



July 2006

CALENDAR

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|----------------------|---|
| 7/1 Sat. | 4 th of July Celebration |
| | 1-4 pm Tennis Round Robin |
| | 4-5 pm Pool Games |
| | 6:30-9:30 pm Potluck/BBQ |
| 7/2 Sun. 1-4 pm | Ebitz Opening Reception of her pastel paintings |
| 7/3 Mon. 12- 2 pm | Carderock Women's Book Group |
| 7/5 Wed. 7:30 pm | Architectural Review Committee |
| 7/11 Tues. | Kings Dominion trip |
| 7/13 Thurs. noon | Senior Men's Group lunch |
| 7/20 Thurs. noon | Women of Carderock lunch |
| 7/20 Thurs. | Newsletter deadline |
| 7/22 & 23 Sat., Sun. | Adult Tennis TNT Weekend - get videotaped! |
| 8/1 Tues. | Guest Preview Privilege begins |
| 9/2 Sat. | Labor Day Celebration |
| 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

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



4th of July Celebration

on Saturday July 1

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!

GUEST PREVIEW PRIVILEGES

To encourage potential applicants and give them a chance to become familiar with the swim and tennis club, we offer a **one time only** Guest Preview Privilege. This enables families to enjoy the great family-oriented community at our Club from August 1, 2006 through the remainder of the membership year.

The fee for the Guest Preview is \$300. This fee grants privileges to our 5 tennis courts, use of the pool, basketball court and clubhouse.

If you know of anyone who might be interested in taking advantage of this opportunity please have them contact: Meris Sparrow, Membership Secretary by e-mail at pmsparrow@aol.com or phone 301-767-9473.



Wireless internet access is coming to the Club! Yup, later this summer you can bring your laptop and surf the web while you watch others conquer the surf in the pool. Just have a plan to keep your laptop dry since electronic chips and water don't mix well.

Come to **July Pool Games**, Saturday July 1, 4- 5 pm to celebrate the 4th of July a little early.

Trivia Question ???

*If you were 6 feet tall, how long would your shadow be at noon on the **Summer Solstice**?*

*If you were 6 feet tall, how long would your shadow be at noon on the **Winter Solstice**?*

The answer is on the club website - go to **carderockclub.org**
(Many thanks to NBC Channel 4's Bob Ryan.)



What's the Solstice? The Summer Solstice is the official first day of summer and longest day of the year with 14 hours and 54 minutes of sunlight. This year the Summer Solstice was June 21.

The Winter Solstice is the official first day of winter and shortest day of the year with 9 hours and 27 minutes of sunlight. This year the Winter Solstice is Dec. 22.

A fun Shadow experiment:

- Set the kitchen timer for noon today.
- Get a piece of chalk and a tape measure.
- Go outside at noon, have someone mark the length of your shadow, and then measure it.
- Write down the length of your summer shadow where you'll find it on December 22. This is the hardest part - even adults can't do this!
- Measure your shadow in late December and ponder the huge difference in the size of your shadow in 6 months.

Remember that science and math are useful outside the classroom !

Tennis

Programs and lessons are in full swing! But it's not too late to sign up for one of our programs. Make sure you sign up early for courts; there is a lot of action going on every day!



Cardio Tennis

Cardio Tennis has been a huge success. Come on out and check out the class. Get a great workout and have fun at the same time. Please sign up in advance at the tennis center so we can properly staff the class.

- Sun 4-5 pm
- Tues 8-9 pm
- Wed 6-7 pm

Adult TNT Weekend

On **July 22-23** we will host an intense 2 day session for any adults looking to kick up their tennis a notch or two. The class will include many hitting and playing drills as well as footwork drills. In addition, each player will be video taped in order to help correct any technical stroke problems. Visual learning can be very powerful! The class will run from 9:00-12:00 am each day. The price of the class is \$120 for the weekend or \$65 for one day. You must sign up in advance in order to attend. We need 3 payers to hold the clinic.



July Socials

Stop by to check out our Calendar of Events. We will be having our July 4th social on Saturday 1st from 1:00-4:00.

SPECIAL NOTE

July 4th is on a Tuesday, we will hold classes on a regular schedule. But I do expect attendance to be down. Also, on our "Kings Dominion" field trip day classes will be held but I encourage all tennis players to attend the trip, I know I will. But for those who choose to stay and play tennis, part of our staff will stay on and teach.

Neighborhood Driving & Transitions

Slow Down, an Open Letter from Jennifer Hughes to My Neighbors:

I am sitting here writing this letter 10 minutes after witnessing a speeding vehicle hit and kill a cat on Fenway Road. It was one of the most horrible sights I have ever witnessed. The death of this cat in this horrible way shouldn't have happened. I have no doubt that if this truck had been going the speed limit, he would have been able to stop in time and would have avoided hitting the cat. While some of the speeders on Fenway are not from this neighborhood, most are. PLEASE -- FOR YOUR NEIGHBORS' SAKE, FOR THEIR PETS' SAKE, FOR YOUR SAKE, STOP SPEEDING ON FENWAY ROAD! The one minute you save by going 40 miles per hour, rather than 25 miles per hour is hardly worth the possible costs. One of your neighbors lost a beloved pet today because most in our neighborhood seem to think it is OK to speed in the neighborhood. You can't control the cats or children who live and play along Fenway, but you can control you and your teens' driving behavior.

