



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

## April 2009 CALENDAR

March 28 Sat	1-4 pm	Meet the Pro Tennis Social
March 29 Sun	2-4 pm	Spring Egg Hunt (don't be late!)
Apr 1 Wed	7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Apr 6 Mon		Spring tennis season begins
Apr 9 Th	11:30 am	Men's lunch at Normandie Farm (women invited)
Apr 16 Th	noon	Women of Carderock lunch
Apr 19 Sun	6:30 pm	Women's WMI Potluck Dinner at the Clubhouse
Apr 25 Sat		SPEND DAY (Spend \$5 cash, Stimulate Economy, see back cover)
Apr 26 Sun	7 pm	Cit Assoc <u>Annual</u> meeting at the Clubhouse

### Looking ahead - Save the Dates!

May 3, 1-4 pm	Swim Team sign up
May 13, 9-3 pm	Kindergarten Orientation (Carderock Elem, temp: 7000 Radnor Road)

Forms in this issue (and also online at [CarderockClub.org](http://CarderockClub.org)) :

- Tennis sign-up
- Summer Fun Attendance
- Summer Fun ..working..
- Club Employment

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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, Dive & Tennis

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### SWIM

Swim Team signup will be May 3rd between 1 and 4 pm. Bring your child/ren, calendar and checkbook. Come out to meet the coaches, order swim team clothing, and sign up for parental volunteer opportunities to support the Cudas. Questions, contact Robyn Nietert, at [Rgneitert@aol.com](mailto:Rgneitert@aol.com) .

The Cudas are looking for preteam swim coaches. If you will be life guard certified and 15 by the summer you may apply to be a paid preteam coach. You must be available to work between 9 and 10 am and 3 to 5 pm during the weeks of June 22 through July 18th. You are not required to work the entire 4 weeks. Weekly schedules will be determined. If a preteam coach needs to miss a shift, they will be responsible for finding a sub. If you are not life guard certified, you may volunteer as a coach and earn community service hours. Preteam coaches must like working with small children, have experience swimming, good communication skills and be able to waddle like a penguin. For more information contact Liz Sobrino at [Lizsobrino@aol.com](mailto:Lizsobrino@aol.com) .

### DIVE

Carderock Springs Dive Team is seeking a Head & Assistant Coach for the 2009 MCDL summer season. Should have competitive diving experience and an interest in teaching and coaching young divers with a focus on fun and safety. CPR Certification required, salary negotiable. Life saving and MCDL Coaching Clinic certification a plus. MCDL Coaching Certification can be obtained prior to start of 2009 season. Interested applicants should send resumes to: [LPTBARTON@juno.com](mailto:LPTBARTON@juno.com)  
For more information call Theresa/Paul Barton 301-365-1491.

### TENNIS

- The format for summer clinics is changed a bit to make some of the clinics shorter and at better times for certain age groups.
- Parents: here's your opportunity to be more involved during junior team match days. Every Thursday 2 rotating parents will bring some snacks and drinks. Call or email regarding what days are good for you.
- Summer sign-ups before May 1st receive a 10% discount. This can add up especially if you plan on doing numerous weeks.
- Also remember you can schedule private and group lessons by contacting the Tennis Pro via email or at 301-365-1541.



We look forward to seeing everyone on the courts this season!

Thanks,  
Nitin Deodhar  
[Carderocktennis@verizon.net](mailto:Carderocktennis@verizon.net)

### **SPRING EGG HUNT**

Spring is here!

Please join us for the Spring Egg Hunt at the Club on **Sunday March 29, 2 pm to 4 pm**

Please be prompt because the eggs go fast!! We will have three areas set up:  
One for the toddlers, one for the preschoolers and younger ones,  
and one for school age kids.



### **SUMMER FUN 2009**

**June 22 - July 24, weekly sessions**

Enrollment is now open for Summer Fun!

When: June 22-July 24, 10am - 3pm, M-F

What: A wonderful neighborhood camp for children ages 6-10. The day involves tennis games, arts and crafts, team building games, swimming and science projects. Every Friday is Free Pizza and water games.

Where: Carderock Springs Swim Club

This program is all about having fun in a relaxed atmosphere. The children bring tennis rackets, swimming gear (bathing suit, towel, sunscreen) and a packed lunch. They may also bring money to buy lunch at the snack bar if they prefer.

