



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

December 2007

12/2 Sun 2 - 4 pm
12/2 Sun 1 - 6 pm
12/2 Sun 6:30 pm
12/3 Mon 11:30 am

12/5 Wed 7:30 pm
12/13 Thurs 11:30 am
12/16 Sun 6:30 pm
12/20 Thurs 11:30 am
12/24 Mon 5 pm, 11 pm

Looking ahead - Save the Dates!

1/14 7 pm
1/23 7:30 pm
1/11/08, 2/8, 3/7 Fri
2/18 7 pm

CALENDAR

Holiday Party at the Club
Holiday Craft Show at Clara Barton Comm Center
Carderock Greenie Potluck Dinner at Donnelly
Women's Book Club

ARC monthly meeting on neighborhood renovations
Men's lunch at Normandie Farm
Historic Hermon Church - Candlelight/Carols
Women's lunch at Normandie Farm
Historic Hermon Church - Candlelight/Carols

Citizens Assoc monthly meeting at the Club
Swim/Tennis Club annual meeting at the Club
2008 Movie Nights at the Club
Citizen Assoc monthly meeting at the Club

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

CSSC MEMBERSHIP HEADS UP

Our wonderful club seems to be in great demand for the 2008/2009 season. Our waiting list is growing fast and I expect many more inquiries in the New Year.

Enrollment forms for the 2008/2009 membership year will be arriving in your homes on or around February 1. If you don't receive the enrollment form that week please call me or email me.

If you know that you will be away in February and March and want to enroll in the club, please make arrangements with me before you leave town to ensure that you have a membership spot.

Our Annual meeting will take place on January 23, at 7:30 p.m. at the club house. The annual budget (which includes the amount of dues) will be voted on at this meeting.

Enrollment forms and fees will be due **March 1**. A **\$50 late fee** must be included with any enrollment forms received after that date - no exceptions.

So mark the first week in February on your calendar so you don't miss out on membership at CSSC.

New to Carderock? If you are new to the Carderock Springs Community, Welcome!

If you have recently bought or rented a "Bennett" home, please contact me (email is best) with your information - name, address, phone number and whether you are an owner or renter.

Membership renewal forms are mailed to every house that is eligible for Sustaining Member Type 1 memberships. If you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have.

If you have recently purchased a "Bennett" home, please be aware that there is a \$1,000 reactivation fee that must be paid before the new owners can activate their membership. The enrollment letters will include information about the reactivation fee.

Thank you,

Meris Sparrow CSSC Membership Secretary carderockclubmembership1@verizon.net
301-767-9473

Swim & Tennis Club Annual meeting
January 23 7:30 p.m.
at the Clubhouse

Vote on the annual budget!

Holiday Party at the Club

Sunday, December 2
2 - 4 pm

Come join neighbors at the annual holiday party at the Clubhouse! You and your kids will enjoy a wonderful magic show, participate in a craft project, and enjoy holiday treats!



MOVIE NIGHTS

Save these Friday nights for movies at the Club in 2008:

January 11, February 8, March 7

DIVE TEAM

The dive team is looking forward to another season of fun, high energy and team spirit! New divers of all ages are encouraged to join. We are a small team so members get lots of individual attention and training. Hope to see you at Swim/Dive Registration in the spring.

2008 Carderock Dive Team Schedule

June 15 Old Farm @ Carderock Springs
June 22 Carderock Springs @ North Chevy Chase
June 29 Rock Creek @ Carderock Springs
July 6 BYE - No meet
July 13 Carderock Springs @ Old Georgetown
July 20 Divisional Championship Meets
July 23 All Stars ~ 12 and Under events
July 24 All-Stars ~ 13 - 18 events

For more information contact the Dive Rep: Theresa Barton 301-365-1491 or
LPTBARTON@JUNO.COM

Hail and Farewell

HAIL

Welcome to **Garth Neuffer**, **Li Gwatkin** and their daughter Emma Neuffer who have moved into 8129 Hamilton Spring Road. Both Garth and Li are in public relations. They are delighted to return to the DC area - Li is a Whitman graduate! - and look forward to meeting neighbors.