And from another neighbor:
If you need to talk on your cell phone, please don't do it while you're driving in the neighborhood. Pull over and stop, or wait until you're home.

TRANSITIONS

Our heartfelt condolences from all of Carderock to the families of 2 original residents who each leave spouses of more than 50 years.

Mark Wittels, an original owner on Still Spring Ct, passed away in April. A decorated Army-Air Force World War II vet, he flew in D-Day operations and other parts of the European theatre before settling in Carderock and working as a Chief in the Department of Energy.

Bob Aller, an original owner on Glenmore Spring Way, passed away in May. A high-level NASA administrator in the Gemini, Apollo, Skylab and space shuttle programs, he was an avid tennis player and exceedingly active in the community.

Book & Social Groups

WOMEN OF CARDEROCK

Women of Carderock met on June 15th at Susanne Yokel's. We discussed the state of the organizations and concluded that:

- the group should continue to exist;
- get-togethers should include both in-home meetings and excursions;
- excursions should not be limited to neighborhood outings but could include visits to such downtown Washington sites as the Spy Museum, for example;
- lunch at a restaurant should also be considered;
- suggestions for places to visit are welcome.

The next lunch meeting will be at noon on **Thursday, July 20th** at Almuth Ewing's, 8317 Comanche Ct. The August meeting on August 17th will be at Margit Meissner's, 8323 Still Spring Court. On September 21 we will go to an interesting site, to be determined. Let's hear your ideas! Please mark your calendars! For more info please call Margit Meissner at 301-469-6740

CARDEROCK SENIOR MEN'S GROUP LUNCH

July 13, noon. Lunch at Normandy Farms! If you are interested in attending, please call Seth Tuttle at 301 365 1277 or email stuttle@erols.com. We'll skip August then start again in September on the 2nd Thursday of the month.

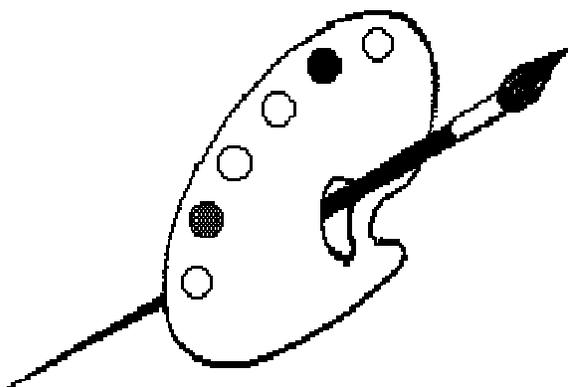
CARDEROCK WOMEN'S BOOK GROUP

Carderock Readers: **July 3** is the next meeting of the Carderock Book Group. Join us to learn about Francoise Gilot, the only woman who ever walked out on Picasso (it was all downhill for him after that). We will meet from 12-2 in the oasis-like backyard of Jean Gal, 8228 Stone Trail Drive. For more information call Carolyn Finney LoBuglio at 301/320-4430. For those of you wanting to race ahead in your reading:

- August 7, Man and Superman, Bernard Shaw
- 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



Art & Exercise



Muriel Ebitz invites you to attend an exhibit of her pastel paintings July 2 -August 1, 2006. The opening reception is Sunday, July 2, 1 to 4pm at the Glenview Mansion Conference Room, Rockville Civic Center Park, 603 Edmonston Drive. For directions call 240-314-5004.

We're back, enabling young artists! The Kids Studio (Kristina Valencia & Nancy Ross) present another summer of making ART. 6 one-week sessions focusing on contemporary artists. Kids ages 4 ½ to 12. Call for info & references: Kristina 301 767 9738 or Nancy 703 481 8883. Camp 10:30am - 1:30 pm, bring a lunch. \$250/week.

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 club.

Program developed by Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher with more than 30 years experience. Stretch, strengthen and tone every muscle group in your body. An innovative blending of yoga poses with body strengthening techniques using free weights (optional). Classes are well suited to all ages and abilities. Enjoy a nice soothing relaxation at the end of the class. Instructor Alicia teaches these classes at the clubhouse:

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

First two classes free for new students. For more information call Alicia Yepes 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.

Classifieds - Free, Help Wanted, Found, For Rent

Free Piano. Upright piano made by the Cable Co. circa 1920. Wonderful tone. Slight sticking in two keys. Painted beige (original finish is ebony). Piano located on first floor. Chevy Chase D.C. Please contact Mark Stern (w)202-514-5089 (h) 202-537-8960 (mark.stern@usdoj.gov)

Bannockburn Nursery School has 2 openings in the 4/5 year old pre-k class for 2006/7. The class meets M-F from 9:30-12:00 with lunch bunch M, W & F afternoons. Please call Page Dekker at (301) 469-8936 for more information.

