



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

## June 2008 CALENDAR

6/4 Wed 7:30 pm	ARC monthly meeting on neighborhood renovations
6/7 Sat 9-noon	The Grateful Shred, Clara Barton CC
6/9 Mon 7:30 pm	Multi-Generational Initiative @ Meissner's
6/12 Th 11:30 am	Men's lunch at Normandie Farm
6/19 Th noon	Women of Carderock lunch

### Looking ahead - Save the Dates!

Sat 7/5	July 4 Celebration at the Club: Tennis Round Robin, Pool Games, and evening BBQ
6/16-7/25	Summer Fun weekly sessions at the Club
6/16 - 8/22	Summer Tennis Program

### Need forms?

- Tennis registration is in this issue
- Other forms for Swim/Dive team, Summer Fun, etc are on the website [carderockclub.org](http://carderockclub.org), click Summer Fun, or Summer Employment, or Newsletter for a previous spring issue

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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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Note from the Manager

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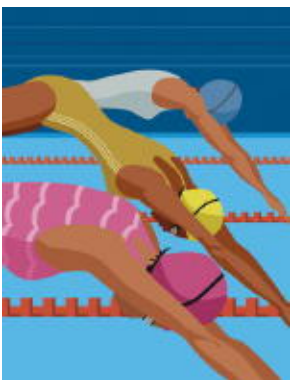
The 2008 season is under way. Swim team tune-up clinics, swim team practices, tennis clinics, grills ready for firing up and many happy sunny days poolside.

I would like to take this opportunity to remind you of some of the rules which are in place for safety reasons and ask for your co-operation in observing them.

- Speed limit on club property is 5 miles per hour.
  - Bicycles should be parked in the bike rack areas only.
  - Please inform your children to ride their bikes on the paved areas only and not through the grass and flower beds.
  - Absolutely no bikes, skateboards, scooters or animals on the tennis courts.
  - Please ask your children not to climb in the trees near playground.
  - Please keep children and pets out of the landscaped areas.
  - New signs list the general rules for admission as well as the rules for swimmers, divers and use of the wading and intermediate pools.
- Please read these signs since they are intended to insure safety for all members and their guests.

Thanks for your co-operation, see you all at the pool.

Larry



Pool hours through first 2 weeks of June:

Mon - Thurs 3:30 - 8:30 pm

Fri 3:30 - 10 pm

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

Pool hours starting mid-June:

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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Social Events, Meetings

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**CARDEROCK EXPLORES A MULTI-GENERATIONAL INITIATIVE**

(formerly known as Aging in Place)

**June 9, Monday 7:30 pm**

Seniors and others: Did you express an interest in a "Generations Supporting Each Other Initiative" in Carderock, or a similar support network for seniors? You are invited to a brief get together. We are figuring out what direction to go in based on survey results and the ideas of those interested.

When: Monday, June 9, at 7:30 P.M.

Where: Margit Meissner's, 8323 Still Spring Court, tel: 301-469-6740

Agenda:

1. Review Survey results
2. What other groups are doing, including report on recent "Aging in Place" symposium
3. Where we go from here

RSVP [margitmeiss@comcast.net](mailto:margitmeiss@comcast.net) or [maryloushannon@mrisc.com](mailto:maryloushannon@mrisc.com)

**CARDEROCK SENIOR MEN'S GROUP LUNCH**

**June 12, Thursday noon**

The next Carderock Senior Men's lunch will be on June 12 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:SethTuttle2@verizon.net) or call 301 365-1277.

**WOMEN OF CARDEROCK**

**June 19, Thursday noon**

The next WOC meeting will be on Thursday June 19 at noon at the home of Marilyn Mayerfeld, 8011 Fenway Road. Please RSVP to Marilyn at 301-469-6004. Bring your lunch and join us.

At the May meeting Margit Meissner gave us an update on the Generations Supporting Each Other Survey. Though it was not complete then, some feel that support from family and neighbors is sufficient at this time.

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

**Save the date: Saturday July 5**

Tennis Round Robin! Pool Games!