FAREWELL

Reminder: **Dorothy Shaffer's** Memorial Service will be held at the Hermon Church at 2 pm on December 28. (The October newsletter had more info about her passing).

Carderock sends condolences to the following families whose loved ones have passed recently:

- **Cheryl Brand**, formerly of Hamilton Spring Rd, died of breast cancer in Florida in October. While she fought valiantly, she remained a remarkably positive person. An avid quilter who liked to read and was smart, beautiful and fun, Cheryl had retired from the government where she investigated studies by the Department of Veterans Affairs. She is deeply missed by her neighbors and loving husband Pete.
- **Bill Caludis** suddenly passed away in his Still Spring Court home on his birthday in November leaving his loving wife Carolyn and daughters Helene and Catherine. Among many interests, Bill owned a dry cleaning store which was the oldest continuous business along Georgia Ave in Washington DC. Memorial contributions may be made to the American Cancer Society.
- **Bob Gneiser** passed away in his Lilly Stone home in November leaving his loving daughter Margaret. Up until the late-1990s, Bob was a reporter and anchor for WMAL radio. Back in the 1960s and 1970s he worked for the old WMAL-TV, Channel 7. He'd also worked for Channel 20/WDCB and Mutual Radio.
- **Albin Pfeifer** passed away in his Still Spring Court home in September leaving his beloved wife of more than 60 years Hermina (Pien), three children and their spouses, and six grandchildren. Born in The Hague, the Netherlands in 1919, he came to the Washington area in the late 1940's. Albin joined the International Monetary Fund as an economist where he spent his entire career, rising to the post of Deputy Director of the European Department. After his retirement in 1979, he devoted his time and energy to family and keeping well informed.

Social Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

December 13, Thursday noon

The next Carderock Senior Men's lunch will be on December 13 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

We always welcome new members. If you would like to attend or be put on our invite list, please contact Seth Tuttle at 301 365-1277 or sltuttle2@verizon.net

WOMEN OF CARDEROCK

December 20, Thursday noon

The December meeting will be on Thursday the 20th at Normandie Farm. We will meet there at 11:30 am for socializing and lunch at noon. Please RSVP to Marilyn Mayerfeld at 301-469-6004 by the 17th as she will need to make reservations. Hope to see you there and all newcomers are welcome.

The November visit to the United States Holocaust Memorial Museum was a great success. Margit Meissner escorted us through the exhibit with information and insights from her personal experiences and those of her mother and husband Frank. This museum is an important and moving experience and every American should visit it. Thank you, Margit. We enjoyed a late lunch at the adjoining cafe.

CARDEROCK WOMEN'S BOOK CLUB

December 3, Monday 1 pm



This month's meeting will discuss short stories by Nathaniel Hawthorne. The group will meet at Peg Hilleary's , 8200 Osage Lane on Monday Dec 3 at 1 pm for dessert & coffee. Questions? Call Pat Thomas 301 229 4194.



Community

GOING GREEN in Carderock

December 2, Sunday, 6:30 pm

The second Greenie Potluck dinner will be hosted by Martha Donnelly, 7604 Hamilton Spring Rd, on Sunday Dec 2. The first potluck dinner was a huge success! At the second dinner, Tom Rojas, from the local contractor RBC Inc, will give a presentation about recycling/reuse. Chris Fromgren, Community Woodland Alliance, will discuss opportunities to salvage your hardwood for reuse (when you must take down a tree, etc). Plus most of our architects/landscape architects & designers will be there for you to get really good ideas. All are welcome! RSVP by email to: marthapaci@comcast.net and sopho1@verizon.net.

LADIES NIGHT OUT/POT LUCK SUPPER - Thanks!

