



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

## August 2008 CALENDAR

7/31 Th 7:30 pm Generations Supporting One Another meeting at Doyle's  
8/6 Wed 7:30 pm Architectural Review Committee meeting at Clubhouse  
8/14 Th 11:30 am Men's lunch at Normandie Farm

8/30 Saturday Labor Day Celebration at the Club:  
Afternoon Pool Games & Tennis Round Robin  
6-9 pm BBQ

### Looking ahead - Save the Dates!

Sept 7 Sun 11-4pm Creeger Museum Open House  
Sept 14 Sun 2-5pm Carderock House Tour  
Sept 18 Th noon Women of Carderock lunch

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Newsletter deadline: 20<sup>th</sup> 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](mailto:carderockclubnewsletter@verizon.net)  
Club website [www.carderockclub.org](http://www.carderockclub.org)

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## Dive News and Welcome

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The 2008 Dive Team would like to thank the Carderock Spings community for their support this season and for allowing us to host the MCDL divisionals on July 20th. We had lots of compliments on our pool & community at the Division III Championship.

We had a wonderful dive season and were represented at divisionals by Maya Valencia, Caroline Brown, Evan Cameron, Josh Margolis, Lexi von Friedeburg, Laura May, Michael Barsky, Jonah Bird, Leslie Barton, Rachel Bird, Joe Szczseny, Andrew Phelan, Frances von Friedeburg, Bonnie Margolis and Elliott Rosenbaum! We wish Lexi, Leslie, France and Elliott the best of luck as they head off to MCDL All Stars! Come join the dive team next season!!



### Pool hours:

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

Fri 10:30 - 10 pm

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

### WELCOME

The following families have moved in this summer, either from out of town or from within Carderock. Stop in to say hello!

- 5 Carderock Court: Jessica and Steven Tave, with Samantha and Alyssa
- 7909 Fenway Rd: Maria del Mar Cole and Keith Defsky, with Kyle Alejandro and Maya
- 7715 Glenmore Spring Way: Dorothea Mielke with Yunes, Moritz and Sophia
- 8110 Lilly Stone Drive: Mira Shapiro and David Rosen with Marc
- 8223 Lilly Stone Drive: Jana and Daniel Sedlmayer with Nicolas, Jonas and Lena

## LABOR DAY CELEBRATION



**Saturday Aug 30**

**Afternoon: Pool Games and Tennis Round Robin**

**6 to 9 pm: BBQ**

Pool Games! Tennis Round Robin! Evening BBQ!

Bring your own food, join us to dance, party and swim.

**The Club will provide sodas, beer, wine and music!**

**CARDEROCK EXPLORES A MULTI-GENERATIONAL INITIATIVE** Thursday, July 31 7:30  
(formerly known as Aging in Place)

The next meeting will be at Ann Doyle's, 8029 Fenway Road. The group is making progress and encourages others to attend meetings as they continue exploring how this initiative will be set up.

**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**Aug 14, Thursday noon**

The next Carderock Senior Men's lunch will be on August 14 at Normandie Farm.

Social hour at 11:30; lunch at 12:00. We are always looking for new lunch members.

If you are interested, email me at Seth Tuttle [sltuttle2@verizon.net](mailto:sltuttle2@verizon.net) or call 301 365-1277.

**WOMEN OF CARDEROCK**

**Sept 18, Thursday noon**

There will be no meeting of the WOC for August. The next meeting will be on Thursday September 18 from noon to 2pm at the home of Ann Doyle, 8029 Fenway Rd. RSVP to Ann at 301 365 0229.



# Adult Tennis Program - Summer



## **Cardio Tennis:**

Get your workout in for the day while playing the game you love. Clinic will be fast paced and fun. It will include a series of drills designed to get your heart pumping, while improving your tennis game at the same time!

\*\*Minimum of 2 players needed for class to be held. Registration sheets will be posted on tennis bulletin board or may call at least a day in advance to register.\*\*

## **Doubles Clinic**

This class is held to help stroke production and strategy. Class will consist of warm-up, fed ball drills, and match play. Excellent class for players who are looking to improve their strokes while learning to understand the game of doubles.

