
Letter from the President

School's over and the Cuda's swim and dive teams are back. This year we are happy to report that we have 150 children participating on the Swim team, 45 young Cuda's on the Pre-team, and 15 kids on Dive team.

Practices are held at the club every morning and afternoon. The kids are practicing hard and getting better every day. Many thanks to our coaches and staff for all the hard work, and to all the parent volunteers for their time and support. You make the Cuda's happen!

As you know swim team 'B' meets are held on Wednesday evenings, and 'A' meets are held on Saturday mornings. Dive meets are held on Sunday evenings. Please check our web site at www.carderockclub.org for the full schedule of home and away meets.

We are so proud of all our Cuda's. They work hard, compete well, and have a great time. What could be better than that?

Go CUDA's,
Suzette



Summer Pool hours

Mon-Thurs **10:30** am - 8:30 pm

Fri **10:30** - 10 pm

Sat-Sun 10:30 am - 8:30 pm

4th of July Celebration

At the Club

Heads UP: it's in late JUNE not on July 4

Saturday **JUNE 30**

1-4 pm Tennis Round Robin

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!

Rain Date is Sunday 7/1

SWIM TEAM !! Come cheer for our swimmers Wednesday evenings and Saturday mornings!

CUDA DIVING !! Come watch the Carderock Dive Team in another season of fun!

SUMMER FUN

It's yet another good year for Summer Fun. The relaxed program for children ages 6 to 10 years old runs through July 27. Parents - it's also a great way to meet local babysitters since along with adults there are neighborhood teens supervising the children. Questions? Email carderocksummerfun@verizon.net

SUMMER EMPLOYMENT AT THE CLUB

Our own teens are employed at the the Club this summer, and it's often their first job. If you notice them doing a good job, tell them!

MEMBERSHIP

Membership at the Club is full for the 2007/08 season. However, 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, 2007 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 Membership Secretary Meris Sparrow by e-mail at pmsparrow@aol.com or phone 301-767-9473.

FOX NEWS

Here is the latest Fox News, right here in Carderock. Fox News is not just the TV Channel...

For several weeks Carderock residents who didn't receive their daily newspapers were sure that various newspaper delivery folks were not doing their job. Aha! Mystery solved. It was an intelligent fox, picking up newspapers and taking them into the woods. Not sure if s/he was more interested in world politics, editorials, local news, Style, comics, sports, or perhaps classifieds. At least 4 homes on Fenway Road have been newspaper-napped this spring. Now we know that the human deliverer is not to blame!

For those who have witnessed the fox carrying a newspaper, he's given them a smile to start their day.



Some of the fox's newspapers
which were rescued from the woods.

Tennis News

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. Sun 4-5 pm, Wed 6-7 pm. Please sign up in advance at the tennis center so we can properly staff the class.

Adult TNT Weekend

On July 21-22 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 noon each day. The price of the class is \$125 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 times and dates for the July 4th social. As always it will run with the pool social. Check for signs around or just ask the staff and we will give you all the details.

SPECIAL NOTE

July 4th is on a Wed and we will hold classes on a regular schedule. However, 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.

PRO SHOP NUMBER 301-365-1541

TENNIS PROGRAM REGISTRATION FORM

SUMMER 2007

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W/Cell) _____

If a minor:

Parent's Names: _____

Email Address:

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 – Summer 2007

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 - Friday (daily) 12-1:30pm	June 18 th –Aug 17 th (9 wks)	Full Session \$650 \$80/week + Team shirt \$10
Junior Aces	Monday - Friday (daily) 1:30-3pm	June 18 th –Aug 17 th (9 wks)	Full Session \$650 \$80/week + Team shirt \$10
Junior Netters	Monday - Friday (daily) 3:30-4:30pm	June 18 th –Aug 17 th (9 wks)	Full Session \$550 \$70/week
Wimpleton	Tuesday or Wednesday 5-5:45pm	June 19 th –Aug 17 th (9 wks)	\$120

Adult Tennis Programs – Summer 2007

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 (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.

