



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

December 2008 CALENDAR

Dec 3 Wed 7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Dec 7 Sun 11-4 pm	Holiday Craft Show at Clara Barton Community Center
Dec 11 Th 11:30 am	Men's lunch at Normandie Farm
Dec 14 Sun 2-4 pm	Holiday Party for Kids at the Clubhouse
Dec 18 Th noon	Women of Carderock tour St Nicholas Russian Orthodox church

Looking ahead - Save the Dates!

Jan 23 Fri	Movie Night at the Clubhouse
Feb 20 Fri	Movie Night at the Clubhouse
Mar 20 Fri	Movie Night at the Clubhouse

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

Social Groups



In addition to our Cabin John/Carderock Green Neighbors, you can Be Green with Bethesda Green, a new organization. Carderock Springs is highlighted in their newsletter as the Neighborhood of the Month for the month of November, thanks to Martha Donnelly. The previous 2 highlighted neighborhoods were Chevy Chase (for solar issues, among others) and Oakmont (for stormwater runoff and wind energy). See <http://www.bethesdagreen.org/>

CARDEROCK SENIOR MEN'S GROUP LUNCH

Dec 11, Thursday noon

The next Carderock Senior Men's lunch will be on December 11 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 or call 301 365-1277.

Heads up: The Men's January lunch will be Jan 15, not January 8.

WOMEN OF CARDEROCK

Dec 18, Thursday noon

We are leaving from the clubhouse at 12:30 pm on Dec 18! The next Women of Carderock meeting is a tour of Saint Nicholas (Russian Orthodox Church) led by Father Constantine White. Please RSVP to Marilyn at 301-469-6004.

Theres Kellerman has asked any members who do NOT want to be included in the Safety Net (Contact List) to please notify her so your name can be withdrawn. Her phone is 301-365-0037 or email her at theres@carderock.net



Anyone interested in winter tennis lessons or clinics should contact Carderock's Tennis Pro Nitin Deodhar at 202-253-7227.

Holiday Party at the Club

Sunday, December 14
2 - 4 pm

Come join neighbors at the
annual holiday party at the Clubhouse!



UNICEF THANKS

Many thanks to all the children and parents who helped with our UNICEF drive this Halloween. We collected \$602.93 which is more than we collected during any other year! This money will go a long way in providing water, food, school supplies, emergency blankets, and immunizations to disadvantaged children all over the world. A special thanks to Theres Kellermann for her enthusiasm and organization. Let's do it again next Halloween! If anyone else wants to donate, it is never too late. Contact Cheryl Glaessner.



KIDS - SAVE THESE DATES FOR MOVIES AT THE CLUBHOUSE!

Friday, January 23	Movie night
Friday, February 20	Movie night
Friday, March 20	Movie night



HOLIDAY CRAFT SHOW at Clara Barton Community Center, Sunday, Dec 7, 11 - 4 pm

Over 40 local community artists and crafters are having a free Craft Show. Plan to come, admire, and shop! There'll be all kinds of crafts for sale—jewelry, beads, candles, Christmas items, wood crafts, prints, metalwork, ceramics, glass, oils, watercolors, fiber arts, photography, books ... and more! Refreshments—sodas, cider, coffee, cookies—will be available for a modest fee. So stop in and enjoy! For more information, call the Clara Barton Community Center at 301-229-0010.

HOLIDAY EVENTS AT HISTORIC HERMON CHURCH

Founded in 1874, Hermon is a community church and loves to have Carderock residents attend. Some special holiday services include:

Sunday, Dec 7

- 7 pm Advent Service of Lessons and Carols

Sunday, Dec 24

- 5 pm, Family Christmas Eve Service, with an appearance by one of the characters of Christmas
- 11 pm, Candlelight Communion Service, featuring a character of Christmas & singing "Silent Night" by candlelight

HELPFUL REMINDER

Early on Tuesday/recycling mornings, a truck with out of state plates has been driving and stopping in the neighborhood two times now this past month, looking through recycling bins. Maybe looking for scrap metal to sell? So heads up: Protect your identity - do not put personal or financial papers into your paper recycling bins without shredding them first.