\*\*Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.\*\*

## **Stroke of the Week:**

Clinic designed to focus on a particular stroke for that week. In depth technical instruction will be given for the particular stroke. Great way to fix or develop a specific stroke that may need help!

\*\*Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.\*\*

## **Evening Explosion:**

Clinic designed for the working player. Clinics will include fast paced drilling for first 30 minutes, followed by doubles for 30 minutes. Excellent class for advanced players to receive a workout and play against solid competition.

\*\*Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.\*\*

## **Early Bird**

Great way to start your day! Clinic will consist of a 30 minute warm-up, 30 minutes of fed drills, and 30 minutes of match play. Hope to see you bright and early!

\*\*Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.\*\*

<b>Programs</b>	<b>Days and Times THROUGH 8/25/08</b>
<i>Ladies Team</i>	Th & F 9-11am
<i>Cardio Tennis</i>	M & Tu 5-6pm
<i>Doubles Clinic</i>	W 330-5pm
<i>Stroke of the Week</i>	F 11-12pm
<i>After Work, Workout</i>	W 7-8pm
<i>Early Bird</i>	Tu 7-830am

Junior and Adult Tennis: Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

Make-ups for missed classes can be done on any day a clinic is scheduled.

Make-ups for inclement weather can be done by attending another day's class.

**Hope to see you on the courts!**

**Nitin Deodhar**



# Junior Tennis Program - Summer



**Full Day, Half Day, & One Hour Drop-In Junior**

**Clinic Options!\***

**\*Drop-In Anytime\***

**\*Discounts for 2 Week Sign-Ups\***

**(2 weeks do not have to be consecutive)**

**There is something for all age groups and levels:**

<b>Program</b>	<b>Dates</b>	<b>Times</b>
<b><u>Tournament Training</u></b>	7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-12pm
<b><u>Players on the Rise</u></b>	7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm or 1030-1p Half Day
<b><u>Up and Comers</u></b>	7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm or 1030am-1p Half Day
<b><u>Tiny Tots</u></b>	7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-10am

**Also Junior Team players are wanted. Matches are every Thursday. Please email [carderocktennis@verizon.net](mailto:carderocktennis@verizon.net) if interested. Players must be able to serve to play.**

**Tournament Training/Advanced Junior Team:**

This clinic is equivalent to the World Class Academy conducted last year. The clinic is designed for ranked USTA players or High School Team players. Clinic will feature warm-up, stretching, live-ball drills, fitness, and matches. This intense three hour a day program is a sure way to improve tremendously over the summer months.

**Players on the Rise/Intermediate Junior Team:**

The Players on the Rise camp is a full day clinic designed to help make a player more tournament ready. This camp is intended for those players who want to become tournament players or high school players. The 5 hour camp (half day and one hour day option is available) includes warm-up, stretching, fed-ball drills, live-ball drills, swimming, lunch (bring own lunch or snack bar), and matches. A perfect camp for players who want to go to the next level while having fun and enjoying other activities at the same time!

**Up and Comers:**

A great camp for players to master the basics of tennis. Up and Comers is designed to develop a proper understanding of rules, scoring, technique, and etiquette. This camp will also feature other activities such as swimming, basketball, and soccer. However, a large majority of the 5 hour camp (half day and one hour day option is available) will be placed on tennis. Schedule will include warm-up, stretching, fed ball drills, games, lunch (bring own or snack bar), and point play. An excellent way for a child to spend the summer!

**Tiny Tots**

This one hour clinic is a great way for children to learn or continue to learn the core basics of the game of tennis. Children ages 4-7 will learn proper stroke technique, footwork, as well as rules of the game. This clinic is a great way to begin the lifelong sport of tennis! Tiny tots runs from 9-10am, Monday-Friday, therefore the 6 and 7 year olds can jump right into the Summer Fun program which runs from 10-3pm!

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## Art and Exercise Classes

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### ART CLASS

THE KIDS STUDIO summer ART program! We are offering week long summer art classes.

Classes are held 10:30-1:30 Monday-Friday, \$250/week, and run through the week of August 11.