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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## Membership, Summer Fun/Kids, Farewell

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### MEMBERSHIP

Membership at the club is now full. We have added many new families this year - please look around and help welcome new faces. Membership numbers will be listed on a roster at the front desk. If you need to look up your membership number and you have more than one last name in your family it will only be listed once - but you may be listed under any of the last names in your family, so please check all the possibilities.

If you have friends who are interested in joining CSSC mid-summer please mention our **Preview Guest Privileges**. We will take a limited number of the Guest Previews to encourage potential applicants for the following season. This gives them a chance to become familiar with the swim and tennis club at a time when our membership visitation drops off due to vacations, etc. This privilege will allow use of all the facilities beginning **August 1 at a cost of \$300**. This preview of the club is a **ONE TIME ONLY** privilege that may not be repeated for other members of any household who has declined an invitation to purchase a membership. Applications for Preview Guest Privileges can be requested by e-mail at [carderockclubmembership1@verizon.net](mailto:carderockclubmembership1@verizon.net) starting June 1 and are accepted on a first come first serve basis.

### SUMMER FUN

June 16 to July 25



Children ages 6 thru 10 can attend our Summer Fun program and teens can volunteer to be counselors. Each week session includes segments of team building activities, tennis, swimming, and fun related skill-enhancing games. Each daily session is five hours long beginning at 10:00 am and ending at 3:00 pm.

Registration forms are at the club, in previous newsletters and also online at [CarderockClub.org](http://CarderockClub.org).

### FAREWELL

Carderock sends condolences to the Truett family. **Barbara Truett Roberts**, daughter of Jeanne and Bruce Truett, passed away on May 5. She and her four-year-old daughter, Caitlin, lived at the home of her parents on Park Overlook Drive. Barbara grew up in Carderock Springs and attended Bannockburn Nursery School, Carderock Springs Elementary, Thomas Pyle Middle School, Walt Whitman High, and University of Maryland. For several years she was on Carderock swim teams. Musically talented, Barbara played violin in the Walt Whitman orchestra and participated in junior piano competitions at Peabody. She is survived by her husband, Thomas Roberts; her 13-year-old-son, Kurt Beyer; her daughter, Caitlin Roberts; a foster brother, Chris Czech; and her parents. A memorial service is planned for 4 pm Sunday, June 15, at River Road Unitarian Universalist Church.



# **Summer 2008**

## **Junior Tennis Program Schedule**



**The summer session begins June 16<sup>th</sup> and tennis at Carderock Springs will be in full swing! This summer there will be some new programs available along with some that were here last year. Below there is a description of all the camps that are available this summer. There is a camp for every level! This is going to be an exciting summer at Carderock Springs! Hope to see you on the courts!**

**Unlike many other tennis facilities in the area, the Director of Tennis, Nitin Deodhar, will oversee and often times will be on court with each group during the Summer Programs. Nitin Deodhar is a certified United States Tennis Professional at the highest level. Students will receive quality instruction from a knowledgeable staff, who truly understand the game of tennis.**

### **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.**



# 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>

**TENNIS PROGRAM REGISTRATION FORM  
Summer 2008**



PLEASE PRINT

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W/Cell) \_\_\_\_\_

If a minor:

Parent's Names: \_\_\_\_\_

Email Address: \_\_\_\_\_

Programs: Days & Time:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_ (*Please do not send cash in the mail*)

**Make checks payable to:  
Nitin Deodhar  
8820 Ridge Rd.  
Bethesda, MD 20817**

◦ FOR PRIVATE & SEMI-PRIVATE INSTRUCTION CALL 301-365-1541 ◦

*Thank you for your early registration!*





# 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.



## SIGNS

A proliferation of signs on our streets are against County regulations. We get away with posting a limited number of reminder signs temporarily on Stop signs etc but should not press our luck. Those road signs should be used as a reminder of an event and only go up a couple of days ahead and removed soon, that night if possible. They clutter our streets & could take away from the charm of the neighborhood.

"Sign, sign, everywhere a sign  
Blockin' out the scenery, breakin' my mind  
Do this, don't do that, can't you read the sign?"

