



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

## July 2008 CALENDAR

7/2 Wed	Swim B Meet vs. Seven Locks @ Carderock Springs
7/2 Wed 7:30 pm	ARC monthly meeting on neighborhood renovations
7/5 Sat	Swim A Meet vs. Connecticut Belair at Carderock Springs
7/5 Sat	July 4 Celebration at the Club: Tennis Round Robin and evening BBQ
7/9 Wed	Swim B Meet @ Old Georgetown
7/10 Th 11:30 am	Men's lunch at Normandie Farm
7/12 Sat	Swim A Meet vs. Manor Woods @ Carderock Springs
7/13 Sun 4 pm	Dive Meet: Carderock Springs @ Old Georgetown
7/19 Sat	Swim and Dive Team Banquet: Catch our kids being good!
7/20 Sun 8 am	Dive Divisional Championship Meets @ Carderock Springs
7/23 Wed	Dive MCDL All Stars ~ 12 and Under events (TBD)
7/24 Th	Dive MCDL All-Stars ~ 13 - 18 events (TBD)
7/31 Th 7:30 pm	Generations Supporting One Another meeting at Doyle's

### Looking ahead - Save the Dates!

Sept 7 11-4pm	Kreeger Museum Open House
Sept 14 or 21?	Carderock House Tour (Houses still needed... If you've remodeled recently, open yours up!)
Sept 13 Th	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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Swim News and July 4 Celebration

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Carderock brothers Mark and Adam Meyer are swimming at the Olympic Trials in Omaha, Nebraska. The event runs June 29 through July 6. All of Carderock wishes them good luck!



Pool hours:

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

Fri 10:30 - 10 pm

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

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**4<sup>th</sup> of July Celebration at the Club**  
**Saturday July 5**



Tennis Round Robin! Evening BBQ!

Bring your own food,

join us to dance, party and swim.

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

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## Social Events, Meetings

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### **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.

At a late June meeting at Margit Meissner's, a dozen Carderock residents further analyzed data from a Spring survey. The survey shows that there are more people offering help than those who indicate that they need assistance - which is a whole lot better than the opposite situation. The discussion included dividing the Carderock neighborhood into 5 geographic sub-areas, each of which would have a Captain or Coordinator to match those who need help with those offering assistance. The discussion also included regular vs. emergency assistance. Neighbors are particularly interested in having someone accessible who they can call in a variety of unexpected situations and not be embarrassed to ask for help.

The group is particularly interested in a cohesive list of recommended contractors/services. Anyone want to raise their hand to create that list??? See the Wanted section of this newsletter.

### **CARDEROCK SENIOR MEN'S GROUP LUNCH**

**July 10, Thursday noon**

The next Carderock Senior Men's lunch will be on July 10 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 July and 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.

The June meeting was at Marilyn Mayerfeld's where Tiba Parsa brought us up to date on the ongoing discussion of neighborhood groups providing services to neighbors.



# Summer 2008 Junior Tennis Program Schedule



Program	Dates	Times	Session Fee
<b><u>Tournament Training</u></b>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-12pm	One week; \$230 Two weeks; \$360 10 weeks; \$1400 <b>*week of July 4<sup>th</sup>; \$190*</b>
<b><u>Players on the Rise</u></b>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm or 1030-1p Half Day	One Week(25hrs);\$350 Two Weeks(50hrs);\$500 10week(245hrs);\$2000 <b>*week of July 4<sup>th</sup>; \$300*</b> or 1/2 Day Week; \$225 10week(122.5hr);\$1800 <b>*week of July 4<sup>th</sup>;\$185*</b> Drop-In \$80 full day Drop-In \$45 half day Drop-In One Hour \$20
<b><u>Up and Comers</u></b>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm or 1030am-1p Half Day	One Week(25hrs);\$350 Two Weeks(50hrs);\$500 10week(245hrs);\$2000 <b>*week of July 4<sup>th</sup>; \$300*</b> or 1/2 Day Week; \$225 10week(122.5hr);\$1800 <b>*week of July 4<sup>th</sup>;\$185*</b> Drop-In \$80 full day Drop-In \$45 half day Drop-In One hour \$20
<b><u>Tiny Tots</u></b>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-10am	One Week(5hrs);\$90 10weeks(49hrs);\$700 <b>*week of July 4<sup>th</sup>; \$75*</b>