The Kids Studio is a private art studio in the home of Carderock parent and resident, Kristina Valencia. We offer a creative environment that exposes young artists to many different art materials and experiences. We stress enjoyment in the process of making art. Each week closes with an art show of the work completed. Call or email 301-767-9738 or [kristina\\_valencia@yahoo.com](mailto:kristina_valencia@yahoo.com)

### AEROBICS at the Clubhouse:

- Tuesdays and Thursdays through August 14 (8 weeks) with one extra week (8/19 & 21) for rain dates outside and extras inside if anyone wants to continue.
  - Jacki Sorensen's Aerobic Dancing inside at 8:45AM,
  - Water Aerobics outside 10:30-11:30

Prices are: 2X/wk \$96, 1X/wk \$52, Drop-In \$7 per class.

Questions? Contact Karin Baker 301-428-9425.



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## House Tour & Recycling

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### CARDEROCK HOUSE TOUR

Sunday, Sept 14, 2 - 5 pm



Mark your calendars and blackberries for our House Tour! You'll get many ideas while meeting and greeting neighbors.

It takes a lot of people to make this work. Volunteers are needed to put together the program, to be a greeter for part of the tour, and to sell tickets at the Club the day of the event. All volunteers get a free ticket and will still have time to visit the houses. Contact Mary Lou at [marylou@maryloushannon.com](mailto:marylou@maryloushannon.com)

### RECYCLING IMPROVEMENTS

Nearly all plastic is now recyclable in weekly blue bin pickup from your home! It's no longer necessary to check for necks or numbers when recycling plastic bottles. Your blue bin can now contain:

- \* Narrow-neck plastic bottles that contained food, drink and household products (examples: milk, juice, water, syrup, vegetable oil, salad dressing, cleaning, detergent and shampoo/conditioner bottles)
- \* Plastic food-grade tubs and lids (examples: margarine/butter tubs, cottage cheese, yogurt, sour cream, mayonnaise, whipped topping, peanut butter and deli containers, and prescription bottles)
- \* Plastic pails/buckets (examples: ice cream, detergent, pet food and kitty litter containers)
- \* Plastic flower pots, Plastic beverage cups

Plastic recycling tips:

- \* Labels and plastic rings around the neck of the bottles are okay.
- \* Empty the bottles and containers.
- \* Rinse. The less "contamination", or product remaining in the plastic item, the better.

Not acceptable:

- \* Any plastic bottle or container that held hazardous automotive or garden products (examples: motor oil, antifreeze and pesticides)
- \* Plastic wrap and bags
- \* Polystyrene and Styrofoam™ products

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## Wanted and House Cleaning Services Available

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### WANTED

Volunteers for September 14 Carderock House Tour - program production, greeters, ticket sellers.  
Contact ml@maryloushannon.com

Junior Team tennis players. We need you! Matches are every Thursday. Please email carderocktennis@verizon.net if interested. Players must be able to serve to play.

Office Assistant Needed. Part-time work in a home-based office off Seven Locks Road in Bethesda. Requirements: excellent English grammar and telephone manner, basic office skills, basic computer skills (Word and Excel). Tasks included receiving, processing, selecting and mailing children's books to reviewers. Other duties based on applicant's skills which can range from editing to basic web page maintenance. Must be self motivated. Hours are flexible -- 15 to 20 per week, no benefits. Call 301 469 2070 or e-mail resumes to marilyn@childrenslit.com .

Psychologist who lives in Carderock Springs is looking for a part-time assistant to help in his office in Cabin John (corner of Seven Locks and MacArthur). This position would be perfect for a bright college student home for the summer. Duties will include general office work such as filing, phone messages, chart maintenance, billing, as well as some referral source relations and patient scheduling. Send a brief email description of yourself, your interests and qualifications to ScottCameronPhD@gmail.com.

### 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. Call Amporn ("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.



