresh all-natural
vegetables from the local CSA, you
could buy two weeks to sample.
Pick-up is in the neighborhood on
Thursdays, August 17 and 24. Call
or email if you are interested. Feel
virtuous and healthy! Support your
local farm and our environment! Do
your part to counteract the impact
of industrial agriculture! Call
Jennifer at 301-365-1953 or email
me at jennifergold@verizon.net.

Classifieds -Wanted & For Rent & House Cleaning Services Available

WANTED

Looking for a "pack and play" (folding crib/playpen) for grandchildren visits. Call Mary Lou at 301-365-0472.

Babysitter wanted, beginning at the end of August, to care for our two children after school, M-F, 3:15 - 6:30. Must have own car. Call Nicki and Jim, evenings, (310)469-9225 or e-mail silvermanday@verizon.net.

Seeking One Bedroom with Private Bath to Rent: Quiet, responsible long-time Cabin John resident who works in Cabin John. Please call Carolyn 301-257-1076.

FOR RENT

Outer Banks Vacation Rental in Corolla, NC. Beautiful soundfront home for rent, 5 bedrooms, 4.5 baths, hot tub on private pier with screened gazebo, unbelievable sunsets, close to beach, community clubhouse, pools, tennis courts, children's activities. Call Barbara: 301-469-9292

Rental in Myrtle Beach, SC. Golf Villa close to community pool and major Myrtle Beach attractions. Available dates in August, September, October, and November, 2006. This fully furnished villa features two spacious bedrooms, 2 baths, and is tastefully decorated. Whether you are a golfer, individual, family, leisure or corporate traveler, this villa is your home away from home. Contact: Denise 301-365-2460 for more information.

HOUSE CLEANING SERVICES AVAILABLE

- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- Anna Maria 301 942 6473. Avail Mon or Thurs.
- 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 and a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099

Classifieds - Services Available

PanaCea Computer Help. Having trouble with your computer? Desperately need an upgrade to your machine (RAM, Hard Drive, new Optical Drive, etc.)? Just want to solve some problems with your PC or Mac? Call Nick Fernandez-Arias, part of PanaCea Computers, a group of technically-oriented rising Juniors at Sidwell Friends School, and get your issue resolved. Drop off your computer or have us come by and take a look for a fraction of the price offered by other "geek" services. For pricing information, services offered, and everything else you might need, call (301)-648-9081 or e-mail panaceacomputers@gmail.com

Dog Walker. Experienced, reliable Carderock/Cabin John resident will care for your dog during the day on weekdays. She has taken care of my two dogs for two years. Recommended by John Drabek. Call Carolyn 301-257-1076.

Pet and Plant Caretaker. If you need someone to walk your dog and/or take care of your homely chores while on vacation or during the day, please call me. I am a senior at Whitman and love animals. Dylan Barbash 301 365 6522.

Tutor. Are you looking for customized, substantive summer tutoring that won't eat up weeks of your busy schedule? Extra Credit Academic Support & Enrichment features individual and small-group (no more than 4 students) workshops led by experienced educators and tailored to the specific needs of participants in upper elementary, middle, and high school. Flexible scheduling, grouping, and locations (home, library, etc). Registration is underway for Summer 2006 workshops, including Summer Reading/Writing, Nonfiction Reading/Writing, Algebra 1 Review, Middle School Math Review/Preview, and College Application Essay Writing. Workshops are offered on a first-come, first-serve basis, on weekdays from June 19 - August 5. Contact former CSES teacher Tom Sellevaag at 202.338.4445 or extracreditinfo@gmail.com.

Gutter Cleaning and Driveway Sealing. Gutters cleaned, roof swept: standard Carderock house \$65. Driveways sealed too. Call for estimate. Dan and Eric 301-365-6237 email: elbruestle@smcm.edu

Classifieds - Recommended

Royal Oak House Bed and Breakfast. We're three miles from St. Michaels on the Eastern Shore, ninety miles from Carderock! Look at pictures on BBonline.com, click on Maryland/Royal Oak to see our romantic and comfortable 1883 parsonage. Call Carol Eron and Hugo Rizzoli, B&B owners & former Carderock residents, CORRECT phone number is 410 745 3025.

Second Chance. Rethink consignment shop. Fendi, Vitton, Chanel, and other top designers as well as your basic ones - GAP, J. Jill, etc. Great array of tops, skirts, evening attire, bags, jackets, coats, as well as jewelry, scarves and other accessories. Stop by and update your wardrobe at this one-of-a-kind boutique located in downtown Bethesda at 4920 Fairmont Ave, 301 652 6606. Enjoy!

Neighborhood email list: Join CS-Chat to keep informed of neighborhood events and issues. Recent topics have ranged from the bear that wandered through Carderock one day in July to Comcast vs. Verizon FIOS internet technology. To join so you too are informed, just send an email with your name and street address to **cs-chat-subscribe@yahoogroups.com** .

Tree Work.

- Robert Yokely (301 926 0319) and his crew have handled all of our tree work here in Carderock for the past 25 years. He is experienced, reliable, and fair. Recommended by David Carpenter
- Bessie Butler (540 825-5437). Great service at reasonable rates. We've used them for at least 10 years for tree work and general yard and garden work. They are very reliable and do an excellent job. Recommended by Seth Tuttle & Kris Rengert.

Your neighbors are interested in reliable contractors. Please send recommendations for work done at your home (carpentry, plumbing, electrical, tree work, etc) to carderockclubnewsletter@verizon.net

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 Board of Directors

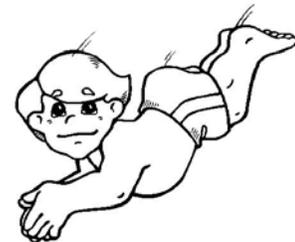
President	Tim Mealey	301 365 5620
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Tom Deyo	301 365 1247
Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive	Robyn Nietert	301 469 0140
Social Activities	Suzette Goldstein	
Facilities	Ray Sobrino	301 365 3878
Membership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

SUMMER POOL SCHEDULE

Regular Pool Hours: 10:30 am - 8:30 pm
(close 10 pm on Fridays)

Early Bird Swim:

6am - 8 am, Monday - Friday and
9:30 10:30 am Sunday



KIDS - Remember that science and math are useful outside the classroom. Don't forget your math facts this summer ! Pick a number (3?), and practice your multiplication tables while you walk to the pool, yes seriously - count by 3's: 3, 6, 9, 12, etc.