# Summer 2008 Junior Tennis Program Schedule



**Just a reminder that Summer Programs have begun. Clinics for Adults and Juniors are underway! There is something for all age groups and levels.**

**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.**

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

#### **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!

**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.**



# Adult Tennis Program Summer 2008



## **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</b>	<b>Dates</b>	<b>Cost</b>
<u>Ladies Team</u>	Th & F 9-11am	6/16- 8/25	4 players or less \$25/person 5 players or more \$20/person Call for more info
<u>Cardio Tennis</u>	M & Tu 5-6pm	6/16- 8/25	**check member rates for cost**
<u>Doubles Clinic</u>	W 330-5pm	6/16-8/25	**check member rates for cost**
<u>Stroke of the Week</u>	F 11-12pm	6/16-8/25	**check member rates for cost**
<u>After Work, Workout</u>	W 7-8pm	6/16-8/25	**check member rates for cost**
<u>Early Bird</u>	Tu 7-830am	6/16-8/25	**check member rates for cost**

Make Checks Payable to: Nitin Deodhar, 8820 Ridge Rd. Bethesda Md. 20817

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.

## NATIONAL REGISTER OF HISTORIC PLACES

Carderock Springs may soon join Garrett Park and Kensington historic districts by being included on the National Park Service's Register of Historic Places due to our 1960s contemporary design and incorporation of homes into the natural landscape. Many thanks to Brenda Bell, Sandy Demski, Mary Lou Shannon and others who have worked for quite some time on this project.

## CARDEROCK HOUSE TOUR

September 14 or 21, 2008



To those who have remodeled recently:

Remember when you were considering remodeling and you walked through neighbor's houses on the House Tour to get ideas?



*It's time for you to return the favor!* We need five houses for the annual house tour. It's a wonderful opportunity to meet more folks in the neighborhood and give back to the community at the same time. It could be your entire house or just parts that are accessible - either is fine.

Contact Mary Lou at 301-365-0472 or send a note to [ml@maryloushannon.com](mailto:ml@maryloushannon.com)

## WELCOME

Maria del Cole and Keith Defsky will be moving into 5 Carderock Court this summer with kids Kyle and Maya. Stop by to say hello!

## FAREWELL

Longtime Carderock neighbor and friend Neil MacNeil passed away on June 7. Neil was a journalist, Chief congressional correspondent for Time Magazine through seven presidential administrations, founder of his own public affairs show "Neil MacNeil Reports From Congress" on WETA and the founding panelist on "Washington Week in Review". He wrote several books including *Forge of Democracy: The House of Representatives*, *Dirksen: Portrait of a Public Man*, and *The President's Medal, 1789-1977*. Born in the Bronx and a graduate of Harvard, Neil is survived by five children.



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## College Destinations

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The Carderock community gives big Good Luck hugs to our high school seniors as they become college freshmen this coming fall. We remember many of them as toddlers in the baby pool, as trick-or-treaters, as Summer Fun campers or counselors and as club employees. Now where are they heading?