- from a Lilly Stone resident

Green Neighbors

Green Neighbors is an evolving group of local residents largely from Cabin John and Carderock Springs who want to engage in community solutions to environmental problems. Since the Metal Recycling Challenge, residents have continued the new habit of recycling metals at a rate of over 200 pounds per week, the main location is an outside bin at the Bethesda Co-Op. In addition, you can continue to place your waste metals at two homes in Carderock, at 7604 Hamilton Spring Road and smaller items at 8027 Fenway Road. You can always contact the county at 240-777-6410 the day prior to our normal trash day for a special pick-up of appliances, fencing, or anything too large to fit in a trashcan.

Green Neighbors met in October and in November to plan our latest initiative of No More Plastic Bags in Cabin John businesses along MacArthur Boulevard. To get involved in this new endeavor and/or for details about time and location of our next meeting on December 4th, contact dianekarlik@verizon.net

On November 15 Diane Karlik collected a bunch of hazardous waste materials to bring to the special collection at a satellite station at Westland MS, part of our participation in "America Recycles Day". Please remember that fluorescent bulbs of any type (the new compacts as well as traditional tubes), batteries other than alkaline batteries, oil-based paints, thermometers with mercury, toxic automotive liquids, herbicides, pesticides and toxic solvents should not be put out with the regular trash. They may be brought to the Solid Waste station on Route 355 and Shady Grove Road (16101 Frederick Road) - it is open 7 days a week, 9-5 pm. At this time, you can also contact dianekarlik@verizon.net to deliver such items to her home and she can deliver them to Solid Waste. Please do not drop off as with metals, but wrap them well and contact her first to arrange this.

Did you know that the county recycles clothing and textiles at that same Shady Grove Road transfer station? Check their web site and their "Use it again database" (www.montgomerycountymd.gov/useitagain) and search over 30 categories for local businesses or organizations that will take used goods for repair or reuse. Some even pick-up at your home.

Also consider joining BCC freecycle (freecycle-bcc-md-subscribe@yahoogroups.com) to offer and/or receive a variety of items that individuals no longer use. More residents are also freecycling via our CS-Chat email list, which is another resource for neighborly cooperation and communication.

As of July 2008, residents can now recycle plastic curbside in blue bins and it's not only narrow-neck plastic bottles, but also almost all plastic bottles, containers and plastic lids. New items include bottles and plastic caps for syrup, detergent, shampoo, margarine, yogurt, peanut butter, etc. and pails or buckets for pet food and detergent, plastic flower pots and plastic cups. Not accepted in blue bins: STYROFOAM, PLASTIC BAGS, PLASTIC WRAP, HINGED CLAMSHELL PACKAGING for such items as berries and other fruits and PLASTIC CONTAINERS THAT CONTAINED HAZARDOUS MATERIALS such as garden or automotive products.

Questions? Contact dianekarlik@verizon.net

Art and Movement Classes

THE KIDS STUDIO Winter Classes

Private art studio run by Carderock resident and parent Kristina Valencia. Multi-aged classes for children ages 5-12. This winter session focuses on the fiber arts plus surprises. Mon, Wed, or Th 4 pm to 5:30 pm at 8324 Still Spring Ct. 10 classes/\$250. 301-767-9738 or kristina_valencia@yahoo.com

THE KIDS STUDIO Art for MOMS!

Friday mornings at my studio are for MOMS! 10-11:30ish come and be creative. Classes are \$25. each (supply fee of \$5 if necessary) I will supply the space, coffee and something sweet. Reservations needed, call or email kristina_valencia@yahoo.com or 301767 9738

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. 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. 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 .

ADULT YOGA CLASSES AT THE CLUBHOUSE

Yoga classes for adults are offered at the Clubhouse by Carderock resident Maggie Wong.

