



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

June 2007

CALENDAR

6/4 Mon 1-3 pm

Carderock Women's Book Group

6/6 Wed 7:30 pm

ARC monthly meeting on neighborhood renovations

6/14 Thurs 11:30 am

Men's lunch at Normandie Farm

6/18

Tennis programs start

6/18 - 7/27

Weekly Summer Fun program for kids

6/21 Thurs noon

Women of Carderock lunch

6/20 Wed evening

Family Tennis night with grills

6/24 Sunday 3-6 pm

Wine/Cheese Tasting & Art Sale at Clara Barton Center

6/30 Sat, July 4th Celebration (rain date Sunday July 1)

1-4 pm

Tennis Round Robin

Afternoon

Pool games

6-9:30pm

BBQ. Bring your own food; party, dance, swim!

The Club will supply wine, beer, soda, and music

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

Note from the Manager

The wait and anticipation are over.
WELCOME to the 2007 season.

It has been a very busy spring as we have eagerly been completing several projects to enhance the appearance of our Club in preparation for the opening.

The parking lot has been repaved and restriped with directional arrows being added to improve the safety and flow of traffic.

We have replaced and added new patio decks at the tennis office and in the grassy area.

We replaced the windscreens on the tennis courts, added new grills and constructed a new storage shed.

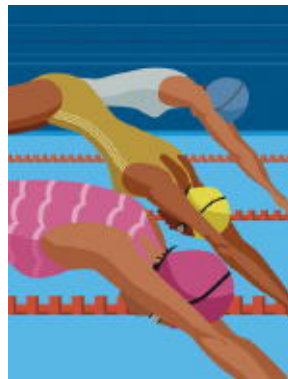
New landscaping projects are or will be completed as we move thru the season.

I am looking forward to seeing all of you old and new members and your families as you make Carderock Springs Swim and Tennis Club your favorite summer destination.

Be safe and have a great summer with lots of fun in the sun.

Larry and the staff

Pool hours through *June 14*
Mon-Thurs **3:30**-8:30 pm
Fri **3:30**-10 pm
Sat-Sun 10:30 am -8:30 pm



Pool hours starting *June 15*
Mon-Thurs **10:30** am-8:30 pm
Fri **10:30**-10 pm
Sat-Sun 10:30 am - 8:30 pm

2 fun events coming up:

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
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!

Rain Date is Sunday 7/1

Wine/Cheese Tasting & Art Sale

Sunday, June 24, 3-6 pm

Clara Barton Community Center

75th and MacArthur Boulevard, Cabin John

A first time event featuring samples of the wine selection now offered by the Bethesda Co-OP, plus samplings of delicious Co-Op cheeses, delightful musical entertainment, advice from a wine connoisseur, and the presentation/sale of beautiful artworks by local artists.

Event is geared toward adults, but feel free to bring your children: the Center staff will entertain them with crafts and games (plus refreshments) in one of the Center's other rooms. So seize a bit of an early summer afternoon to sample a little wine and cheese and nice art accompanied by a musical quartet. Tickets at the door are \$5 for Adults and \$2 for Children. All ticket proceeds and a portion of the art sales will benefit the many Clara Barton Center activities and programs enjoyed by the community. Hosted by the Friends of the Clara Barton Community Center with Support of the Bethesda Co-Op (now in their 16th year in Cabin John).

Summer Kid/Teen Activities

SWIM TEAM !! The pool's open so come on down for practice.

CUDA DIVING !! Come join the Carderock Dive Team as we start another season of fun! Afternoon lessons/practice start May 29th. June 18th - July 21 we'll have both morning & afternoon lessons/practices. Don't miss out, join the FUN! Questions call Theresa Barton 301-365-1491

SUMMER FUN

Sign up for the Summer Fun program at Carderock! This fun and relaxed program runs from June 18 to July 27 for children 6 to 10 years old. Two adults as well as neighborhood teens supervise the children. The Program is comprised of team building games, arts and crafts, tennis games and free swim (no formal instruction for swimming). The children also bring a bagged lunch or may purchase lunch from the snack bar. Fridays are Pizza Day! Questions? Email carderocksummerfun@verizon.net

How to register for Summer Fun?

