



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

September 2008 CALENDAR

Aug 30 Saturday	Labor Day Celebration at the Club: Afternoon Pool Games 1 - 4 pm Tennis Social/Round Robin 6-9 pm BBQ
Sept 3 Wed 7:30 pm	CS Citizen Association monthly meeting at Clubhouse
Sept 7 Sun 11-4 pm	Kreeger Museum Open House
Sept 11 Th 11:30 am	Men's lunch at Normandie Farm
Sept 14 Sun	Last Day Pool is Open
Sept 14 Sun 2-5 pm	Carderock House Tour
Sept 14 Sun 7-8:30 pm	Annual Dog Swim
Sept 18 Th noon	Women of Carderock lunch

Looking ahead - Save the Dates!

Oct 12 Sun 6-9 pm	CS <u>Citizen Association Annual Meeting</u> at the Clubhouse
Nov 10 Mon	CS <u>Swim Club Annual Meeting</u> at the Clubhouse
Nov 12 Wed 7pm	CS Citizen Association Monthly Board Meeting 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

Participate in your neighborhood! The Swim & Tennis Club is looking for 3 people to join the Board of Directors starting in 2009 for a one year term. The available positions are:

Membership Secretary

Treasurer

Swim Representative

Have fun while you Give Back to the community!

If interested, contact Suzette Goldstein.

CONSTITUTION AND BY-LAWS REVISION

Our Carderock Springs Swimming Club, Inc By-Laws require that there be a review of our Constitution and By-Laws once every three years. A Committee of Alison Lepard, Tim Mealey and Ray Sobrino have accomplished that review, and proposed revisions submitted to and endorsed by the Board. Please see the web site carderockclub.org to review those proposed revisions, which will be presented for consideration at the Annual CS Club Meeting scheduled for November 10th 2008. The amendments are rather minor; their thrust is simplification of procedures to reduce the burden on Board and assure continued community involvement in the Club.

LABOR DAY CELEBRATION

Saturday August 30



Afternoon: Pool Games

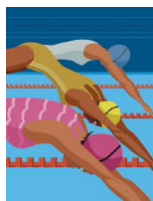
1 - 4 pm: Tennis Social/Round Robin

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!



September Pool Hours

Mon-Thurs **3:30** - 8:30 pm

Fri **3:30** - 10 pm

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

POOL CLOSES

FOR THE SEASON

ON SUNDAY EVENING

SEPTEMBER 14

DOGGIE SWIM 7 - 8:30 pm

Sunday, September 14

You haven't experienced Carderock until you've witnessed this hysterical event as dozens of dogs swim (or think about swimming) in the pool. Find out who has learned to swim!

Whether you come with or without a dog, you are sure to leave with a big smile.

A multi-talented Carderock canine swimmer →





Adult Tennis Program - Fall

(registration form on last page of newsletter)



Players must register at least one day before class is held!

Ladies Team Practice:

Exclusively for members who are on the club tennis team. Team practice will include live ball drills, doubles strategy, and overall play to help improve performance in matches. Each practice will include a 15 minute warm-up, 45 minute specialized live ball drilling, and an hour of match play.

Players must sign up at least one day in advance for class to be held. Register by email or phone

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!

Players must sign up at least one day in advance for class to be held. Register by email or 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!

Players must sign up at least one day in advance for class to be held. Register by email or phone

Doubles Clinic:

A great clinic to learn or increase your knowledge in the game of doubles! Drills will be specifically designed for doubles. Clinic will include Warm-Up, Drills, and Doubles Play! Register by email or phone**

After Work, Workout (Advanced Intermediate/ Advanced):

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, as well as receive solid competition.

Players must sign up at least one day in advance for class to be held. Register by email or 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!

Players must sign up at least one day in advance for class to be held. Register by email or phone

Program	Days & Times	Semester	Cost
<u>Ladies Team Practice</u>	Th & F 9-11am	TBA	4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	M 7-8pm	9/8- 11/1	**check member rates for cost**
<u>Stroke of the Week</u>	F 11-12pm	9/8- 11/1	**check member rates for cost**
<u>Doubles Clinic</u>	Tu 9-1030am	9/8-11/1	**check member rates for cost**
<u>After Work, Workout</u>	W 7-8pm	9/8- 11/1	**check member rates for cost**
<u>Early Bird</u>	Tu & Th 7-830am	9/8- 11/1	**check member rates for cost**



Junior Tennis Program - Fall



(registration form on last page of newsletter)

I am very excited to announce the following junior programs for the Fall Session here at Carderock Springs. As a tennis professional I have worked extensively with juniors of all levels and age groups, which range from beginners to national and collegiate players. I am confident that the junior programs listed below will not only increase each player's skill level, but also their confidence and fitness levels.