- Tuesdays (yoga with weights) 9:00 to 10:30 am
- Thursdays (yoga and weights) 9:00 to 10:30 am.

The session fee is \$16 per class, the drop-in fee is \$20. Tues and Thurs evening classes 7:30 - 9 pm are also offered at the Potomac Methodist Church, Falls Rd. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

KIDS AND TEENS DANCE and YOGA AT THE CLUBHOUSE

Funky modern DANCE and hip hop moves....warm-up then exercises across the floor and a final combination where dancers perform for each other. Music and dance are our major motivations and working out our second. Taught by Sylvana Santoz, formerly the Holton Arms Dance Director.

YOGA for flexibility, strength, posture, poise, stress relief and self awareness. Be aware of a healthy lifestyle including diet, exercise, rest and coping with the challenges of life - learning for a lifetime of good health. Taught by Maggie Wong

- Hip Hop Dance - Mondays 5 - 6 pm (Ongoing, ages 7 to teen, \$15/class)
- Kid Yoga - Wednesdays 4:30 - 5:30 pm (Ongoing, ages 6-11, \$15/class)
- Teen Yoga - Thursdays 5 - 6 pm (Three class session begins Dec 4, \$45)

See www.yogaplus.com or call/email Maggie 301-365-2424, maggie@yogaplus.com

Wanted, and House Cleaning Services Available

WANTED

Double or queen mattress and box spring in good condition. 202 246 5616

Door and sink wanted

- original Carderock bathroom sink(s)
- original double doors that closed off downstairs family rooms

Please call Nancy 301 320 4733 or cell 301 873 0795

College or high school student to develop and install a simple food-related website with images and about 4 pages. Must be familiar with Flash. Need immediately. Good pay! Please contact silverleafcuisine@gmail.com .

Busy mom needs a helper during the week. Ideal for high school or college student who would like to pick up some extra cash during the holidays. Mom works at home during the day and has 2 toddlers at home. Very easy work, just playing with them and maybe giving them a snack. Very flexible hours in mornings, afternoons and/or evenings, just an hour or two here and there would be a HUGE help. Suzanne Dritschilo 301-767-3931 or dtppro@aol.com

Pianist or other musical ensemble able to play Xmas carols on evening of Dec 19. Sense of humor and reasonable fee a must. Student(s) preferred. 202 246 5616

HOUSE CLEANING SERVICES AVAILABLE

- Yvonne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- Thai housekeeper available Tuesday mornings - can clean, do laundry/ironing, or run local errands. She is especially good at organizing drawers, cabinets, closets, etc. Call Nang: 240 423 6314.
- Enthusiastic housecleaner available M-F. Excellent references, own transportation. Please call Gisela 301 622 2897 or 240 535 4549 or leave a message.
- 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



♪ Shovel, rake, mow. We do grass, leaves, and snow. ♪ Whitman High School students Michael Mandler, Christian LoBuglio and Dmitri Schill have a small start-up company: Carderock Clippers. Support local entrepreneurs! CarderockClippers@gmail.com, 301-807-9943 or www.CarderockClippers.tk

Recent graduate New York University with a degree in Holistic Health, Writing, and Visual Art, a certified Reiki Master [stress reduction technique], and a current student at The Institute for Integrative Nutrition. Range of services offered includes: personal and group healthy cooking classes for adults and kids, personal chef services and healthy prepared meals delivered to your door, Holistic Health Counseling, Reiki classes for Reiki levels I - III, one-on-one Reiki treatments, college application assistance with a specialization in personal essays, Writing and English tutoring, Editing, Administrative Assistance, drawing and painting lessons for adults and kids, childcare. Contact Carderock native Natasha before Dec 8 (301) 469-8665, after Dec 8 (301) 785 2509 or natashablank@gmail.com