This is also an opportunity for your teen to receive Student Service Learning hours by becoming a camp counselor.

You can find forms for kids and teens in the back of this issue and at [www.carderockclub.org](http://www.carderockclub.org)

For further questions, call Bonnie Phelan (301) 469-8895 or email at [bonnie\\_phelan@hotmail.com](mailto:bonnie_phelan@hotmail.com)

### **KINDERGARTEN ORIENTATION**

**Wednesday May 13, 9-3 pm**

Come see what kindergarten is all about! Your child is eligible to attend kindergarten if they are 5 years old on or before 9/1/09. Carderock Elementary's temporary address is 7000 Radnor Road, Bethesda.

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## Neighborhood Social Groups/Events

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

**April 9, Thursday noon**

The next Carderock Senior Men's lunch will be on April 9 at Normandie Farm.  
Social hour at 11:30; lunch at 12:00.

Wives and significant others are invited to our April lunch, as are unaccompanied men and widows of former members. Questions? Contact Seth Tuttle at sltuttle2@verizon.net or at 301 365-1277.

### **WOMEN OF CARDEROCK**

**April 16, Thursday noon**

The April meeting of the Women of Carderock will be at the home of Susanne Yokel, 8208 Fenway Road from noon to 2pm. Please RSVP to Susanne at 301-365-2931. Bring your lunch and join the group.

### **WOMEN'S POTLUCK DINNER** at the Club

**April 19, Sunday 6.30 PM**

### **TO SUPPORT THE WOMEN'S MICROFINANCE INITIATIVE**

It's finally Spring - so, let's get out of the house to enjoy some good food and good company, while supporting our local Bethesda grass-roots outreach program, helping impoverished women in Uganda start new businesses and new lives. This is WMI's one annual fundraiser - contributions in any amount are welcomed and will be put to good use fighting global poverty. Please join us to:

- share homemade specialties and fabulous company
- shop for small crafts (they make great presents for under \$25!)
- hear about the progress of the borrowers
- see videos of their business activities
- support woman-to-woman international outreach

Last names A - R please bring appetizer/main dish and S-Z dessert; wine and soft drinks are provided.  
RSVP and INFO: [staudahe@verizon.net](mailto:staudahe@verizon.net) or [rgnietert@aol.com](mailto:rgnietert@aol.com)



Founded just one year ago with the support of many area residents, WMI has made tremendous strides in fighting global poverty through its women's microlending program in Uganda. Nearly 400 loans have been issued and the rotating loan fund is approaching \$50,000 - the borrowers and their families are thriving and they continue to maintain a 100% loan repayment rate. The initiative should be self-sustaining by the end of the year, and Widow's Associations in Zambia, Rwanda and Kenya have contacted WMI about helping them start their own microfinance loan programs.

Come and hear about the progress of WMI borrowers and celebrate their accomplishments. See how your support is changing the face of poverty, one loan at a time. If you can't attend but would like to contribute: [www.wmionline.org](http://www.wmionline.org)

## **Annual Citizen Association Meeting**

**April 26, Sunday 7 pm**

On April 26, 2009 at 7 pm at the Clubhouse, the Carderock Springs Citizens' Association will hold its annual meeting. This important meeting will include the election of next year's Board and discuss other important issues of interest to the community. We hope to see you all there!