CARDIO TENNIS

A great way to get your workout in and have a lot of fun! Play tennis with heart pumping music and lots of movement! This class is designed to get your heart rate up while you work on your game. Call the shop for days and times. This class fills up quickly because of the limited size.

ADULT PROGRAMS	Days & Times	Dates	Cost:
Morning Explosion	Monday or Wednesday 7-8:30am	June 4 th –Aug 17 th	\$25/week
Ladies Clinic I	Friday 11-12:30am	June 1 st –Aug 14 th	\$25/week
Evening Explosion	Tuesday 6:30-8pm	June 5 th –Aug 17 th	\$25/week
Cardio Tennis	Wednesday, Sunday 6:00-7:00 - 4:00-5:00	June 6 th –Aug 15 th	\$20/week

LOCAL HISTORY

Why is Cabin John named Cabin John?

The origin of the name "Cabin John" has never really been solved. Some think it was named for a stranger who had a cabin overhanging a cliff near the present Cabin John Bridge. This man had little to do with his neighbors and when asked his name replied, "Call me John". He had a pack of dogs, dressed in raccoon skins, and lived mostly on fish and game. He was an excellent shot. This almost legendary character disappeared as mysteriously as he had come. One story features the stranger as a heart-broken musician who played the violin and sang doleful songs of another land. Those with a romantic imagination have evolved a tradition identifying this hermit as the husband of the "female stranger" whose tombstone in Alexandria, VA still stands to challenge lovers of mystery.

Another story makes the mysterious John a pirate who eluded his own crew and made his way up the Potomac to bury his treasures. After his strange disappearance which meant his death, he returned frequently on nights when the wind was strong, his rifle over his shoulder, but when sighted disappeared in a flare of light. This version was believed by locals and for a long time they would never cross the bridge after midnight, especially on a Saturday. This interpretation was also held in good faith by the American Land Company, which put in many deeds the intriguing provision that "the party of the first part reserves the right to one-half interest in any treasure or articles of special value which may have been hidden on said lot or parcel by John of the Cabin." Still others insist that an Inn once stood on the branch near the River Road, known as Johns Cabin and that it was responsible for the name Cabin John. However, in many of the old records, as far back as 1715, the creek is referred to as Captain Johns Run or Branch. Thus it would seem that Cabin John is a corrupt spelling of Captain Johns and very likely that is the origin as the name.

Captain John Smith in 1608 was the first white man to explore the Potomac River and make a map of it. He sailed up the river to the limit of tidewater - Little Falls - and told of the "mighty rocks and diverse places where the water had fallen from the mountains." Today our section of the river looks just as wild and untamed as in the days of Captain John Smith.

- *Thanks to Carderock's Bill Feller for this information!*

TRANSITIONS

Carderock sends condolences to Nora Schock on the recent passing in June of her husband Alfred Schock. Born in Vienna, Austria, Alfred became a nuclear engineer and worked for NASA, the Department of Energy, and Orbital Corporation. Among other accomplishments, he designed the heat systems for various spacecraft and was widely published. Alfred lived in Carderock for over 30 years and enthusiastically enjoyed gardening, cooking, and various cultural opportunities such as the opera.

Social and Book Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

July 12, Thursday noon

The next Carderock Senior Men's lunch will be on July 12 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 call Seth Tuttle at 301 365-1277 or e-mail at stuttle@erols.com.

WOMEN OF CARDEROCK

July 19, Thursday noon

At our get-together on June 20 at Alvina Long's, we enjoyed an Italian "Columba" sweetbread in the shape of a bird. Our next meeting is at noon on Thursday, July 19 at the home of Margit Meissner, 8323 Still Spring Court. Please mark your calendars, call Marilyn Mayerfeld at 301-469-6004 to RSVP, and bring your lunch.

