



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

September 2006 CALENDAR

- | | | |
|------|--------------------|--|
| 8/26 | Sat. | Moving - Yard Sale, Fenway & Carderock Dr. |
| 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 |
| 9/4 | Mon. | Fall Junior Tennis starts |
| 9/6 | Wed. 7:30 pm | Architectural Review Committee meeting |
| 9/9 | Sat. | Moving - Yard Sale, Fenway & Carderock Dr. |
| 9/11 | Mon. 12-2 pm | Carderock Women's Book Group |
| 9/14 | Thurs. noon | Carderock Senior Men's Group Lunch |
| 9/20 | Wed. 7-9 pm | Family Tennis Night and BBQ |
| 9/21 | Thurs. 11:30 am | Women of Carderock lunch |
| 9/17 | Sun. 7:30- 8:30 pm | Dog Swim & pool closes for the season |
| 9/20 | Wed. | Newsletter deadline |

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

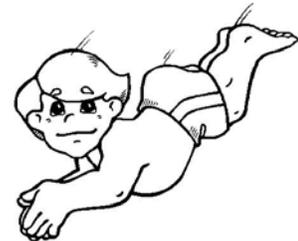
President	Tim Mealey	301 365 5620
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Tom Deyo	301 365 1247
Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive	Robyn Nietert	301 469 0140
Social Activities	Suzette Goldstein	
Facilities	Ray Sobrino	301 365 3878
Membership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

FALL POOL SCHEDULE

Starting Monday August 28, the pool hours are:

Weekdays: **3:30pm** - 8:30 pm

Weekends: 10:30 am - 8:30 pm



Kids (and Adults!)

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!

Come to the **Dog Swim** to close the pool,
Sunday Sept 17, 7:30 - 8:30 pm. Each
dog needs to bring their human, but if you
don't have a dog you're still welcome to
watch this hilarious tradition. Everyone's
guaranteed to go home afterwards with a smile!



Trivia Question ???

Cudas Café is the club's great snack bar serving a variety
of delectables.



*What is the most popular item and how many are sold on
an average day?*

The answer is on the club website - go to carderockclub.org
(Many thanks to Larry Ondrejko for great club management!)

Movement & Exercise Classes

DONNA'S FELDENKRAIS AWARENESS THROUGH MOVEMENT (ATM) CLASSES at the clubhouse: Carderock resident Donna Blank offers 2 movement classes which explore simple, non-habitual movements in a non-striving way, enabling us to be more mindful of HOW we move, and how we do what we do.

- Wed 3-4:15 pm (Intro to Awareness Through Movement)
- Wed 1:30 - 2:45 pm (Awareness Through Movement and Yoga)

12 sessions are 9/13 - 12/20 (skipping 10/18, 10/25, 11/22), \$240 for the series or \$20 per class. Bring a mat, small pillow or towel and wear comfortable clothing for moving. Classes are open for everyone - from those with physical disability and pain to more agile people who want to improve performance or deepen their embodied freedom. As we play with non-habitual small movements, we'll discover unconscious habits that interfere with how to do what we do with ease. For example, as you sit right now, how are you sitting? Where is the weight on your pelvic sitz bones? What is the rhythm, freedom or holding of your breath? Where do your eyes look naturally? To register or for more information contact Donna Blank, MS, CFP/CFT, CMA, 30 years experience as a Feldenkrais ATM practitioner. 301-469-8665 or Dhblank@aol.com .

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.

This fall Maggie's classes at the Clubhouse are

- Tuesday 9-10:30 am (Yoga with weights),
- Thursday 10-11:30 am (Gentle Yoga), and
- Friday 9-10:30 am (Mixed Level)

Tennis

JUNIOR PROGRAMS

We are running an 8 week Fall program from the 4th of September until October 28th. If other activities conflict, kids can do only part of the session. Classes will be pro-rated accordingly.



LOOK WHAT'S GOING ON THIS MONTH!

Labor Day Round Robin

Saturday September 2nd Time: 1-4pm

Mixed Doubles Round Robin (Family Night)

Wednesday September 20th Time: 7:00-9:00pm

We will grill hot dogs and hamburgers.

LADIES FALL SEASON

The Ladies Fall Season will begin again the first week of September. If anyone is interested in joining the team please call the pro shop. We will again do an 8 week syllabus outlining the strategies and shots we will be covering. As we did in the spring, you can prepay for all 8 weeks or pay as you go. The practices will officially begin the first week of September, but we will hold a warm-up practice the last week of August for those of you who are in town. The time will be the same as last spring, 9-11 am, Thursday or Friday. Please email me by Tuesday night if you plan on attending the practices.