### **WELCOME**

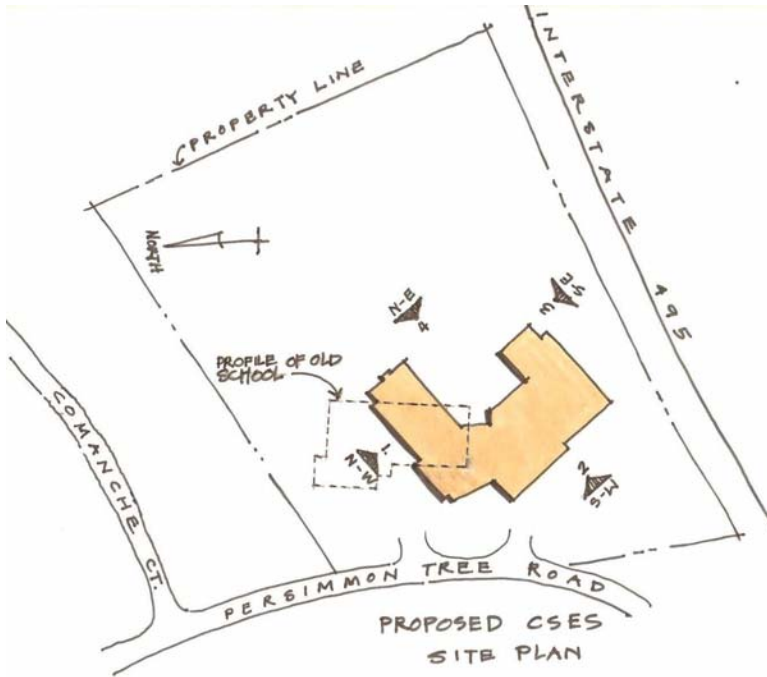
Greetings to Christine & Sverrir (Gunnar) Tomasson who have moved into 8101 Hamilton Spring Road with their 2 teens, Stefan and Koby, plus 2 dogs Princess and Sophie and also cat, Bloue. (Ok, now their pets have had their 15 minutes of fame). Gunnar lived in Carderock during elementary school. Christine has lived in Tokyo and speaks Japanese and French, Gunnar speaks Icelandic. They say they are so glad to be in Carderock!

### **FAREWELL**

Former Vice President of the Carderock Springs Citizens' Association for five years, Malcolm Head of 8300 Fenway Road, died of metastatic lung cancer on February 27, 2009. Born on March 29, 1926, in Syracuse, New York, he left Syracuse University to enlist in the U.S. Army and served in Europe during World War II. After the war, he married and raised four children in Ithaca, New York, while working in the natural gas industry. Malcolm graduated from Ithaca College in 1971 and began a second career as a high school history teacher at Dryden High School, Dryden, New York, where he later became head of the Guidance Department. After he retired in 1996, he relocated to Carderock to be near his daughter Mary and her two children. Malcolm was an avid gardener and a great chef. Family and friends will remember him as a person who was immensely likeable, exceptionally kind and a source of strength, stability and calm. A devoted husband, father and grandfather, he is survived by his wife Doris, their four children, Mary S. Head, of 8332 Fenway Road, Anne L. Head, of Yarmouth, ME, Elizabeth J. Head, of Rockville, MD, and Christopher J. Head, of Denver, CO, and four grandchildren. Carderock sends condolences to the entire Head family.

Still Spring Court resident Ervin Bognar passed away December 22 at age 97  $\frac{1}{2}$ . Born in Hungary in 1911, he emigrated to Latin America where he was a textile engineer and managed large textile plants in Columbia for 27 years and Venezuela for 20 years. He eventually moved to Bethesda to be near his daughter and her husband. He met his 2<sup>nd</sup> wife Margit when they were each widowed and happened to attend the same exercise class over a dozen years ago. Ervin was a lovely man and wonderful person who swam daily until age 95  $\frac{1}{2}$ . He leaves behind his wife Margit, a daughter, 2 grandchildren, and 6 great-grandchildren, some of whom live locally and some in Hawaii. Carderock sends condolences to the entire Bognar family.

# Carderock Springs Elementary School



Currently under construction: Wow.

- old school footprint (dashed line)
- \_\_\_\_\_ new school footprint (solid darker line)



## Adult Tennis Program - SPRING 2009



**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\*\***

**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\*\***

**3 and a Pro:**

A group lesson set up by members. Duration can be from one hour to two hours depending on members preference.

Programs	Days & Times	Semester	Cost
<b><u>Ladies Team Practice</u></b>	Th & F 9-11am	TBA	4 players or less \$25 5 players or more \$20
<b><u>Cardio Tennis</u></b>	M 7-8pm	4/6 - 5/30	**check member rates for cost**
<b><u>After Work, Workout</u></b>	W 7-8pm	4/6 - 5/30	**check member rates for cost**
<b><u>3 and Pro</u></b>	Call to Schedule	4/6- 5/30	**check member rates for cost**

Make Checks Payable to: Nitin Deodhar.  
Payment is due prior to or at time of service.