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## Free, For Sale & For Rent

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### FREE

Free Scanner. Oldie but goodie: Visioneer One Touch 8600 Scanner, hardly used. This item works on Windows up to and including Windows XP but not on versions later than XP. You will only have to get a free download of the driver from Visioneer. Call 301 469 8665

### FOR SALE

You can own an original oil painting for very little money. Award-winning artist from Loudoun County is selling her inventory. She has still life, landscapes, French countryside scenes - and all for less than \$300 per painting. Sarita Moffat has been featured in Loudoun County and Middleburg newspapers and magazines, and her work has shown at various galleries. If you are interested in seeing them, I have about 15 paintings here in my Carderock home for sale. Email me at [toddpandy@verizon.net](mailto:toddpandy@verizon.net)

### FOR RENT

Beautiful Broadkill Beach House Rental with water views! 10 Minutes north of Lewes, DE, short walk to the bay w/ miles of sandy beaches and gentle waves of Delaware Bay. 3 Bedrooms + Convertible bed(s), 3 Baths, Sleeps 6-8. Screened porch, wood-burning fireplace. AC, WD, cable, internet, gas/electric grill. Next door to 7 acres of beautiful woods and deserted beaches. Close to outlets and restaurants yet away from traffic and the "maddening crowd", quieter, more private and the beaches are less crowded. Pet Friendly: Dogs only/No smoking. See <http://vrbo.com/177837>

Rehoboth Beach House Rental - Close-in Summer Vacation. Our two year old 5 bedroom 4 1/2 bath fully furnished townhouse with swimming pool and gourmet kitchen, short walk to beach and walking distance to the towns of Rehoboth and Dewey. Sleeps 8 - 10. Ideal for extended family or 2 families. No pets or smoking please. Available after Aug 30, weekly rate \$1850. For more info and pictures, please email [Art@yogaplus.com](mailto:Art@yogaplus.com) or call 301-365-6237.

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## Services Available

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Want to escape the summer heat of Bethesda? Come on a relaxing eco-retreat in the heart of the Costa Rican Rainforest! Liz Hubley, who grew up in Carderock Springs, is coordinating retreats at the La Anita Rainforest Ranch - a Macadamia nut and tropical flower farm where you can explore the incredible biodiversity and rich culture of Costa Rica. Join us for much more than vacation away - immerse yourself in the nature and customs of Costa Rica while supporting sustainable development and protecting some of the world's last remaining tropical rainforest. Sign up for a week-long Rainforest Yoga Retreat or Eco-tourism Retreat at <http://rainforestretrreats.googlepages.com> or contact Liz at [rainforestretrreats@gmail.com](mailto:rainforestretrreats@gmail.com) for more information!

Experienced Babysitter Available - Red Cross Certified Babysitter looking for work in the Carderock Springs neighborhood. I am entering Whitman High School next fall and am currently looking for weekend, evening and summer jobs. Please call Adrienne 301 365-1725 or email [a.remijan1@gmail.com](mailto:a.remijan1@gmail.com)

Petsitter available. Experienced pet owner (cats, dogs, and small animals) who has lived in Carderock Springs for over 25 years, references available. Call Susan Burkhalter, 301-469-8728, e-mail [scastlekep@aol.com](mailto:scastlekep@aol.com)

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 Seniors 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](mailto:panaceacomputers@gmail.com).

Gutter Cleaning. At this time of year, roofs and gutters near or under seed-bearing trees are clogged with as much debris as they would be in autumn. We'll come by and check your roof, gutters and downspouts, especially near flashings and around skylights and chimneys, without obligation. If they need cleaning we do any standard house in Carderock for \$85 and a bit more if there is an extension and more areas to clean. Please call Dan or Eric at 301-365-6237 or email [dabruestle@gmail.com](mailto:dabruestle@gmail.com).

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## List of Recommendations

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We bow down in thanks to one of Carderock's most competent and appreciated: Sir John Surr has compiled an 18 page list of over 200 recommended contractors/services from previous issues of this newsletter and also from Yahoo's online CS-Chat email list. Not only has he compiled it but he plans to update it periodically! Babysitters, pet care and lawn care are excluded from John's list since they are contained in the printed directory which the Citizens Association publishes. Thanks again to John!