Katie Brown - Tulane (graduated from Whitman)  
Stephanie Cantor - Towson (Whitman)  
Andrea Carroll - Manhattan School of Music (Whitman)  
Sarah Cohen - Middlebury (Holton)  
Mathew Costales - UMD (Whitman)

Nick Fernandez-Arias - Princeton (Sidwell Friends)  
Anna Finch - USC (Whitman)  
Katie Gathright - Williams (Holton)  
Ben Gibby - Hofstra (Whitman)  
Blair Guardia - Skidmore (Whitman)

Rachel Hass - Washington U in St Louis (Whitman)  
Alejandro Head - Syracuse (Whitman)  
Shantana Jha - U of Chicago (Whitman)  
Patrick Mealy - UMBC (Whitman)  
Mark Meyer - Naval Academy (Whitman)

Helena Nannes - Williams (Whitman)  
Adam Norris - UMD (Whitman)  
Peter Ollis - Virginia Tech (Whitman)  
Luciana Rocha - UPenn (WIS)  
Ellie Rogers - Skidmore (Whitman)  
Elliott Rosenbaum - Harvard (Whitman)

Eve Rosenbaum - Harvard (Whitman)  
Ben Sobel - UPenn (Whitman)  
Caleb Stoltz - UMD (Whitman)  
Matt Volkov - Rochester (Whitman)  
Meg Woodbury - UMD (Whitman)  
Ali Woodward - UNC Greensboro (Whitman)

Apologies to any senior inadvertently excluded from this list.





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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 begin the week of July 7 and run through the week of August 11.  
Classes run from 10:30-1:30 Monday-Friday, \$250/week.

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. Classes fill quickly, Maximum 10 kids. Call or email 301-767-9738 or 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.



### 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.
- Additional half hour on the same days 9 to 10:30 am, \$ 12 per class
- Drop ins: one hour class \$ 12; one and half hour \$ 14.

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 .



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## Wanted

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Homes for September Carderock House Tour. 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.

Swimming instructor for my 8 year old daughter at our home pool for half an hour on Sunday afternoons. Also looking for the school year as well as the summer. (We heat the pool all year and enclose it in September.) We live in Potomac, about 5 minutes from Carderock, and the instructor needs his or her own transportation to our house. Our daughter is a beginner who is on swim team at Carderock this year. We pay the standard Carderock Swim Club fee of \$20/half hour. (Her current swim teacher is heading off to college.) Contact Rochelle Bobroff rbobroff@verizon.net or (240) 372-5446 (cell).

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.

Person to do occasional yard work - pruning, weeding, putting down wood chips, etc.  
Call 301 469 -8665 (leave message if no answer).



Person to compile neighborhood recommendations of contractors into one online location and hopefully maintain the list periodically. Could be an adult or could be a teen for Student Service Learning credit. A productive summer activity! Should be familiar with basic technology such as cutting, pasting & formatting in Word or Excel. Sources of info are already online, including previous Carderock Club newsletters and CS-Chat archived mail. Have neighbors bow down before you in gratitude! *This is not a tough job, folks, and would be really useful!* Contact CarderockClubNewsletter@verizon.net .

Rambler Wanted for private purchase in Carderock Springs .... or, could exchange for 2185 sq ft condo in Sumner Village, Bethesda....Top floor (5th) end unit, looks out into woods. Please phone 301-263-9074

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## For Sale & For Rent & House Cleaning Services Available

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### FOR SALE

Six-foot Samick Grand Piano \$5,500. German made in excellent condition, polished black ebony with gorgeous wood interior. Bought from reputable piano dealer in Wash D.C. area. Includes cushioned bench and casters. Piano has been tuned and regulated each year since first purchased. A great chance to own and enjoy a solid, full-voiced grand piano at a fraction of the retail cost. Please call 301-469-7469

White rectangular glass and metal outdoor table with 8 mesh and metal chairs. \$150. Large Oak Desk - excellent condition \$150. 5 White wood and wicker tall breakfast bar chairs - \$150. 2 twin size beds - frame, box and mattress - \$150. Large Beautiful house plants - prices vary. Please call 301-469-7469

### 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 week of July 12 - 19, and 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.

### 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](mailto: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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## 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://rainforestretrtreats.googlepages.com> or contact Liz at [rainforestretrtreats@gmail.com](mailto:rainforestretrtreats@gmail.com) for more information!