## Junior Tennis Program SPRING 2009



I am very excited to announce the following junior programs for the Spring 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.

<b>Programs</b>	<b>Days &amp; Times</b>	<b>Dates</b>	<b>Semester</b>	<b>Cost</b>
<b><u>Tournament Training</u></b>	M & W 330- 530pm Sat 11-1pm	4/6- 5/30	Full 8 weeks(3 days/wk)(48hrs)	\$575
			Full 8 weeks(2 days/wk)(32hrs)	\$475
			Full 8 weeks( 1day/wk) (16hrs)	\$300
			Drop-In (2hrs)	\$44
<b><u>Players on the Rise</u></b>	M,W 530-7pm	4/6 - 5/29	Full 8 weeks (2 days/wk) (24hrs)	\$288
			Full 8 weeks ( 1 day/wk) (12hrs)	\$180
			Drop-In (1.5hrs)	\$33
<b><u>Up and Comers</u></b>	F 4-5pm Sat 10-11am	4/10- 5/30	Full 8 weeks (2 days/wk) (16hrs)	\$192
			Full 8 weeks (1 day/wk) (8hrs)	\$120
			Drop-In (1hr)	\$22
<b><u>Tiny-Tots</u></b>	F 5-545pm Sat 1-145pm	4/10- 5/30	Full 8 weeks (2 days/wk) (12hrs)	\$144
			Full 8 weeks (1 day/wk) (6hrs)	\$90
			Drop-In (.75hr)	\$17

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 6/1-6/6.



## Junior Tennis Program SUMMER 2009

### 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.

<b>Programs</b>	<b>Days &amp; Times</b>	<b>Dates</b>	<b>Semester</b>	<b>Cost</b>
<b><u>Tournament Training</u></b>	M-F 9-12pm	6/22- 8/14	Full 8 weeks (120 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (3hrs)	\$1220 \$180/wk \$240/wk \$54/day
<b><u>Players on the Rise</u></b>	M,T,W,F 12-2pm	6/22- 8/14	Full 8 weeks (64 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (2hrs)	\$640 \$96/wk \$128/wk \$36/day
<b><u>Up and Comers</u></b>	M-F 3-4pm	6/22- 8/14	Full 8 weeks (40 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In	\$400 \$60/wk \$75/wk \$18/day
<b><u>Tiny-Tots</u></b>	M-F 4-445	6/22- 8/14	Full 8 weeks (30 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (.75 hr)	\$300 \$45/wk \$60/wk \$15/day

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 Summer, makes will be made during Fall session.

# Tennis Program Registration Form – 2009



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

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

Age (Minors): (\_\_\_\_\_)

Parent's Name (Minors): \_\_\_\_\_

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

E-mail Address: (\_\_\_\_\_)

Emergency Contact: \_\_\_\_\_ (\_\_\_\_)(\_\_\_\_)(\_\_\_\_)

Food/Other Special Concerns: \_\_\_\_\_

Program: Days and Times (Season) \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

(Please do not send cash in mail)

Payment in full required prior to or at time of enrollment. If you cancel enrollment two weeks prior to start of chosen session your fee less \$75 will be refunded. If you cancel with less than two weeks notice, this will result in no refund.

The Director of Tennis, tennis professionals, and club assume no liability for injury or damages arising from participation in the program.

I hereby consent to participation (child's participation) in the program activities and consent to emergency treatment. To the best of my knowledge, there are no physical or other limitations, which will interfere with my (my child's) participation.

\_\_\_\_\_  
Registrant Signature or Parent / Guardian Signature (Minors)

\_\_\_\_\_  
Date

Make checks payable to:  
Nitin Deodhar

Please return Registration Form and Checks to:  
8820 Ridge Rd.  
Bethesda, MD 20817

Carderock Springs Tennis Pro Office 301 365 1541

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## For Sale, For Rent, and House Cleaning Services Available

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### FOR SALE

Girl's European designer OILILY clothing. Huge selection for 2-10 yrs old. Great prices, look like new. Call Steina 301-520-6733

### FOR RENT

Rehoboth Beach House Rental with Swimming Pool. A three year old townhouse, 5 bedrooms, 4-1/2 baths, fully furnished, three blocks to beach. Two master and four additional twin beds make it ideal for up to eight people (families only please). Two decks, garage and two additional parking places. Amenities include fully equipped kitchen, central air, microwave, washer-dryer, cable TV and DVD. No pets or smoking please. Available June 6 through 20 and June 27 through July 18. Weekly rate \$1800. Email art@yogaplus.com or call 301-365-6237 for pictures and more information.