CARDEROCK WOMEN'S BOOK GROUP

July 2, Monday, 1 - 3 pm

A Confederacy of Dunces, by John Kennedy Toole

Our next book transports us from hot and steamy Carderock Springs to hotter and steamier New Orleans. *Curl'd Up Book Reviews* calls John Kennedy Toole's *Confederacy of Dunces* "a grand farce of overeducated white trash, corrupt law enforcement, exotic dancing and the nouveau riche of New Orleans. John Kennedy Toole didn't live to see this now-classic novel published. He committed suicide in 1969 at the age of thirty-two. It was his mother who was responsible for bringing his book to public light, pestering the hell out of Walker Percy. . . Percy laments the body of work lost to the world of literature with the author's death, but rejoices 'that this gargantuan tumultuous human tragicomedy is at least made available to a world of readers,'" many of whom happen to live right here in Carderock Springs.



We meet on Monday July 2 from 1 - 3 pm at the home of Suzanne Yokel, 8208 Fenway Road. For those wanting to read ahead, here's a sneak preview of our upcoming selections:

August: The Prince, Niccolo Machiavelli

September: Ali and Nino, Said

October: Bleak House, Charles Dickens



Be curious, come join us. All are welcome, hope to see you!

Exercise Classes

KARIN'S WATER AEROBICS at the Carderock Club pool run for 8 weeks June 26 through August 16, or longer depending on weather, interest, attendance. Instructor is Karin Baker.

- Tuesdays and Wednesdays, 10:30 am

JACKI SORENSEN'S AEROBIC DANCING at the clubhouse also runs June 26 for 8 weeks. Instructor is Karin Baker.

- Tuesdays and Thursdays, 8:45 am

Cost is \$88 for twice a week, either water or dancing aerobics program, \$48 for once a week, and \$6 for drop-in. Each aerobics program is a one-hour class. For more info, contact: Karin Baker (301)428-9425 or (301)919-4657.

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 ~ YOGA CLASSES. Carderock resident Maggie Wong offers a variety of Yoga classes year-round at Carderock and Potomac Tennis Clubs. The fee is \$16 per class if you sign up for the session, \$20 for drop-in.

- Friday 8:30-10 am (Yoga and Weights)

Classes at Carderock for the 5 week summer session are on Fridays from 8:30 - 10 am beginning July 20. This class is a mixed level (beginners welcome) and includes toning exercises with hand weights. Please visit www.yogaplus.com for the schedule of other classes at the Potomac location. For more information contact Maggie Wong 301 365 6237, maggie@yogaplus.com

Lost and Wanted

LOST

Navy blue pop-up umbrella. Did I leave it at your house? If found, call Millie Pettipaw 301-469-9521.

Large keychain with a lot of keys. Last seen in the vicinity of Glenmore Spring Rd. It's on a blue lanyard that says "Churchill H.S." and also has a whistle, even a blue cloth eyeglass case. However, the keys do not go to anything at Churchill High School. Contact Charlene Charlene_M_Jehle@mcpsmd.org if you've seen them.

WANTED

Childcare. New Carderock Club family looking for a college-aged student who would like to play/watch my 5 (son) and 7 (daughter) year old children during July 9th through August 10th. We will need you 2:30 to 6:00 M-F. Driving and your own transportation is a must. We live in the Sumner community. All recommendations are welcome. Please call Stacy at 301-229-4330

German/American family, new to Carderock Springs, with two girls 3 and 8 years old, looking for new friends in the neighborhood. Please stop by to meet the Caldwell Bunch at 7711 Glenmore Spring Way or E-mail Anja@knit2give.com .

Carderock couple need a handyperson for fix-it work around the house and also outside. Probably about 3-6 hours per month on the average. Minor carpentry, repairs, etc. If you know of someone who is competent and experienced, please call us at 301 469 8665. Art and Donna Blank

Babysitter. Looking for a high school or college student who would like to play/watch my 6 and 8 year old girls during the summer on Tuesdays from 9-3. Please call sandy 240-271-4902.

Full-Time Baby Sitter. We are looking for any recommendations from Carderock families who might know of an experienced full-time baby sitter/nanny **who will be leaving their current family after the summer and will be looking for employment beginning around September 1, 2007**. We have two girls ages 6 months and 3 1/2 and need help from 8:30 am until 6:30 pm. Thank you in advance for any recommendations. Please contact Donna or Rick Mattick at 301-365-1251.