CARDIO TENNIS

Cardio tennis will begin again this fall. Check out the board outside the shop to see the dates and times. This is a fun way to work on your game and get in shape as well. If you have not tried the class, feel free to stop by and watch one time to see if you like it.

Tennis Pro Shop # 301-365-1541

Cell # 240-731-3872

WOMEN OF CARDEROCK

Women of Carderock met on August 17 at Margit Meissner's house. Among other subjects we talked about an interesting article in the Atlantic, "Inside the Billionaire Service Industry" describing a school that trains people to help the ultra-rich navigate their lives.

We also talked about our next month's get together on September 21. We will meet at the club at 11:30 A.M. to carpool to the Katzen Museum at American University for a tour by Docent Gloria Turner. After that we will have lunch at Dahlia's, 4849 Mass. Avenue. Please call Gloria at 301-365-8549 for further information or to indicate whether you are coming.

Mark your calendars for October 19 when we will visit the National Museum of Health and Medicine on the campus of Walter Reed Hospital. For more information please call Margit Meissner at 301-469-6740.

CARDEROCK WOMEN'S BOOK GROUP

As we read Homer's epic poem *The Iliad*, with its lyrical accounts of heroism and blood-chilling accounts of enemies brutalizing enemies, we wish we could be reading it from the comfortable distance of 3000 years. Sadly *The Iliad* is a timely and relevant selection, and we hope you'll join us to discuss this great work. We've chosen the Fagles translation, but no matter which edition you prefer -- Lattimore, Cliff Notes, or the Brad Pitt screen version, we'd love to have you join us.

Our next meeting is Monday, September 11, from 12-2 pm, at the home of Erika Schantz on 7008 Barkwater Court. Please call Carolyn LoBuglio for more information at 301/767-0098, and hope to see you there.



For those of you wanting to race ahead in reading:

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

CARDEROCK SENIOR MEN'S GROUP LUNCH

Lunch at Normandy Farms on 9/14, noon! If you are interested in attending, please call Seth Tuttle at 301 365 1277 or email stuttle@erols.com .

NEW LOCAL HISTORY BOOK

"Glen Echo: The Remarkable Saga of a Very Small Town," has just been published. The nearly 200 page book with illustrations was written by local long-time resident Carlotta Anderson and published with a matching grant from the Maryland Historic Preservation Commission and the Town of Glen Echo.



It follows our neighbor Glen Echo's history from the days of explorer John Smith, through construction of the C&O Canal, the Cabin John Bridge, and the Cabin John Hotel. The Chautauqua period of the 1890s is extensively covered, including its site as the headquarters of the American Red Cross and Clara Barton's involvement with the town. Life when the municipality was established in 1904 is colorfully described, as well as the "automobile trap" on Conduit Road (now MacArthur Blvd) - the speeding ticket proceeds nicely augmented the town's coffers.

The book is available for \$15 from the Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo, MD 20812. Checks should be made payable to "The Town of Glen Echo" and include \$3 for postage. Books may be picked up at the Town Hall during regular office hours, Tuesday and Thursday, 12:30-3:30 (it's wise to call first—301-320-4041).

Carlotta Anderson also authored "A Walking Tour of Glen Echo," which describes each of the 100 Glen Echo houses. It is also available for \$10.

WILDLIFE HABITAT

Congratulations to the Karliks on Fenway Road whose backyard is a National Wildlife Federation *Certified Wildlife Habitat*! They've renewed native plants, decreased invasiveness, have more toads - and it's less work for homeowners. To get started on your own habitat, visit www.nwf.org/bwh .

LYME DISEASE (a continuation from the Aug 2006 newsletter)

The Deer Tick (usually black) is minute, the size of an extremely fine pinhead. You can only really see them by looking through a strong magnifying glass. Also, you DO NOT NEED LONG GRASS to get them: our backyard has only ferns and plants and I have been bitten several times since 2003. The bite is extremely irritating and you will notice a slight bump and redness with a tiny black dot in the middle. As a result of all the bites I have had, I will only go into our backyard after spraying myself with an insect repellent containing DEET: this does work, although I realize many people do not like to use sprays. (Thanks to Judith Marshak. Also see American Lyme Disease Foundation, www.aldf.com)

EVENT/ETC SIGNS IN NEIGHBORHOOD

A Carderock resident asks that if you put a sign up to remind neighbors of an event, then please take it down within a week to limit clutter. From the county's perspective, it's technically not legal anyway to have signs up but it's recognized as a communication technique used in many neighborhoods.

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 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.

Classifieds -For Sale

Moving - Yard Sale: Sat. 8/26 AND Sat. 9/9, 8400 Carderock Dr. (corner of Fenway and Carderock Dr.)