### HOUSE CLEANING SERVICES AVAILABLE

- Maria, a wonderful, pleasant, reliable housekeeper with her own transportation and who has worked for me over 20 years. She has every other Saturday available and I know you won't regret hiring her. Call Muriel Ebitz 301-365-7756
- My wonderful housekeeper, Clemencia Villacis, is looking for a few new clients. She has been with me for 7 years, is extremely responsible and thorough, and lovely to work with. If you are in need of housekeeping services, please call her at (240) 988-3326. Alternatively, for more info call me, Chris Gordon (301) 320-2249.
- Cathy Mumaw (office:301-802-1286, home: 301-515-7232) has a great team of cleaners (C&J Best Cleaning Co.) who blitz through the home cleaning and do an excellent job for a reasonable fee. Dependable, honest, and efficient. Use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.
- Yvanne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- Housekeeper now available M-F (morning or afternoon) to do: cleaning, laundry/ironing, run local errands, cooking, organizing, pet care, etc. Good work and good references (experienced in Bethesda and Potomac areas, currently working for 3 Carderock families), own car. Please call Nan 240 423 6314 or leave a message.
- Enthusiastic housecleaner available M-F. Excellent references, own transportation. Please call Gisela 301 622 2897 or 240 535 4549 or leave a message.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- Experienced with Carderock references. Available Mon, Wed, Fri. Call Bertha 301 309 2302.
- My housekeeper of more than 10 years is seeking additional work for her expanding business. She is a lovely person & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

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## Exercise Classes

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### **ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES at the Clubhouse**

Stretch, strengthen and tone every muscle group in your body.

- Mondays and Wednesdays, 9 to 10 am, \$10 per class.

First two classes free for new students. In addition to the traditional 1 hour stretch and tone program, there is also an *optional half an hour for those students who would like to enjoy a longer class with additional stretching and breathing exercises with soothing relaxation at the end of the class.* Fee is \$2 for the extra half hour. For more information call Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher, at 301 770 7994 or 301 412 5432 or email [alexercise@comcast.net](mailto:alexercise@comcast.net).

**ADULT YOGA and HEALTHY BACK CLASSES at the Clubhouse** - offered by Carderock resident Maggie Wong. In light of economic realities we have lowered our prices. If you have not tried yoga before now is the time to seek out its health and stress relieving potentials.

- Tuesday (Yoga with Weights) 9:00 to 10:30 am
- Wednesday evening (Healthy Back) 7:00 to 8:00 pm.
- Thursday (Yoga and Weights) 9:00 to 10:30 am.

The Yoga fee is \$14 per class (1 ½ hrs), the drop-in fee is \$16. The healthy back fee is \$10 per class. The Spring session starts the week of April 14. Evening Yoga classes are also offered at the Potomac Methodist Church, Falls Road. Please visit [www.yogaplus.com](http://www.yogaplus.com) for a complete schedule or call/email Maggie at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com)

### **KIDS AND TEENS YOGA AT THE CLUBHOUSE**

- Kids Yoga (ages 6-10) Wednesdays 4:30 - 5:30 pm
- Teens Yoga (ages 11-17) Thursdays 5:00 - 6:00 pm

These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. The objective is 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. The children who have attended these classes loved them, and have benefited from them. The newly lowered fee is \$10 per class for 7 weeks, starting the week of April 15. Visit [www.yogaplus.com](http://www.yogaplus.com) or call/email Maggie at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com) for registration or more information.

### **KIDS AND TEENS HIP HOP DANCE at the Clubhouse**

- Hip Hop (kids to teen) Mondays 4:30 - 5:30 pm

Hip Hop is fresh choreography, teamwork and experimenting with different performance techniques including popping, locking and gliding. The lessons help kids build confidence, flexibility, strength, coordination and rhythmic awareness. Hip hop dancers are instructed how to combine moves to come up with phrases and ultimately dances used for battling and free-styling. This is a fun and creative class. Taught by Sylvana Santoz, formerly the Holton Arms Dance Director. The newly lowered fee is \$10 per class for 7 weeks, starting Wednesday April 15. Visit [www.yogaplus.com](http://www.yogaplus.com) or call/email Maggie at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com) for registration or more information.