Tournament Training (Advanced Clinic):

This clinic is designed for the tournament player. Each clinic will include a warm-up, specialized drilling (live-ball), match play, and intense fitness. My method of conducting the Tournament Training Program has led to many juniors becoming highly ranked in both the section and the nation. Juniors must be actively participating in Mid-Atlantic Tournaments in order to join.

Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players whose goal is to become a tournament player, or a more serious player. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	M & W 330- 530pm Sat 11-1pm	9/8- 11/1	Full 8 weeks(3 days/wk)(48hrs) Full 8 weeks(2 days/wk)(32hrs) Full 8 weeks(1day/wk) (16hrs) Drop-In (2hrs)	\$580 \$480 \$300 \$45
<u>Players on the Rise</u>	M,W,F 530-7pm	9/8- 11/1	Full 8 weeks (3 days/wk) (36hrs) Full 8 weeks (2 days/wk) (24hrs) Full 8 weeks (1 day/wk) (12hrs) Drop-In (1.5hrs)	\$435 \$360 \$220 \$35
<u>Up and Comers</u>	F 4-5pm Sat 10-11am	9/8- 11/1	Full 8 weeks (2 days/wk) (16hrs) Full 8 weeks (1 day/wk) (8hrs) Drop-In (1hr)	\$200 \$120 \$22
<u>Tiny-Tots</u>	F 5-530pm Sat 1-130pm	9/8- 11/1	Full 8 weeks (2 days/wk) (8hrs) Full 8 weeks (1 day/wk) (4hrs) Drop-In (.5hr)	\$100 \$65 \$11

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. If signed up for full semester then make-ups will be available the week of 11/4. See you on the courts!

Community Groups

CS CITIZENS ASSOCIATION MEETING

Sept 3, 7:30 pm

Come join neighbors at the monthly Citizens Association meeting at the clubhouse!

MULTI-GENERATIONAL NETWORK (M-G N)

Sept 3, 7:30 pm at the Club

(formerly known as Aging in Place and Multi-Generational Initiative)

Aging in Place has morphed into the Multi-Generational Network. Come to the Citizens Association monthly meeting to find out more about this and other local topics.

At the meeting, the CSCA will discuss a proposal to sponsor this new initiative to enhance the quality of life in Carderock Springs through the creation of a network of helpers of all ages that would benefit families and individuals of all ages. A recent survey circulated in both the CSCA and the Club's newsletters indicated interest in such an initiative. 69 survey responses show that many of us are willing to be called upon to help each other in an emergency or on an occasional basis and that fewer than expected foresee the need for help at present, although many anticipated such a need. The CSCA is the logical entity to sponsor such an initiative because its legal not-for-profit status reduces liability of volunteers for their altruistic activities.

Future activities would include the dissemination of the newly created list of Carderock Springs service recommendations which is now available on CS-Chat, the Carderock Yahoo email list. The initiative would also encourage those not presently linked online to take computer classes and would assist them as they begin to use the computer. If you have questions, please email margitmeiss@comcast.net or call me, 301-469-6740.

Cheers, Margit Meissner

CARDEROCK SENIOR MEN'S GROUP LUNCH

Sept 11, Thursday noon

The next Carderock Senior Men's lunch will be on September 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.

WOMEN OF CARDEROCK

Sept 18, Thursday noon

The September meeting of the WOC will be from noon to 2 pm, September 18 at the home of Ann Doyle 8029 Fenway Rd. Please bring your lunch and enjoy the get-together. You may RSVP to Ann at 301 365 0229.

House Tour & Local Book

CARDEROCK HOUSE TOUR

Sunday, Sept 14, 2 - 5 pm



Join your neighbors for our House Tour of 7 homes and gardens! While meeting and greeting neighbors you'll also get many remodeling ideas, names of contractors, rain garden info, etc. Did you know that Montgomery County is offering rebates for rain gardens, rain barrels, shade trees, etc? Our founder Edmund Bennett protected the environment in the 1960s and Carderock residents are continuing to do so nearly 5 decades later.