Elder Care. Seeking kind, experienced person to help elderly couple in DC. Separate basement apartment available in home for live-in helper. Walking distance to Van Ness Metro Station. Responsibilities would include helping with grocery shopping, driving on errands and to doctor appointments, light cooking and clean-up, taking walks, and being a good companion. Don't need own car but must be competent driver. No heavy cleaning. Only need help three days a week to start but will negotiate hours and salary. Call Chris at (301) 320-2249. Thank you very much.

For Sale

Beautiful dark blue, leather recliner. Used only one month. Original tags still attached. Paid \$900, selling for \$450. Muriel Ebitz, 301-365-7756

New, expandable piano bench with cushioned black leather seat, can be raised approximately 6 inches to help little ones better reach the piano keys \$120. Storehouse glass coffee table, circular with brushed nickel border and legs \$100. Contact Phyllis Marcus, (301) 365-6893

Black 8 x 11 oriental rug \$400 OBO, Ratan lounge chair \$40 OBO, 8x8 white bathroom tile and grout \$40 OBO. Call Scott or Sally Cameron 301 365 3633.

Moving Sale. FURNITURE - Scan furniture: sofa, chair and solid wood coffee table \$200; Scan Teak wood wall unit (entertainment center) \$400; Scan Teak office credenza with filing drawers and desk also with filing drawers on both sides with locks \$200 each; Scan Teak roll top desk and book shelf \$95; wall unit with bookshelves light wood color, great for a kid's room \$85; Yakana wood butcher block kitchen table plus 4 chairs \$350; 2 black leather sofas (like new) 3 and 2 seat, \$400 and \$250; upholstered chair \$70; modern glass table \$50; IKEA bedroom set (queen size) including 2 night stands and vanity with dresser (all in white lacquer) \$350; EXERCISE EQUIPMENT - Nordic Track Cross Country machine \$100; Schwinn Spin bike \$120; GARDEN EQUIPMENT - Lawn Boy mower with catcher new tune up with new blade \$100; 6 white flower boxes @\$5 each; Weber gas grill 2 years old with cover \$200. All items in very good condition. Call 301 518 7285 between 5 pm and 8 pm.

Moving/furniture Sale, Saturday June 30th and Sunday, July 1 - 10 am to 4 pm. CASH ONLY! Sofa, chairs, Chickering spinet piano, dinette swivel chairs, glass tabletop-45"x81", bedroom set, sofa bed, tables, wheelchair, pictures, Christmas and holiday decorations, TV, Mac G3 computer, upholstered chair with footstool, china, glassware, vintage linens, kitchen items, camping equipment, sleeping bags (new), leaf mulcher with gasoline engine, garden tools etc....a house full of great stuff! DROP BY AND GET A SUPER DEAL! 8205 Fenway Road, 301/469-6990

Beautiful dark blue, leather recliner. Used only one month. Original tags still attached. Paid \$900, selling for \$450. Muriel Ebitz, 301-365-7756

Home for Sale 8129 Hamilton Spring Rd. Updated Overlook house on .58 acre lot. Skylights, 4 bedrooms, 3 BA 2 FP, FR. Newly renovated kitchen, granite surfaces, eat-in, sunny dining. Rear deck backs into a private and beautifully landscaped woodland setting. Pool and Tennis club are around the corner. For Sale by Owner. \$899,000. For appointment, please call 301-299-3830.

Art Camp, House Cleaning & Recommendations



THE KIDS STUDIO summer art camp is in the home studio of Carderock resident Kristina Valencia. We teach kids ages 4-12. Our focus is on providing our students with the opportunity to experiment with many different art media; Wood, clay, paper, fiber..... Our goal is for the kids to feel empowered to create wherever life takes them. July Camp Schedule: July 9, 10, 11, 12. Camp runs from 10:30-1:30 and kids need to bring a lunch/ big snack. \$250 per week. Kristina Valencia 301-767-9738 or kristina_valencia@yahoo.com

HOUSE CLEANING SERVICES AVAILABLE

- My wonderful Thai housekeeper has some hours free! She can babysit, take care of pets, clean, organize, iron, and do laundry. She is currently working part-time for several Carderock families, and has her own transportation. Please call 202 246 5616.
- 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.