Playdates wanted - 2 $\frac{3}{4}$ year old twin girls (Rena and Zahava) and 7 month old boy (Sammy) looking for weekday playdates. Swingset and lots of toys at 8409 Magruder Mill Ct. Call mom (Michal Freedhoff) evenings or nanny (Cherry Howard) days at 301 767 9721.

"Junk with potential" wanted for The Kids Studio art classes. Tiles, wood scraps, old frames, paint, fabric. Call Kristina 301 767 9738.

Room to Rent wanted for July & August. French engineer arriving in July for her internship in the US subsidiary of a French laboratory seeks a room for rent in a US family's home to improve her English and become more familiar with the US culture. Duration would be at least 6 weeks. Please contact Marc-Henri Winter, 8207 Stone Trail Dr., 301 801 2286.

Babysitter wanted for 6 year old girl from 8 to 10 a.m., Mon, Tues, Wed July 17-19 and 24-26. Can be your home or mine, then take her to the pool for camp. Call Rochelle 240 372 5446 or rbobroff@verizon.net

Bicycle found on Hamilton Spring Rd. Please call (301) 807-9891 and leave message to identify.

For Rent. Outer Banks Vacation Rental in Corolla. 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

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 - Swim Lessons Available



Private Swim Lessons with Nick Fernandez-Arias. Need swimming lessons or basic swimming instruction? Want to improve your stroke technique? Call me, Nick Fernandez-Arias. I am an accomplished swimmer and lifeguard-certified pre-team coach. I swim year round with the Sea Devils National Training Group, and previously had been swimming with Curl Burke since the age of 8, and with Carderock since the age of 6! I have been very successful in summer swimming, and have a lot to offer to kids seeking improvement in their swimming skills - no matter what age. I have achieved Individual All Stars several times and gone to the MCSL Coaches' Long Course once, along with multiple appearances at the Junior Olympic and Senior Champs PVS meets in the winter - and I can help you do the same! Call 301-365-8650 or e-mail at nfernandez-arias08@sidwell.edu to schedule.

Private Swim Lessons with Helena Nannes. Be cool in the pool! Improve your swimming or learn to swim. From beginner through early advanced, I can help you get comfortable with the water, develop the four basic strokes, or improve racing techniques with specialized drills. I have 10 years MCSL experience (including All-Stars), 5 years with Sea Devils, 2 year DC Metros qualifier, and 2 years Whitman varsity starter. Life guard-certified and pre-team coach. Call or email Helena Nannes for scheduling 301 767 0086 or Asmartblonde@comcast.net

Private Swim Lessons with Jesse Sobrino. Ready for the pool to open? Get a head start by scheduling lessons now for beginner and intermediate level swimmers. My experience: Pre-team head coach, Private lessons since 2004, Lifeguard since 2004, Four year varsity swimmer for Whitman, Carderock swimmer since 1999. Call today! Jesse (240) 505-324

HOUSE CLEANING SERVICES AVAILABLE

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

Anna Maria 301 942 6473. Avail Monday or Thursday.

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 WEBSITE

Free

Want to get rid of something, but don't want to throw a usable product away or pay someone to haul it away? Recycle locally. One man's trash is truly another man's treasure. Offer your unwanted items at groups.yahoo.com/group/Freecycle-bcc-md and someone may be delighted at the opportunity to take it off your hands. Everything you can think of is offered there - home furnishings, appliances, deck wood, plant cuttings. The only hard and fast rule is that all items must be offered for free. Since it's a Yahoo Group, you'll need to join (for free !) but can opt to not receive all emails and instead just read messages on the website.

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 BBoonline.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, 410 745 3035.

Fresh Food from Farmer Available in Carderock, Want to try some biodynamically-grown produce the same day it is harvested? Fresh and Local CSA (Community Supported Agriculture, www.freshandlocalcsa.com) delivers organic food to Carderock weekly. While the shares are sold out for the season - families have paid in the Spring for 20 weeks of Summer and Fall produce - there may be some weekly shares available when families go on vacation. If you'd like to buy someone's vacation share to try the CSA for a week, contact Margie Orrick orrickfam@hotmail.com or Betsy Brach bjbrach@comcast.net

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. Just send an email with your name and street address to cs-chat-subscribe@yahoogroups.com. Many thanks to Kristy Keteltas for temporarily administering the list and a round of applause to Gayle Roehm who is now administering it.

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

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizen's Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse, 7:30 pm. If you are considering modifying your home, bring your plans for review. Design and review procedures are available at carderockclub.org, click on CS Citizens Association. ARC meetings are open for any and every community member to attend, whether you are renovating or not. The next ARC meeting is July 5.

Club website www.carderockclub.org

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