- Complete a form for attending or to volunteer as a teen
- Place the completed form & a check (\$200 per week) made out to CSSC in a sealed envelope
- Drop it in the mailbox at the Carderock Clubhouse or snail mail the form and check to CSSC, 8200 Hamilton Springs Court, Bethesda, MD 20817

SUMMER EMPLOYMENT AT THE CLUB

Teens have many choices

- work as a counselor in Summer Fun for student service learning hours or
- work as an employee of the club - in buildings and grounds, at the front desk, in the snack bar, or as a lifeguard. Employment Application form is available at CarderockClub.org, click on Summer Employment.

Help! Forms ?

Q: What forms does the club have if I want to sign up for lessons, a team, employment, etc?

A: Forms are in this or previous newsletters; all forms are on the website.

PURPOSE OF FORM	IN NEWSLETTER ?	ON WEBSITE CarderockClub.org ?
Tennis lessons	June (that's this one!)	yes
Swim and Dive team	April	Yes
Summer Employment at Club	April	Yes
Summer Fun: kids to attend	March	Yes
Summer Fun: teens to volunteer	March	yes

Tennis News

The summer is here! Hard to believe, but the heat is back and so are the summer programs. So stop by the courts and check out what's going on!

JUNIOR PROGRAMS

We are running all of our summer programs from the 18th of June until the third week of August. If other activities conflict, kids can do only part of the session. Classes will be prorated accordingly.



JUNIOR LADDER

We will be conducting a junior ladder for the summer; both boys and girls will be able to participate. It will be ongoing from the middle of June until the middle of the August. Stop by the tennis courts for details and to sign up! The pros will be in charge of tracking the ladder. A flyer will be sent home to all of the parents.

JUNIOR TENNIS TEAM

Calling all juniors! We are currently signing up all juniors for our summer tennis team. We will practice weekly and have matches once a week. All levels of players are encouraged to sign up. Don't worry if you travel in the summer, you don't have to be here for all the matches.

JUNIOR WORLD CLASS ACADEMY

Kris Barns and Ryan Freeman will be conducting a daily 3 hour tennis academy from 9:00am to 12 noon during the summer. The academy will be geared towards a more serious player. Intense drill sessions as well as supervised match play will take place. Students will also be put through a rigorous conditioning program to improve footwork and mobility on the court. Video critiquing will be used to better help the players. Interested players should contact the Pro Shop as soon as possible for details. Space is limited. (\$250 per week, \$220 per week if doing multiple weeks)

JUNIOR SPORTS CAMP

We will be offering a new camp this year for juniors interested in learning sports in a not so intense structure. The camp will include tennis, hockey, basketball, wiffle ball, and swimming. The time is 1-4 pm starting June 18th. It will run until the end of the summer. Sign-ups are on a weekly basis with a cost of \$150 per week. Stop by or call the shop for details.

FAMILY NIGHT

We will host a family night on the 20th of June, a Wed night. Parents are invited to bring their kids and any food they like. The grill will be fired up and tennis will be played by all. This is a very casual event with a great chance to come out and enjoy a wonderful evening of tennis, food and fun! Please call the shop and let the staff know if you plan on coming.

PRO SHOP NUMBER 301-365-1541



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

Social and Book Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

June 14, Thursday noon

The next Carderock Senior Men's lunch will be on May 10th 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

June 21, Thursday noon

At our get together on May 17 at Marilyn Meyerfeld's we discussed issues of aging. One suggestion was that we find out whether the Burning Tree community is creating the self-help community for seniors that was described in the last Carderock newsletter. Another suggestion was that the Club create a position for senior activities on its board of directors. Our next meeting is at noon on Thursday, June 21 at the home of Alvina Long, 8109 Clewerwall (the continuation of Fenway Drive at the top of the hill crossing River Road). Please bring your lunch and call me, Margit Meissner at 301-469-6740 to RSVP.