Where can you find this list of contractors/services? Several places, including:

- distributed in emails on the CS-Chat Yahoo list serv (most recent will be there first)
- printed in the Citizens Association's next bi-annual directory
- online at [www.Carderock.info](http://www.Carderock.info), a beta website for the neighborhood which unites both the Club and (to be revised soon) Citizen Association websites.

Included in this astonishingly useful contractor/service list are recommendations for:

Accountant/CPA, Adult Day Care, Aerobics, Airport Transportation, Appliance Repair, Architect, Art Appraiser, Art Class, Auto Body Repair, Bamboo Removal, Building Inspector, Carpet Cleaning, Caterer, Child Care, Children's Clothing, Chimney Repair, Clutter Buster, College Essays, Computer Data Entry, Computer Problems, Copying/Printing, Consignment Shop, Contractor, Cooling/Heat, Deck & Patio, Dentist, Donate Clothes, Donations Pick Up, Driver for Seniors, Drywall Installer,

Electrician, Energy Audit, Fence, Firewood, Fitness Trainer, Floor Refinisher, Furniture Assembly, Furniture Repair, Garage Door Opener, Guitar Instruction, Gutters - new/repair & cleaning, Handyman, Home Inspector, Home Portrait, Home Sitter, Hot Tub Repair, Housekeeper, Insulation, Interior Design, Internet ISP, Kitchen Remodeling, Landscaping, Landscape Design, Leaf Clean Up, Local Hotel, Locksmith, Marble & Granite, Masonry/Stonework, Medical Equipment, Mulch Delivery, Music Camp, Nanny, Native Plants, Nursing Homes, Painter, Parenting Class, Paving, Pest Control, Piano Teacher, Picture Framer, Plumber, Powerwash, Printer Cartridge,

Radon Testers, Retirement Communities, Roofer, Rowing Class, Security System, Shoes/Custom Adaptations, Shower Door, Skylights, Solar panels/Waterheaters, Speech Therapy, Storage/Closet Design, Swim Lessons, Tailor, Taxi, Tile Setting, Trash/Recycling, Travel Agent, Travel B&B, Tree Service, Tutor (Italian, Spanish, Science/Math/SAT), Upholsterer, Variety, Vegetables, Waterproof, Wedding Planner, Wheelchair Transportation, Window/Door, Window washer, Yard Work, Yoga.

The list contains recommendations from neighbors who are hoping that it may save you a step while hunting for someone. There are no warranties expressed or implied by the Swim and Tennis Club, the Citizens Association, or the person making the recommendation.

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Recommended

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Driveway repaving: Keith Allison, Licensed & Bonded. 301.953.2893, 301.937.1925, Cell 240.508.3420. Fantastic job, on time, in a short period of time, very competitive price. Highly recommended by Richard Tedrow.



THE KREEGER MUSEUM

# OPEN HOUSE

SUNDAY, SEPTEMBER 7, 2008  
11 am—4 pm

Join us for a celebration of the arts at the 2008 Kreeger Museum Open House! Guests will enjoy music performances, storytelling and art workshops for visitors of all ages. Bring a picnic lunch to enjoy in the gardens. Free ice cream treats and bottled water will be provided. This is a FREE event! We would like to give special thanks to **GEICO** for sponsoring the 2008 Open House.

2401 Foxhall Road, NW • Washington, DC 20007 • 202-337-3050 • [www.kreegermuseum.org](http://www.kreegermuseum.org)

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Have a recommendation? Please send recommendations for reliable contractors to [CarderockClubNewsletter@verizon.net](mailto: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	301-365-3675
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	301-365-0190
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
Membership Secretary	Meris Sparrow	301 767 9473	carderockclubmembership1@verizon.net
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	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 211 of your neighbors to keep informed of neighborhood events and issues, send email to [cs-chat-subscribe@yahoogroups.com](mailto:cs-chat-subscribe@yahoogroups.com) .

**CSCA ARC Meetings, 1<sup>st</sup> Wednesday of the month, 7:30 pm**

The Citizens' Association has an Architectural Review Committee meeting on the 1<sup>st</sup> 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](http://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 meeting is Wednesday August 6.



New Carderock Springs Elementary School, coming 2010

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