Carderock Women of all ages enjoyed the November Ladies Potluck with good conversation among old and new friends, plus a delightful warm fire in the fireplace at the clubhouse! If you weren't able to come to the November potluck, try to make it to the next one in the spring! Many thanks to Hilda Maibach and Marylou Shannon for organizing such a fun event.

MBALE YOUTH BAND - Thanks!



Because so many people have been so very generous, the Women's Microfinance Initiative has now received over 35 instruments for the Mbale Youth Band in Uganda. The band members have been kept up to date on the donations and they are very grateful for your generosity and excited at the prospect of increasing the band's size by over 50%!

We are currently working on shipping arrangements, and several neighbors have kindly provided contacts that are very promising. In the meantime, at the end of November Uganda is hosting the annual meeting of Commonwealth nations, presided over by Queen Elizabeth, and the Mbale Youth Band is among the musical groups selected to play for the Queen!

Thanks to everyone who has supported the effort to collect used musical instruments, sheet music and accessories. Donations are still being accepted, so please feel free to contact any of us for further information:



**WOMEN'S
MICROFINANCE INITIATIVE**

Robyn Nietert - 301/469-0140; rgnietert@aol.com

Elizabeth Gordon - 301/365-8043; betsygord@mac.com

Jane Erickson - 301/365-1981; ericksonjn@verizon.net

Trix Vandervossen - 301/320-6887; bvander293@aol.com

Community

HOLIDAY EVENTS AT HISTORIC HERMON CHURCH

Founded in 1874, Hermon considers itself a community church and we love to have Carderock residents come for the Christmas events and concerts - this year is our 133rd year of celebrating the holidays! Of course, we are open for services on Sunday, too, but folks can come to any of our events without feeling an obligation. We added a second service on Christmas Eve due to the crowds last year.

Sunday, December 16th, A Candlelight Service of Lessons and Carols. The evening will begin at 6:30 pm with a half hour of harp music. During the service there will be more harp music and solos. An alternating series of lessons and carols follow a chronological sequence, interspersing Old Testament and New Testament readings with carols and special music, culminating with each attendee lighting their own candle as we all sing "Silent Night". A reception will follow.

Monday, December 24th:

5:00 pm, a Family Christmas Eve Service, with an appearance by one of the characters of Christmas, joyous carol singing, and participation by children of all ages.

11:00 pm A Candlelight Communion Service, featuring characters of Christmas, special music, joyous singing, and culminating in the singing by candlelight of "Silent Night" as the church bells ring out the news that Christmas has arrived.

HOLIDAY CRAFT SHOW

Mark your calendar! The Friends of the Clara Barton Community Center is sponsoring a free HOLIDAY CRAFT SHOW on Sunday, December 2nd, from 1 to 6 p.m. featuring artisans from our community. The Center is located at 7425 MacArthur Boulevard in Cabin John in the former Clara Barton Elementary School building.

Plan to come, admire, and shop! There will be all kinds of crafts for sale: jewelry, creative pop-up books, beads, candles, Christmas items, wood crafts, prints, ceramics, glass items, dolls, soap and more! Refreshments will be available for a modest fee so stop in and enjoy.



Exercise Classes

KID'S YOGA

A new *Kid's Yoga* class, taught by Carderock Mom Ela Rohde, is ongoing at the Potomac Tennis Club. The class is designed for boys and girls ages 6-10. Young people's yoga is often useful for improving poise, concentration and reducing stress. The class combines physical exercises and relaxation practice. Wednesday's 4:30 - 5:30 pm, ten classes, \$150. Potomac Tennis Club is located at 10800 Potomac Tennis Lane, Potomac. For more information or registration call or email Ela, 301-767-8927; elarohde@yahoo.de.

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 .

In addition to the traditional 1 hour stretch and tone program, there is also an *optional half an hour for those students who would like to enjoy a longer class with additional stretching and breathing exercises with soothing relaxation at the end of the class.* Fee is \$2 for the extra half hour.