Multi-family yard sale. Sun. 8/27, 10AM - 4PM. 8003 Park Overlook Dr. 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!

6ft foldable picnic table \$97 (like new), colorful storage bins on shelf for kids \$29 and student desk with shelf \$30. 3-piece furniture in excellent condition (sofa, loveseat and wing chair) \$275. Call CK at 301-365-3238.

Furniture, electronics, etc:

- Full size mattress and box spring "Sealy" Spine Control, firm (as new) \$100.00 - Queen size mattress and box spring with frame \$100.00
- Square cocktail table (modern, honey color) with matching cubical bar or TV stand - \$65.00 each (or \$120 pair) - Moroccan (oriental design) 8 X 10' rug, all wool, handmade, barely used \$100.00 - Old Scandinavian leather sofa with 2 matching armchairs (dark brown) \$100.00 - Queen size Sofabed (Scan), light ash, with foam mattresses and cover \$95.00 - Dinette table and 4 black chairs (all metal) with light grey cushion seats \$75.00 - Single bed (European frame and mattress) \$50.00 - 3 Folding armchairs (rope and walnut frame) \$15.00 each, or \$40 set - Solid walnut dresser with 4 deep drawers \$45.00 - Oil painting (autumnal landscape) \$50.00 - Teak double dresser with 6 drawers (some need supports) \$30.00 - Pinewood student desk w/ 3 drawers on left and two shelves on right \$30.00 - 13" color "Admiral" TV (good cond.) \$30.00 - Heavy duty Charbroil gas grill \$30.00 w/ tank - 4 Samsonite folding metal chairs (brown) \$25.00 set of 4
- Wheelbarrow \$8.00; long garden hose \$6.00; electric coffee maker \$6.00, etc. Measurements avail. upon request. Please call eves or weekends 301-469-7034.

Classifieds -Wanted

Playdates wanted: 3 year old twin girls (Rena and Zahava) and 10 month old boy (Sammy) are looking for more weekday playdates! Swingset and lots of toys at 8409 Magruder Mill Court. Call mom (Michal Freedhoff) evenings or nanny (Cherry Howard) days at 301-767-9721.

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.

Home Care Helper Wanted, No Medical Experience Required

Looking for a reliable, English speaking female companion/ assistant(s) for a nice, retired lady who has Parkinson's Disease. She is in need of mobility assistance and help with daily care such as showering, dressing, and taking medications. Although her body is weak, her mind is fine and she can communicate quite normally. We have a private room and bath, with TV, for this helper (live in or live out possibilities may both be considered). We currently have a small group of excellent people covering most of the daytime requirements, but are looking for one or more people to take care of overnight shifts. Our priorities are:

1. Someone for the 6PM to 9AM shift who could respond to needs during the night. Weekday night coverage is urgently needed due to current school semester requirements of some of our helpers.
2. On a longer term basis, someone who could live-in and exchange some of the services for room and board.

Applicants must have their own transportation (car) since the home is not near a bus or metro stop. Some cooking skills would be helpful. Personal references and a background check will be required. Please respond with as much detail as possible about your past experience and which days or hours you are willing to work. If you are interested, please call Sherma or Bob at 301 299-3549. Thank you.

Classifieds - Services Available

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

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

It's tutoring with a twist! Extra Credit Academic Support & Enrichment is gearing up for a new school year with a variety of unique programs: Back-to-School Tune-Ups for elementary and secondary students (and parents!), customized study groups, workshops on research papers and public speaking, help with college application essays, and more. All programs are highly personalized and feature flexible scheduling to fit busy lifestyles. To receive a detailed listing of Extra Credit offerings, contact former CSES teacher Tom Sellevaag at 202.338.4445 or via email at info@extracredittutor.com. Coming in early Sept: check out Extra Credit online at www.extracredittutor.com ! Many references available.

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 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, CORRECT phone number is 410 745 3025.

Neighborhood email list: Join more than 75 of your neighbors on 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 .

Swim Team action photos are online! From the Club website carderockclub.org, click on 'photos'. Many thanks to official club swim team photographer Drew Meyer!

Hot tub repair. Dolphin Aquatics Inc. (301-831-0800) headed by Kevin McCoy. Repairs and services older hot tubs for a fraction of the cost of providers who try to sell new parts. 25 years experience with spas, saunas, steamrooms. (Recommended by Sonja Fogle)

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 an addition or exterior modification of your home, bring your plans for review. Design and review procedures are available at carderockclub.org, click on CS Citizens Association. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any and every community member to attend, whether you are renovating or not. The next ARC meeting is **Sept 6**.