Experienced Babysitter available on weekends - Red Cross Certified, Whitman High School freshman, Carderock resident. Local references upon request. Adrienne Remijan at 301 365-1725 or a.remijan1@gmail.com



Flowers, flowers, flowers! Thanksgiving centerpieces and other holiday arrangements available. Innovative floral designs for all occasions from Artful Florals. For business events, social events, and personal needs. Can be customized to your home decor and delivered on a regular basis or to coincide with entertaining: cocktail parties, house guests, or just dinner with friends. Contact Cathy Houston at (301) 233-4782 or chouston@artfulflorals.com

Carderock neighbor Mariana Martinez of Barcelona, Spain is offering tutoring in Spanish. Available to support middle and high school students with their schoolwork, test preparation, and conversation skills. Conversation and instruction for adults also offered. Mariana has prior tutoring experience. Please call 301 365 3846 if interested.

Services Available, cont.

Petsitter: The Holidays are approaching! If anyone needs their furry loved one taken care of while you are out of town, you couldn't ask for a more loving and caring animal lover. I live in Carderock Springs and am available to pet sit. Please email Julie Sanderson at JulietSanders@aol.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

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.

Keep your roof and gutters clean to avoid damage to the house during the winter season. We'll also check your roof, gutters and downspouts, especially near flashings, and around skylights and chimneys, and tell you if problems lurk. Any standard house in Carderock for \$85 and a bit more if there is an extension and more areas to clean. Please call Dan at 240-688-8179 or email dabruestle@gmail.com

RECOMMENDED

John Surr's nifty, most recent, and expanded 20 (!) page list of contractor recommendations is available online 24x7:

1. www.carderock.info
2. on the left side click "Recommended Contractors and Services"
3. towards the top of the page click "contractors and services"

While John would love to talk with you, he would prefer you look it up online rather than everyone phoning him.

Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net and they'll go in this newsletter and in John's online list.

For Rent

FOR RENT

1st floor beachfront condo in beautiful Sanibel Island, Florida. 2 bedrooms, 2 baths, remodeled full kitchen, wireless computer access, washer dryer in unit, screened lanai. On-site tennis courts, heated pool, hot tub, gas grills, clubhouse with daily children's activities. Miles of bicycle trails and nearby famous Ding Darling bird sanctuary. Unit still available at a reduced weekly rate of \$865 /week through Dec 20. Seasonal rate available for 2009. Susanne Yokel at 301 365 2931 or Yael Ellis at yyellis1@tampabay.rr.com

Dewey Beach - off-season rentals - weekend or weekly - Ocean block beach house with spectacular ocean views. 4 bdrm, 3.5 bath house sleeps 14, w/ private rooftop deck. Restaurants & entertainment within a couple blocks. Local off-season family events include Rehoboth Jazz Festival, Rehoboth Film Festival and more. We have additional beach houses in Dewey Beach for family reunions or business meetings. Off-season rental rates are significantly discounted from summer rates. See photos www.palmarprops.com, or email paul.loftus@verizon.net or call 301-365-2978.

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>

Cabo San Lucas Presidential Suite sleeps 6-8. Feb 22-Mar 1' 09. Spectacular 5-star Pueblo Bonito Sunset Beach Resort, Mexico. \$3,150/week. Huge terrace fronts all rooms w/ 180 degree view of Pacific Ocean sunsets, whales & beach. 5 pools in the resort have swim-up bars & hot tubs. Numerous delightful resort amenities plus arrangements can be made for deep sea fishing, diving, snorkeling, jet skiing, parasailing, golfing on the many famous golf courses, hiking, mountain biking, etc. Contact Jeff Hanson/Phil Rider for pictures. 301-469-0231.



New Carderock Springs Elementary School, coming 2010

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	Scott Spear	301 365 2643
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 (CSSC)	www.CarderockClub.org	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	
Overview of CSSC & CSCA	www.Carderock.info	
OTHER/neighbors		CS-Chat@yahoogroups.com

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- 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 224 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. Next meeting is December 3.



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