Perhaps some of you remember the tune for these lyrics from Five Man Electrical Band.  
(unbelievably you can get a ringtone for this tune)



*Another neighborhood's signs*

***THE GRATEFUL SHRED***, Saturday, June 7, 9 am - noon, Clara Barton CC

Yes, a Grateful Shred shredding party at the Clara Barton Community Center! Avoid fraud or identity theft—and clean out your files. Bring those no-longer needed bills, statements, letters—anything with private, confidential, or sensitive information that you want to get rid of--*securely!* All-Shred, a noted firm in Frederick, MD, will provide a mobile shredding truck—inside it is a cross-cut shredder that cuts your pages into tiny paper chips. The shredded chips are then baled and sent to paper plants to be recycled.



All-Shred reports that along with office paper they have no problem shredding rubber bands, folders, binder clips, hanging folders (even with metal strips), and labels BUT they don't do newspapers, 3-ring binders, cardboard, heavy plastic, boxes, trash, floppy disks, or CDs.

We ask that you donate \$5 per box of paper (that means a one-cubic-foot storage box, 12 x 13 inches) or the equivalent. Don't have quite a box full? You can have a half-box or the equivalent shredded for \$3 or a quarter-box for \$2. And there'll be coffee and donuts available. Need more information? Call the Clara Barton Center, 301-229-0010.

## Green Neighbors

The 7 week Carderock vs. Cabin John scrap metal recycling competition ended with a total of nearly 17 tons of scrap metal collected. That's 17 tons of metal which can now be processed for recycling and shipped to steel mills and manufacturers. The metal will then be re-used and made into new appliances, car and engine parts, guardrails and many other useful items.

The Cabin John neighborhood collected 60 percent of the total, winning the contest with 20,284 pounds. Hearty congratulations to Cabin John!

How do these numbers compare when considering the number of households and pounds collected per household? Math can be useful and fun, yes? So let's do the math:

	Cabin John	Carderock Springs	TOTAL
a. Scrap Metal Collected	<b>20,284</b> <b>OFFICIAL WINNER</b>	13,478	33,762 pounds
b. Number of Households	700 ?	500 ?	1,200 ?
c. Pounds per Household pph (a/b)	28.98	26.96	28.14 pph

If Cabin John has 700 households and Carderock Springs has 500, then each household collected an average of 29 or 27 pounds of scrap metal per household! Hurrah!! Both Cabin John and Carderock Springs truly are winners for raising awareness of recycling, reusing, and reducing.

Collecting over 25 pounds of scrap metal per household in less than 2 months is a lot. Who would have thought that making such a small change in your daily habits - saving bent nails, rusty screws, unused hangers, screw tops of spaghetti jars, busted toasters - would make such a difference?



"Green is always better  
and more delicious."

- Anonymous

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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, starts Tuesday, June 24 and runs 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 & House Cleaning Services Available

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### WANTED

Person to compile neighborhood recommendations of contractors into one online location and hopefully maintain the list. Could be an adult or could be a teen for Student Service Learning credit. 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. This is not a tough job, folks, and would be really useful! Contact Margie 301 365 6253 or [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net) .

Bookkeeper (Part-Time): For established research firm in downtown Bethesda, 20-25 hours per week, flexible hours, 5 yrs experience as full charge bookkeeper & QuickBooks experience required. Compensation commensurate with experience. Email resume to [larry.long@washingtonservice.com](mailto:larry.long@washingtonservice.com) or snail mail to Larry Long, Washington Service, 7101 Wisconsin Ave. Bethesda, MD 20814 or call (301) 913-5120.