\$10 tickets are available at the Clubhouse 1:45 - 3 pm on 9/14. The tour is limited to adult residents of the community. Many thanks to Mary Lou Shannon for once again organizing this memorable tour which we always look forward to. More info in the green CSCA newsletter.

If you'd like to be a greeter for 2 hours that day then you get a free ticket and will still have time to visit the houses! Contact Mary Lou 301 365 0472 or marylou@maryloushannon.com

NEW BOOK ON HISTORY OF CABIN JOHN

Who or what is Cabin John? A new book, "Cabin John: Legends and Life of an Uncommon Place" by Judith Welles, describes the legends of the name, the historic sites of the Union Arch Bridge (now called Cabin John Bridge) and the Cabin John Hotel, life by the river and canal, and the variety of houses and people who have lived there. It also has many historic photos, some never-before-published, from private and public collections. The book is available at the Bethesda Coop in Cabin John or directly from Judy Welles for \$15 (plus \$2.70 if mailed). You can contact Judy at 8301 River Trail Lane, Bethesda, MD 20817 or judywelles@verizon.net.

Yoga Exercise Classes

ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES AT CARDEROCK

Stretch, strengthen and tone every muscle group in your body. Starts again on Monday, Sept. 8.

- 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 .

MAGGIE'S YOGA CLASSES

Carderock resident Maggie Wong offers a variety of yoga classes at Carderock and Potomac Tennis Clubs. The Carderock classes are of mixed level and beginners are welcome. The Carderock classes are not exclusively yoga; they include stretching for flexibility and toning exercises with light hand weights. Starts again on Tuesday, Sept. 9.

- Tuesdays and Thursdays, \$16 per class.

You are welcome to come to once or twice a week.

Please visit www.yogaplus.com for the schedule of other classes at the Potomac location.

For more information contact Maggie at 301-365-2424, maggie@yogaplus.com .

MAGGIE'S YOGA AND EXERCISE FOR KIDS AND TEENS AT CARDEROCK

Yoga instructor Maggie Wong offers weekly exercise classes, one for children, another for teens. These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. Maggie seeks to make young people aware of the importance of a healthy lifestyle, including diet, exercise, rest and coping with the challenges life -- learning for a lifetime of good health. And the classes are fun!

- Kids (ages 6-11) Wednesdays 4:30-5:30 pm, \$15 per class.
- Teens (ages 12-17) Thursdays 5 - 6 pm, \$15 per class.

Call or email Maggie for more information: 301-365-2424; Maggie@yogaplus.com.



Hail and Farewell

Generations gathered in late August to say farewell to the old Carderock Elementary School building - by circling it and giving it a hug! Who knew that so many current Carderock parents are also alumni of the elementary school? It's heart-warming to see so many people raising their kids in the same neighborhood they grew up in themselves.



New Carderock Springs Elementary School, coming 2010

8012 Hamilton Spring Road: Becky and Martin SPICER have moved to Istanbul for three years. Please welcome Patti PHELAN, Kirk SOUDER and their two children McKinley and Lotus.

7510 Hamilton Spring Road: Welcome to Malcolm BROWN and Lyn STOUT and their two children, Cassie and Cullin.

Jessica & Steve TAVE with Samantha and Alyssa didn't move far - around the corner from 7510 Hamilton Spring Road to 5 Carderock Court.



Sincere condolences to the family and friends of Carderock Springs neighbor RUTH BREHMER who passed away suddenly on August 3rd while vacationing in Hilton Head, SC with daughter Katrin and grandson Florian who were visiting from Frankfurt, Germany. Ruth was a Carderock Springs resident for over 40 years. In addition to her devotion to her family, she loved her fox terrier, Felix, and others before him—all fox terriers. She reveled in engaging in stimulating discussions on issues of the day. Her husband, Ekhard, preceded her in death 11 years ago and was an economist with the International Monetary Fund. Ruth will be sorely missed.

Wanted and House Cleaning Services Available

WANTED

Get involved in your community and have some fun: volunteers needed for

- Membership Secretary, Treasurer, Swim Representative for CS Swim & Tennis Club. Contact Suzette Goldstein 301 469 7597.
- Architectural Review Committee Member, approx. 3 hours per month. Contact Jennifer Manner jmanner@msvlp.com
- House Tour Greeters for September 14 Carderock House Tour. Contact Mary Lou Shannon ml@maryloushannon.com

Swimming instructor needed: For 8 year old girl for the school year at our house in Potomac in enclosed, heated pool. We are about a 5 minute drive from Carderock. She is a beginner at the 4 strokes and participated in swim team this past summer. 1/2 lesson per week, \$20/lesson. Flexible time, either evening or weekend. Contact Rochelle Bobroff (240) 372-5446 or rbobroff@verizon.net .