RECOMMENDED

House cleaning Carmen Mendez 703-277-9644. Professional, reasonable, experienced. Works for several Carderock families and is looking for 1 or 2 more. She has a car and speaks English very well. Recommended by Barbara Feuer 301-365-0113.

Handyman/Jack of many trades. Hemy 973-432-2287. He's done electrical and handyman work for us, and all jobs have been done to our satisfaction. He's professional, very experienced and returns phone calls! Recommended by Maarten Rietveld 301-365-0113.

Bethesda Custom Tailors. 7900 Wisconsin Avenue; 301-656-2077. Just the best men's jackets, suits, casual clothes & accessories with ideal service and very reasonable prices! In addition, top quality men & women's tailoring. I heard about this shop years ago and have become a regular. Has equal or better quality & prices than Nordstrom's, SAKS, Brooks, plus individual service. Recommended by Jane Roth 469-0750.

Window washer. Marco Quispe 301 345 1462. Clean your windows, screens, and skylights so you can enjoy your beautiful Carderock views! Recommended by Margie Orrick & many Carderock neighbors.

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

Services Available

Swim lessons. Call Carderock Springs lifeguard Jessica Sellinger cell 202 355 8853 or 301 320 6073. Experienced, enthusiastic swim instructor, able to work with all swim levels and abilities. I have been a lifeguard for 5 years, 4 of them at Carderock and 1 at Camp Chateaugay in NY.

Swim lessons. Call Tori Stevenson 301- 469-0140. Carderock Pre -Team Coach. Member of Walt Whitman High School Varsity Swim Team. Lifeguard certified. I have been a member of the Carderock Swim team since I was 6 years old. I love swimming (team record holder 9/10 breast stroke) and love teaching young kids!

Swim lessons for your child. Please call Montana Stevenson, Assistant Carderock Swim Team Coach. Lifeguard certified; life-long member of Carderock Swim Team; UVA Club Swim Team. Extensive experience teaching/coaching children of all ages. 301-469-0140.

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

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.

Painting / Remodeling company. Discount to Carderock residents, just *mention this ad* during one of our FREE ESTIMATES and receive a *full house power wash for free* with any painting or remodeling work. Experienced employees specialize in painting, deck work, and flooring; no job too small. Many Carderock references. Contact Daniel Mendelsohn, Alex Shatskov 301 221 7462 or IpaintInc@gmail.com.



I Paint Inc.

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 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.

Looking for personalized, practical summer tutoring for your child? ? Do you need a flexible program to fit your jam-packed schedule? Extra Credit Academic Support & Enrichment has the answer! Registration is underway for Summer 2007 Workshops for students entering grade 3 through high school. For more information, contact former Carderock Springs ES teacher Tom Sellevaag at 202.546.4445 or go to www.extracredittutor.com.

For Rent

Rehoboth Beach House Rental with Swimming Pool. A 2 year old townhouse, 5 bdrms, 4-1/2 baths, fully furnished, 3 blocks to beach. 2 master bdrms and 4 additional twin beds make it ideal for 8 to 10 people (families only please). 2 decks, garage and 2 additional parking places. Includes fully equip. kit., central air, microwave, washer-dryer, cable TV & DVD. No pets or smoking please. Sat. to Sat. weekly rate \$1800. Avail. July 21, Aug 11, Aug 21. Email art@yogaplus.com or call 301 365 6237 for pictures & more info.