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## Art/Other Classes, and Recommended

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Art in the summer at The KIDS Studio! Explore different art materials, art concepts, themes and experiences at The KIDS Studio this summer- One-week courses are offered from the week of July 13- August 17. 10:30-2:00 (bring a lunch) Monday-Friday. Class minimum - 4 students. \$250/week. The KiDS Studio is a private studio owned by Carderock Springs resident and parent, Kristina Valencia. Studio is located in my home at 8324 Still Spring Ct. I have a BS in design and MEd. in early childhood education. I believe in creating a safe and positive environment where young artists can experience and create freely. Experiences that I hope will last a lifetime. Call or email today before classes fill- (301)767-9738 or [kristina\\_valencia@yahoo](mailto:kristina_valencia@yahoo).

### **FITNESS & NUTRITION, FUN & LEARNING FOR AGES 4-8 AND 9-12**

After school program emphasizing Fitness & Nutrition, Fun & Learning for ages 4-8 and 9-12.

- 4:00-5:45 pm weekdays

Offered at the home of Liz & Randy Anderson on Kachina Lane. For details call Randy at 301.365.9132 and/or go to Something for Everyone: [www.somethingforall.com](http://www.somethingforall.com)

### **RECOMMENDED**

Japanese Gardener in Cabin John: Bring to your yard the expertise and skilled eye of a Japanese gardener. Makoto Omori provides a variety of services including Japanese Gardens, patios, stonework, pruning, planting, spring cleanup and mulching. Reasonable prices and easy to work with. Call Omori Landscape at (301)320-4280. Recommended by Sharon Nothman [SharonNothman@Kotoba-Inc.com](mailto:SharonNothman@Kotoba-Inc.com)

Young Guatemalan will help with any and all *spring cleaning* chores, incl. raking, mulching, sawing, pruning, mowing, fertilizing, transplanting, garage cleaning and any kind of heavy work, on a reasonable hourly basis. Recommended by Ray 301-469-0192.

Please send recommendations for reliable contractors to [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net) and they'll go in this newsletter and in John's online list at [www.Carderock.info](http://www.Carderock.info)

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## Services Available

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Green Eye Design. . . sustainable solutions for your garden. We are a local, Carderock-based full-service garden design business, offering a personalized approach and environmentally responsible designs for creating and maintaining your garden. Our services include master plans, custom pruning and garden restoration, solving problem areas, seasonal displays, and hands-on gardening training. Native plants and 4-season interest are our specialties. We have taken Montgomery County's training for Rainscapes and can help you with county rebates for green projects such as rain gardens and turf removal. From a simple consultation to a full master plan, we can make your garden more beautiful. Lisa Wilcox Deyo, Nancy Everett, Kiki Wilson. GreenEyeDesigner@gmail.com or 202.297.1114

I Build Construction. Serving the Carderock community for over 5 years. Our services include new custom homes, additions, kitchen and bathroom remodeling, basement finishing and waterproofing, decks, flooring, roofing, siding, fine carpentry, and many more. There's nothing we can't handle. Please visit our website for pictures and more information. [www.ibuildmd.com](http://www.ibuildmd.com). Estimates are always free! Call Alex at 301-358-4806.

Terrific babysitter, available on weekends. Alex Rogers is a Whitman Junior, experienced babysitter and camp counselor (who is certified to teach as a senior staff member at any Maryland pre-school). Contact Alex at [marlene797@aol.com](mailto:marlene797@aol.com) or 301 448-2525.