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MAGGIE's ~ YogaPlus ~ YOGA CLASSES

The current session of Maggie Wong's yoga classes at the Clubhouse continue through the year end.

You may sign up any time, as the fees are pro-rated.

The session fee is \$16 per class; drop-in fee is \$20.

- Tuesday (yoga with weights) 9 to 10:30 am
- Thursdays (yoga and weights) 9:30 to 11 am
- Fridays (yoga and massage ball) 9 to 10:30 am

Evening classes throughout the week are offered at the Potomac Tennis Club, Falls Road. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

Language and Art Classes

HEY MOM- I WANNA GO TO SEÑORA LUPE'S...

Spanish Circle Time "La Hora de Juego" at the Clubhouse for ages 18 months to 4 years

- Every Tuesday, from 11:15 a.m. to 12:00 p.m

Led by a Carderock resident and native Spanish speaker trained in education and with years of experience!

"La Hora de Juego," a well-known program in Takoma Park and Silver Spring, is designed to teach children a second language in a fun, encouraging, and stimulating environment.

The first 6-week program introduces Spanish language and culture through songs, stories, games and body movement. Tuition is \$90 per child for the 6-week program.

For more information or to enroll your child, call Señora Lupe at 240-899-7468 or email lupemarks@yahoo.com



GIFT MAKING/ART CLASSES



The Kids Studio is run by Carderock resident, Kristina Valencia in my home studio at 8324 Still Spring Court. I teach kids ages 4-12. For the past two years we have been running these Gift Classes just before the holiday season begins. Our young artists are able to create some incredible gifts for family and friends. Classes are \$35 each.

Dates: December 3, 5, 6, 10, 12, 13 (and possibly the next week if there is demand). Classes do fill quickly so please call or email: 301-767-9738 or kristina_valencia@yahoo.com



Inside? A memorable kid-created surprise!

For Sale, Wanted and House Cleaning

FOR SALE

GameCube in mint condition, only used around 50 times! Includes:

- ~ Nintendo Limited Edition Platinum GameCube (Super Smash Bros. Melee Bundle Set!)
 - ~ Two GameCube controllers.
 - ~ All Wires that are needed.
 - ~ Three Games: Super Smasg Bros. Melee, Kirby Airride, Sonic Heroes
 - ~ One 64Mb Memory Card (17X the save capacity) + Memory Card Case!
- It's a great Christmas present for young kids! If interested, call Bob Jansen 301-469-0977

WANTED

Looking to buy a used car for teenager to drive to school. Preferably 4-door sedan, max 50K miles. Please call Caren 301-320-2439.

HOUSE CLEANING WANTED

In search of part-time helper to assist with light housework, 2-3 hours a day/2-3 days a week. Must be available after school no later than 3 pm. Spanish speaking a plus! Please contact Amy Kwak at (301) 365-2454.

HOUSE CLEANING SERVICES AVAILABLE

- Wonderful housekeeper has some free hours to help with light housekeeping, laundry, organizing, and babysitting or pet care. She currently works part-time for several Carderock families and has her own transportation. Conscientious and reliable. Contact Amporn (also known as "Nan") at 240-423-6314.
- My Thai househelper has some hours available for light housekeeping, ironing, laundry, and kitchen duties. Please email me at smarnell55@aol.com for more information.
- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- 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 & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

Services Available

Experienced piano teacher offers lessons to children and adults at all levels in your home or hers. Lessons include basic music theory, solfeggio, and Ear training exercises. Please call Larisa Shtirberg 301-762-7553 (H) or 301-379-6681 (C) (preferred) or E-mail lorashtirberg@yahoo.com or drop a note at 8100 Fenway Road.

Gabrielle, age 15, is looking for pet sitting or child care work on weeknights or weekends to finance her trip to Rome in April. Speaks French and English. Call 301 767 9889 or email webgabri75@hotmail.fr

Mike Rychlik, Carderock Springs Elementary/Whitman Cluster parent, offers guitar and mandolin instruction to school age children and adults in the Bethesda/Cabin John area.