Want swim lessons? Contact experienced swimmer & swim teacher Helena Nannes! 13 years of MCSL, 7 years of club swimming, 4 years of Whitman High School Varsity swimming (lettered 4 years) and Metro qualifying times, 3 years of lessons and a former Pre-Team Coach. 301-758-2003 or [Asmartblonde@comcast.net](mailto:Asmartblonde@comcast.net).

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)

Rebecca Hughes, 14 years old and currently a Pyle 8<sup>th</sup> grade student, is ready to babysit. She's taken the Safe Sitter course at Pyle and has volunteered for the last two summers at Summer Fun. If you need a responsible, fun sitter call her at (301) 469-4803.

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)

Leaving town but unsure what to do about Lassie? Experienced Pet Sitter and Home Sitter available in July, parts of August and early September. I'm responsible, dependable, and love animals - especially after a serious lacking during college! Contact Karen Orrick at [karen.c.orrick@dartmouth.edu](mailto:karen.c.orrick@dartmouth.edu). References available.

Summer school frustrating your child? Want to give them an extra edge during the school year? Dartmouth student available during July, parts of August and early September for tutoring in: chemistry, math (algebra, algebra 2, geometry, pre-calculus, calculus), SAT verbal and SAT math. Transportation provided: I'll come to you! Contact 2007 Whitman grad and National Merit Scholar Karen Orrick at [karen.c.orrick@dartmouth.edu](mailto:karen.c.orrick@dartmouth.edu). References available.

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## Services Available, cont

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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).

Hello! My name is Augusto Tono. I live in Carderock and am currently a student at UMD-College Park. I went to Walt Whitman High School and am now enrolled in the Robert H. Smith School of Business. I am running my own painting business this summer with a national company called Collegiate Entrepreneurs. My objective is to get an intense hands-on business experience. This summer my crew and I will be doing everything from small interior paint jobs to large Victorian exterior re-paints.



I also specialize in deck staining and power-washing. As a matter of fact, I have already signed up a number of Bethesda residents as my customers for the summer.

At this time I am looking to fill my summer production schedule. I carry full liability insurance and workman's compensation insurance. All of my painting services are backed with a warranty and I can provide references within the area. Please call now for your free, no obligation estimate and take advantage of my low everyday prices!

Local: (301) 592-7951, Toll Free: (877) 626-9904, or email me at [atono@umd.edu](mailto:atono@umd.edu)

## FOR SALE (cont.)

Ikea Robin: Useful small rolling table with shelves. In bedroom, wheels roll curved part under bed to serve breakfast in bed! In kitchen or elsewhere, can roll table and contents where they need to be. Excellent condition. Approx 28 L x 14 D x 28 H. \$20. Call 301 365 6253.



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## Recommended

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Excellent House Cleaning Service Available Fridays Yvanne has worked in Carderock Springs for over 20 years and has a slew of references that can attest to the quality of her house cleaning and her work ethic. Yvanne has an opening for Fridays. Recommended by multiple Carderock families including Scott and Sally Cameron (301-365-3633) and Lee Talisman.

J.R. Hadley Carpet Cleaning. Rotary shampoo & steam extraction, no harsh chemicals, biodegradable cleaning agents only, low prices, high quality. Call J.R. Hadley - Owner/Operator (301)-681-2212. Recommended by Alison Knight.

Painter. Al Newvar (301 906 8994) has done three substantial paint jobs for me. He does excellent work at reasonable prices and is a pleasure to deal with. Recommended by Art Simms (301 469 6881).

Carderock resident and AFAA Certified Fitness Trainer available for all fitness levels and ages, 18-70. What can personal training do for you? Learn proper technique, set up a training routine that fits your schedule & allows adequate rest, break through training plateaus, learn how to maximize your diet for better performance. Benefits: look better (increase lean muscle/ reduce body fat), feel better (improve sense of well-being, reduce stress), perform better (increase daily productivity- work/ play). Contact Greg O'Hanlon 410-961-6733, email go77713@aol.com. Recommended by Willie Sanderson.



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 207 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 July 2.



New Carderock Springs Elementary School, coming 2010

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