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](mailto:marilyn@childrenslit.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](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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## For Sale & For Rent

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### FOR SALE

Several items in excellent condition:

Kenmore microwave like new, black exterior with rotating plate 1'7"x1'1"x10" \$50;

four kitchen table chairs extremely comfortable metal frames with cushions \$150;

round oak coffee table - 4' diameter / 1'6" high \$100; woven African picture framed - 4'x3' \$150;

Modigliani print of woman dry mounted 3'3"x2'3" \$50; corkboard with white frame - 4'x3' \$35;

Ikea white desk with cabinets and drawers 6.5'x2'x2'3" \$75;

4 Ikea white shelf units w/ adj. shelves - 2'9"x2'4"x9" (2), 2'x2'8"x9" (1), 6'x9"x9" (1) \$35 each;

fireplace tools, gloves & log holder \$35; If interested, please contact Jen at 301-493-2582.

Wrought iron furniture. Black round 48 inch table and four matching chairs. Very good condition. \$150 or best offer. Please call Chris at 301.767.9747

### FOR RENT

Beautiful Broadkill Beach House Rental - Water views from Every Room!! 10 Minutes north of Lewes, DE, short walk to the bay where there are miles of sandy beaches. 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 all the activities, outlets and restaurants of the Delaware beaches, yet away from the traffic and the "maddening crowd", quieter, more private and the beaches are less crowded. The gentle waves of the Delaware Bay make it safer for children and great for swimming. Pet Friendly: Dogs only/No smoking. Please go to <http://vrbo.com/177837> to see this listing and book your vacation online.

Rehoboth Beach House Rental - Close-in Summer Vacation. Our wonderful 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. Not available for Beach Week groups. 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 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.

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)

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## Services Available, cont

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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).

Joseph and Tanya Neider live in Carderock and have been part of the Carderock community for 15 years. Joe has had his own contracting business since 1986 and has worked mostly in the Bethesda, Chevy Chase, and Potomac areas. He does additions, renovations, window replacements and remodeling. Choice Home Improvement, Owner Joseph Neider, 301-365-2338. Many local references.

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)

### RECOMMENDED

How to search for previous recommended contractors in this newsletter?

1. [carderockclub.org](http://carderockclub.org)
2. click Newsletter
3. click each month's newsletter to get the pdf file
4. from within pdf, search Recommend

Have a recommendation? Please send recommendations for reliable contractors to [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net)



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## Recommended

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Reliable, efficient woman to clean your home. She has cleaned our home for several years. For reference, call John @ 301-469-6502

My wonderful Pet Sitter is available for dog walking & running, playtime & exercise, cat feeding & litter box scooping!! She is very reliable and has reasonable rates. Pets adore her! Several Carderock references. Call Dora 240-388-3568. Recommended by Lesley Macherelli.

Animal/Insect Control: M R Bugs, Inc., 301-229-7200 Cabin John, MD. Mike Roark knows the habits of wild animals and birds. He uses humane methods to oust them and keep them out. Termites are another matter. Recommended by Sonja Fogle.

Hot Tub Repair: Dolphin Aquatics, Inc., 301-831-0800. Kevin McCoy keeps old tubs functioning with creative repairs and new parts. Recommended by Sonja Fogle.

Plumbing: Barr Plumbing, Inc., Rockville Plumbing contractor, 301-948-1243. Michael Barr does all sorts of home plumbing repairs and replacements. Recommended by Sonja Fogle.

Printer Cartridges: Cartridge World, White Flint Plaza, 301-816-0465, [www.cartridgeworldusa.com](http://www.cartridgeworldusa.com)  
Refills major brand printer cartridges for half the price of new ones. Recommended by Sonja Fogle.

Tree Service: Bessie Butler Tree Service, 1-540-825-5437. Tree cutting, yard work, mulch, firewood. Ann Butler usually gives estimates. Crew is prompt, efficient, & cleans up well. Recommended by Sonja Fogle.

Variety: Bruce Variety, 6922 Arlington Blvd, Bethesda 301-656-7543. Supplies for school, kitchen, sewing, cosmetic storage, parties, costumes, crafts, plus lamp shades, children's books, socks and underwear, etc. Recommended by Sonja Fogle.

Window and Door Repairs: Blaine Window, 301-565-4949. Mobile unit repairs most metal-framed windows, doors, and screens. Recommended by Sonja Fogle.

## 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 203 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 June 4.



New Carderock Springs Elementary School, coming 2010

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