Sanibel Island, Florida. Pointe Santo condo on the beach of the Gulf of Mexico. 2 bedrooms, 2 baths, AC, washer/dryer, TV/DVD, fully equipped kitchen, outdoor grills, pool, Jacuzzi, children's activities, clubhouse with internet access. Value rates (cheaper) from July to early December. Call Suzanne 301 365 2931 or email yyellis1@tampabay.rr.com

Myrtle Beach, SC. 2 bdrm villa, sleeps 6. Perfect for golf, beach, or family vacation! I deal for golfer, individual, family, leisure or corporate traveler. Nestled along Intracoastal waterway and near Broadway at the Beach, easy access to 27-hole golf course, entertainment, restaurants, popular attractions. 9 foot ceilings, wall-to-wall carpet, ceramic tile bathrooms & kitchen, and a screened-in patio. Direct access to community outdoor pool and BBQ area off back patio. Resort has heated indoor pool & exercise center. Avail July-Dec, 2007. Denise 301-365-2460.

Pawley's Island, SC. 3-bdrm 2-bath Golf villa avail for long-term rental – 3, 6, or 12 months. Unfurn., overlooks 9th fairway True Blue Golf Resort. Ground level villa, full washer & dryer, ample storage, screened-in patio, wall-to-wall carpet, full kitchen, large walk-in closet in master bdrm. Close to one of resort's pools. Resort has tennis, swimming, kid's playground, & 18-hole golf course. Near Atlantic Ocean, close to restaurants & shopping in Murrells Inlet & Myrtle Beach. True Blue has no high-rises or neon lights. \$1,100/month (some util incl). Denise 301-365-2460.

Outer Banks, NC. Soundfront home with magnificent sunsets. Hot tub on private pier in screened gazebo. 5 bdrm, 4 full baths, 1/2 bath. Gourmet kitchen. Community pool, tennis courts, clubhouse, exercise room. Available off season, spring, fall, and summer. Barbara 301 469 9292.

Recycling

Want to recycle but don't know where? Here's a great list. Thanks to Sylvia Gollub!

- GENERAL ITEMS**
- Am Vets 301 953 0092
 - American Rescue Workers 301 336 6200
 - Freecycle groups.yahoo.com/group/freecycle-bcc-md/
 - Goodwill 202 636 4225
 - Salvation Army 301 277 7878
 - Wagging Tails (Humane Society) 301 279 0345
- BICYCLES**
- Bikes of the World bikesfortheworld.org
- BOOKS**
- Associates of the American Foreign Service Worldwide aafsw.org
 - Montgomery County Friends of the Library Bookstore 301 984 3300
 - Stone Ridge School Book Sale stoneridge.org/booksale
- BUILDING MATERIALS**
- Habitat for Humanity Restore habitat-mc.org
 - Montgomery County Transfer Station
montgomerycountymd.gov/solidwaste
 - The Loading Dock 410-728-DOCK
- CELL PHONES**
- Friends of the National Zoo 202 633-4800
 - Montgomery County Police 301 652 9200
- COMPUTERS**
- Montgomery County Transfer Station Montgomerycountymd.gov/solidwaste
 - Hewlett Packard Hardware Recycling hp.com/recycle
 - Project Reboot cpcug.net/reboot.asp
 - Stop E-waste in DC accessrecycling.com
 - Washington Apple Pi Computer Reclamation Project wap.org/about/donations.html
- EYEGLASSES**
- LensCrafters Montgomery Mall 301 365 3682
 - Lions Clubs (drop box at Davis Library)
 - Prevention of Blindness Society 301 942 1707
- FURNITURE**
- A Wider Circle awidercircle.org
 - Community Ministry of Montgomery County 240-361 1736
 - Volunteer Center of Montgomery County 240-777-2600
- MEDICAL EQUIPMENT (walkers, crutches) - Iona Senior Services 202 966 1055**

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

CLUB BOARD OF DIRECTORS

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Hilda Maibach	301 315 2124
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

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 info)	
OTHER/neighbors		CS-Chat@yahoogroups.com

In addition to those 2 websites, 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 150 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com.

CSCA ARC Meetings, usually 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 Monday July 9** since July 4 is a holiday and the following Wednesday is a home swim meet.



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