ELECTRIC AND ACOUSTIC GUITAR LESSONS (BEGINNING/INTERMEDIATE):

- Everything from how to hold and tune the guitar, to music theory and improvisation.
- Multiple styles--Rock, Blues, Country and more... Acoustic and Electric
- Material covers classic and contemporary music and students' own musical interests.

MANDOLIN LESSONS (ALL LEVELS):

- Everything from how to hold and tune the mandolin, to music theory and improvisation.
- Mandolin as a versatile ensemble instrument well-suited to many styles such as Bluegrass, Jazz, Blues, Old Time, Country and Rock.

Learn from a performing musician with a diverse musical background who has toured internationally. Mike is a multi-instrumentalist and has been playing for 35 years. Drawing from a broad range of genres, he is in demand as a side man for stage and studio work. Mike also offers fretted instrument repair and instrument set-up and can assist in the procurement of a suitable beginner instrument. Please call 301-365-8022 or email at rychliks@gmail.com for more information.

Do you love your home? Then treat yourself to a Home Portrait by Cabin John artist, Robinwyn Lewis. You can reach her at 301-229-1623.

To bike or not to bike? Celebrate your love of biking and your love of Shakespeare! Check out the tee shirts designed by Cabin John resident Fred Zirm at www.bikingwiththebard.com. He gives a \$5 discount to local residents (no shipping costs). E-mail him at bikebard@aol.com.

Petsitter available. We have lived in Carderock Springs for over 20 years, and I have had pets all my life. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Services Available and Recommend

SERVICES AVAILABLE

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. We also do odd jobs: yard cleanup, driveway sealing, small jobs around the house. Please call Dan or Eric at 301-365-6237.

I Paint Inc. Reliable home remodeling work fairly priced for the Carderock community. Kitchen, bathroom and basement remodeling, custom decks, interior exterior painting. Free Estimates with references in the community. Call Dan Mendelsohn to set an appointment. Email ipaintinc@gmail.com or call 301-221-7462.



RECOMMEND

HVAC - Frank Banks (301-674-0017, fb-j@erols.com) made our house dual zone heat/ac with fabulous results. He is hard working, reliable, honest, and delivers a great product. Highly recommended by Amy Kwak and Michael Daneker.

Our son's Algebra 2 math tutor Badia Albanna (301 891 3095, albannab@gmail.com) is really great and she has some openings. Badia's been working as a tutor for many years and has an M.S. in Developmental Psych. and a BS in Cell, Molecular Biology, and Genetics. She's great w/kids (our son loves her) and helps kids improve their self-confidence and grades when it comes to math and science. She comes to your home for tutoring, and is available to tutor in the following subjects:

- * Elementary school math/science
- * Middle school and high school math (General math, Pre-algebra, Algebra I and II, Geometry, Trigonometry and Pre-calculus)
- * Biology, Chemistry, Environmental Science, Physics, and General Science
- * Psychology
- * PSAT, SAT, SSAT Math Prep

Tutor recommended by Barbara Feuer.

Please send recommendations for reliable contractors to carderockclubnewsletter@verizon.net

CLUB BOARD OF DIRECTORS, 2007 - 2008

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	301 767 0214
Bldg and Long-Range Planning	Paul Barton	301 365 1491
Membership	Meris Sparrow	301 767 9473

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
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Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun			carderocksummerfun@verizon.net
Tennis Assistant Pro	Kris Barnes	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens Association (green newsletter).

Group	Website	Email
SWIM & TENNIS CLUB	CarderockClub.org (no password required)	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net (create a password to see archived info)	
OTHER/neighbors		CS-Chat@yahoogroups.com

In addition to those 2 websites for the Club and Citizen Association, there is a neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens Association, it is not part of either of them. To join the email list of 165 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com .

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

The Citizens' 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 plus other documents are available at the Citizens' Association website, CarderockSprings.net. 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* *Wednesday, December 5.*



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