Homes for rescued dogs. Considering getting a dog? Several rescue organizations exist, here's one of them: www.maessr.org for English Springer Spaniel dogs. Questions? Linda Stocker 301 365 6355.

Rambler wanted for purchase privately. My wife and I still want to live in Carderock Springs. If you are thinking of selling during the next 12 months, please phone 301-263-9074.

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.

For Sale & For Rent

FOR SALE

Downsizing: We are prepared to part with a lovely antique English desk (mahogany, green leather cover, ca. 1920) and a large but very decorative antique Chinese wedding bed. Pictures and details available on request. Please call us if you, or someone you know, may be interested. Ray and Izabella, 301-469-0192.

FOR RENT

Cabo San Lucas Presidential Suite - 02/22/09-03/1/09 - Spectacular 5-star Pueblo Bonito Sunset Beach Resort, Mexico - \$3,150/week - treat yourself to an unforgettable winter holiday overlooking the beautiful Pacific Ocean. 2,000 sq. ft. Suite sleeps 6-8. A huge terrace fronts all rooms with unobstructed 180 degree view of the Pacific Ocean w/ spectacular sunsets, frolicking whales and mantas, & the beach. The resort backs up to a mountain on top of which is the sky pool, one of the 5 pools in the resort. All the pools have swim-up bars and hot tubs. Resort amenities include European Health Spas, fitness centers, restaurants, boutiques, markets, delis, kids activity center, wireless internet, chapel, and several bars such as jazzbar, sportsbar, martinibar, cigarbar, winebar. 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 details and pictures. 301-469-0231.

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 with swimming pool. A 2 year old townhouse, 5 bedrooms, 4 1/2 baths, fully furnished 3 blocks to beach. 2 master and 4 additional twin beds make it ideal for up to 8 people (families only please). 2 decks, garage and 2 additional parking places. Amenities include fully equipped kitchen, central air, microwave, washer-dryer, cable TV and DVD. No pets or smoking please. Weekdays and weekends are available in September and October, which is the best season at the beach. Email art@yogaplus.com or call 301-365-6237 for pictures and more information.

Services Available

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 .

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. Now is a good time to get ready for adverse weather. 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.



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

Recommended

Ben Weybright Photography: Bar/Bat Mitzvahs, Confirmations, Weddings, Portraits, Babies/children/pets/families, Photo retouching of old or damaged photographs.

Available for 2 hours or all day. Will consider out-of-town events. Email bweyb@hotmail.com for rates, www.benweybrightphotography.com, or call 703-401-2753.

Ben did our son's bar mitzvah, his rates are very reasonable, he's a real pro, & did an outstanding job. Just did photos for friend's son's bar mitzvah, and she was thrilled w/the great job he did. He's got a photojournalism degree and really does excellent work. Barbara Feuer 301 365 0113.

Hardwood, Ceramic or Tile Floors. Isaac is your man! We have used Isaac for the past 5 years for several jobs. He has also received rave reviews from friends. Isaac is honest, offers fair prices, does exceptional work, clean and meets deadlines. Contact Isaac Benzaquen 301-807-7197, 301-869-6338, www.ifsfloors.com . Recommended by Jane 301-469-0750.

Bathroom Remodeling. Due to Isaac Benzaquen's success in flooring (see above), he has expanded to bathroom remodeling. 301-807-7197, 301-869-6338. Highly recommended by Jane 301-469-0750.

Rivera Landscaping - yard work, masonry, fencing, etc. Creative solutions to common problems, hard working crews, good prices, honest. Call Jose Rivera 301 580 6975. Recommended by Margie Orrick.

Young Guatemalan will help with any and all summer and fall chores, e.g. mowing, raking/bagging leaves, planting/transplanting, path construction, drain repair, garage cleaning, or any other kind of heavy work on a reasonable hourly basis. Recommended by Ray 301-469-0192.

Excellent House Cleaning service available: Yvanne has worked in Carderock Springs 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

Have a recommendation? Please send recommendations for reliable contractors to 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	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net	
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 213 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com .

**TENNIS PROGRAM REGISTRATION FORM
Fall 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 Dr.
Bethesda, MD 20817**

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

Thank you for your early registration!

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.



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