Experienced babysitter available on weekends and weeknights. Whitman sophomore Emily Deyo has flexible hours and really enjoys being with children. Completed a Child Development class focusing on ages 3 to 5. Contact [emily.deyo@yahoo.com](mailto:emily.deyo@yahoo.com) (preferred) or Cell: 301-335-9879, Home: 301-365-1247

Experienced babysitter available on weekends in the Carderock neighborhood. Red Cross Certified Babysitter, Whitman High School freshman, Carderock resident. Local references upon request. Please contact Adrienne Remijan at 301 365-1725 or [a.remijan1@gmail.com](mailto:a.remijan1@gmail.com)



♪ Shovel, rake, mow. We do grass, leaves, and snow. ♪  
Whitman High School students Michael Mandler, Christian LoBuglio and Dmitri Schill have a small start-up company: Carderock Clippers. Support local entrepreneurs!

[CarderockClippers@gmail.com](mailto:CarderockClippers@gmail.com), 301-807-9943 or [carderocklawncare.tk](http://carderocklawncare.tk) ( ← new website! )

Gutter and Roof Cleaning. Any standard house in Carderock \$85, a bit more if there is an extension and more gutters to clean. We'll come by and check your gutters, roof and chimney cap and let you know if cleaning or repairs are necessary. Please call Dan 240-688-8179 or email [dabruestle@gmail.com](mailto:dabruestle@gmail.com) .

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## Services Available, cont., and Wanted

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### **SERVICES AVAILABLE, cont.**

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy and not lonely while you are away. Please contact 7<sup>th</sup> grader Sylvia Deyo: dragonsister424@gmail.com (preferred) or 301-365-1247

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

### **WANTED**

SMALL tv, converter box not necessary. Please call 301 469 0575

Desk or laptop computer. Please call 301 469 0575

Are your kids' old sports uniforms filling up your closet? My name is Daniel Grossman and I live in the neighborhood. I am collecting gently used soccer and baseball uniforms for kids in underprivileged parts of the world. I am doing this on behalf of a nonprofit called Sports Gift. They are able to use all of the following: Uniforms, cleats, shin guards, goalie gloves and jerseys, air pumps, practice pennies, baseball mitts, baseballs/softballs, and warm up suits. If you have any of these to give away, please email me at 4evrredsox@gmail.com or call me at 301-469-1699, and I will pick up your items and arrange for their shipment. Thank you for your help!

We are searching for a "live-in" couple or equivalent to care for a female Parkinson patient - retired professional woman. Older caregivers preferred: mother-daughter combination or couple. Comfortable "Home" environment provided including one or two rooms plus private bath. Modest cash remuneration. Gentleness and warmth are important. References and background check will be required. Any leads or suggestions would be appreciated. Initial E-mail response to jlsiegel1@verizon.net would be helpful. Bob available on 240-601-7122; can leave message.

Carderock South Resident for more than 12 years looking to stay in the area, after selling house in the Spring/09. Quiet, mature and friendly female looking for a basement to rent, preferably with a private entrance. Has own furniture. Works during the day in Bethesda. Want the extra income or perhaps the security of having someone in your house at nights? Ideal arrangement for an elderly person or anyone wishing to supplement income to help pay mortgage. Carderock and other references available upon request. Please send an email to berriosh@erols.com or call (301) 320-8247

Single, professional woman who travels 1/3 to 1/2 of the time looking for shared space in home. Prefer basement apartment with separate entrance. Do not smoke, have no pets, will pay rent on time---very quiet when home. Contact fran.aceguide@gmail.com, Home phone 301-897-0383, Cell 301-442-0345

## CLUB BOARD OF DIRECTORS, 2008 - 2009

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Scott Spear	301 365 2643
Tennis Committee	Seung-Kyung Kim	301 365 0190
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	301 767 0214
Bldg and Long-Range Planning	Paul Barton	301 365 1491
Membership	Meris Sparrow	301 767 9473

## CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Meris Sparrow	301 767 9473	carderockclubmembership1@verizon.net
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens Association (green newsletter).

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	New! Coming 2009
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockSprings.net">www.CarderockSprings.net</a>	New! Coming 2009
Overview of CSSC & CSCA	<a href="http://www.Carderock.info">www.Carderock.info</a>	
OTHER/neighbors		CS-Chat@yahoogroups.com

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

- [www.Carderock.info](http://www.Carderock.info) is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens Association, it is not part of either of them. To join the email list of 247 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)



**REGISTRATION FORM 2009 SUMMER FUN PROGRAM**

**KIDS**

**REQUIREMENTS:**

CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 22, 2009, ENTERING FIRST GRADE AND NO OLDER THAN (10).