The July meeting on July 19 will be at my house, 8323 Still Spring Court. Please mark your calendars.

CARDEROCK WOMEN'S BOOK GROUP

June 4, Monday, 1 - 3 pm

Midnight's Children by Salman Rushdie

Midnight, August 15, 1947, the night of partition in India: two newborns, one Hindi and the other Muslim, each end up in the hospital bassinet intended for the other, changing the course of their lives and setting the plot for Salman Rushdie's Booker Prize winning story. *"Midnight's Children is a masterpiece, brilliantly written, wildly unpredictable, hilarious and heartbreaking in equal measure"*

-- Amazon Reviews.



We will meet on June 4 from 1-3 pm in the home of Pat Thomas, 8216 Tomlinson Avenue, 301/229-4194.



For more information, please call Carolyn LoBuglio at 301 767-0098.
Be curious, come join us. All are welcome, hope to see you!

Exercise Classes

KARIN'S WATER AEROBICS at the Carderock Club pool is returning once again starting Tuesday, June 26, running 8 weeks 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 will also be held in the clubhouse, also beginning June 26, running 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 locally year-round. Join any class at any time, the fee \$16 per class if you sign up for the remainder of the Spring Session, \$20 for drop-in.

- Friday 8:30-10 am (Yoga with Massage Ball)

Please visit www.yogaplus.com for the schedule of classes in evenings and other locations. Maggie Wong 301 365 6237, maggie@yogaplus.com

Free, Wanted, and For Sale

FREE PLANTS

Two (2) Leucanthemum (Shasta Daisy) Ice Star, grows 24-30" and flowers midsummer to early fall. Prefers full sun. One (1) Aster Novi-Belgii, blue flowers, grows 24", flowers in early fall. Prefers full sun. Please call Judith Marshak at 301-469-8051.

WANTED

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 wanted - 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.

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

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

81" traditional, 3-cushion SHERRILL sofa, cream color, comfortable, like new \$725; 2- THAYER-COGGIN contemporary swivel chairs, soft blue velveteen upholstery \$250; gold upholstered lounge chair & footstool, \$75; 4-piece French Provincial bedroom set, 76"x18" dresser with mirror, double bed with headboard, night stand with cabinet \$275 ; 4 swivel, off-white leatherette dinette chairs \$200; 45"x81"x3/4" glass tabletop \$150 or best offer; charcoal smoker grill \$20; Sears gasoline engine leaf mulcher, original cost \$600, now \$225. Contact: Brenda at 301 469-6990.

CS Drive, Art Camp, & House Cleaning Services Available

CARDEROCK SPRINGS DRIVE

Judith Marshak contacted Montgomery County about redoing the center line striping (yellow) on Carderock Springs Drive. This work should be done by the end of May. Please note that the County now maintains this road NOT the Park Service.



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. Camp Schedule: June 25, 26, 27, 28 July 2, 3, 5, 6 July 9, 10, 11, 12.

Camp runs from 10:30-1:30 and kids need to bring a lunch or big snack.

Each week session is \$250. PLEASE call or email soon! 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 301 942 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 & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

Services Available

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.

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. Driveway sealing also available. We also do odd jobs and offer Concierge service, for example, assisting the elderly. 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.

Your neighbors are interested in reliable contractors. Please send recommendations to carderockclubnewsletter@verizon.net.

For Rent & ARC Meeting Info

Rehoboth Beach House Rental with Swimming Pool. A two year old townhouse, 5 bedrooms, 4-1/2 baths, fully furnished, three blocks to beach. Two master bedrooms and four additional twin beds make it ideal for up to eight people. Two decks, garage and 2 additional parking places. Amenities include fully equipped kitchen, central air, microwave, washer-dryer, cable TV and DVD. No pets or smoking please. Weekly rate \$1800. All weeks in June, two weeks in July and one week in August are available. Email art@yogaplus.com or call 301 365 623 for pictures and more information.

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 June 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! Ideal 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 June-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.

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 June 6.



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 145 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com.