CHILDS NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

AGE: (\_\_\_\_\_)                      DATE OF BIRTH: (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_)

PARENT'S NAME \_\_\_\_\_

PHONE NUMBERS: HM (\_\_\_\_) (\_\_\_\_) (\_\_\_\_) WRK (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

E-MAIL ADDRESS: (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_) CELL (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

EMERGENCY CONTACT: 1 (\_\_\_\_\_) (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

EMERGENCY CONTACT: 2 (\_\_\_\_\_) (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

FOOD / OTHER ALLERGIES OR SPECIAL CONCERNS: \_\_\_\_\_

\_\_\_\_\_

**EACH FIVE DAY SESSION FEE IS \$200.00.**

	DATE	CHOICE	FEE
WEEK 1	6-22 THRU 6-26	_____	\$200.00
WEEK 2	6-29 THRU 7-03	_____	\$200.00
WEEK 3	7-06 THRU 7-10	_____	\$200.00
WEEK 4	7-13 THRU 7-17	_____	\$200.00
WEEK 5	7-20 THRU 7-24	_____	\$200.00
WEEK 6	7-27 THRU 7-31	_____	\$200.00

**PAYMENT IN FULL REQUIRED AT TIME OF ENROLLMENT. IF YOU CANCEL CHILD'S ENROLLMENT TWO WEEKS PRIOR TO START OF CHOSEN SESSION YOUR FEE LESS \$75.00 WILL BE REFUNDED. LESS THAN TWO WEEKS NOTICE WILL RESULT IN NO REFUND.**

The club assumes no liability for injury or damages arising from participation in the program.

I hereby approve my child's participation in the program activities and consent to the emergency treatment of my child on my behalf. To the best of my knowledge, there are no physical or other limitations, which will interfere with my child's participation.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

Payment Received: Amount (\_\_\_\_\_) Date (\_\_\_\_\_) Ck # (\_\_\_\_\_)

MEMBERSHIP NUMBER \_\_\_\_\_

**TEENS**

**CARDEROCK SPRINGS SWIMMING CLUB**

SUMMER FUN 2009

**COMMUNITY SERVICE / VOLUNTEER APPLICATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

AGE (\_\_\_\_\_) DATE OF BIRTH \_\_\_\_\_

TELEPHONE HOME (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_)

TELEPHONE CELL (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_)

E-MAIL \_\_\_\_\_

**PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.**

**NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)**

WEEK 1 \_\_\_\_\_ 6/22 - 6/26      WEEK 4 \_\_\_\_\_ 7/13 - 7/17

WEEK 2 \_\_\_\_\_ 6/29 - 7/03      WEEK 5 \_\_\_\_\_ 7/20 - 7/24

WEEK 3 \_\_\_\_\_ 7/06 - 7/10      WEEK 6 \_\_\_\_\_ 7/27 - 7/31

**Please list any relevant experience you have had working with children ages 5 thru 10.**

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**CARDEROCK SPRINGS SWIMMING CLUB, INC.**  
**SUMMER EMPLOYMENT APPLICATION**

**TEENS**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**TELEPHONE NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

**DATE OF BIRTH:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_) **AGE** (\_\_\_\_)

**SOCIAL SECURITY NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

**E-MAIL ADDRESS:** (\_\_\_\_\_)

**CURRENT YEAR IN SCHOOL:**            9      10      11      12      **GRADUATE**

**PLEASE INDICATE YOUR AVAILABILTY TO WORK:**

<b>MONDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>TUESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>WEDNESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>THURSDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>FRIDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>SATURDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 10:30</b> _____
<b>SUNDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____

**Employment / Leadership / Volunteer Experience:**

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

Please submit a short statement with your completed application explaining *why you want to work at the club and why we should hire you.* To be employed you will need a current signed work permit and all tax forms completed prior to employment.

### **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. Next meeting is April 1.



**SPEND DAY - help Jump Start our economy!  
Make an extra \$5 cash purchase on April 25**

and help infuse \$1,018,430,790 to the U.S. economy.

It's in YOUR power to make a difference.

Spend Day relies entirely on word of mouth, so kindly spread the word.

For ideas, visit [www.spendday.info](http://www.spendday.info)



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