



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

## August 2009 CALENDAR

Aug 5 Wed 7:30 pm Architectural Review Committee monthly meeting at Club  
Aug 13 Th 11:30 am Men's lunch at Normandie Farm

### Looking ahead - save the dates!

Sept 2 Wed 7:30 pm Architectural Review Committee monthly meeting at Club

Sept 5 Sat Labor Day Celebration (yes, Saturday not Monday)  
1-4 Tennis Social  
TBA Pool Games  
6:30 BBQ

Sept 6 Sun 6-8 pm Float Night (yes, Sunday not Saturday)

Sept 13 Sun Last Day in the Water  
6:30 pm Pool Closes for the Season  
7-8 pm Dog Swim!

---

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)

---

## Tennis, Swim & Dive

---

The Carderock Springs Dive Team would like to thank the community for their support this season. We had a great dual meet season and were undefeated 5 and 0. Congratulations to all the CUDA Divers for a fun season of diving!

The Swim Team thanks numerous parents for their help as they complete another packed and successful swim season.

Congratulations to all the swimmers and divers who received awards at the final banquet in July.



Congratulations also to the tennis teams for their great seasons.



Come to the Labor Day Tennis Social on Saturday Sept 5, 1-4 pm.

In an effort to try to bring the Carderock Tennis Community together, I am introducing a website called [www.getcourtside.com](http://www.getcourtside.com). This website allows players to find other players of the same level, enables pros to easily create ladders and round robins, and keeps everyone in touch with the happenings here at the club. No personal information is required or shared. It is a fast and simple way for both me and you to keep in touch with one another in order to arrange matches, socials, etc.

- Fall Classes and clinic schedule are in this issue. Also check the website [carderockclub.org](http://carderockclub.org)
- You can schedule private and group lessons by contacting the Tennis Pro via email or at 301-365-1541. Nitin's indoor year-round tennis facility is Regency Sport and Health!

Hope to see everyone on the courts,

Nitin Deodhar , Director of Tennis

Carderock Springs Swim and Tennis Club, [Carderocktennis@verizon.net](mailto:Carderocktennis@verizon.net)



To Carderock Springs! Juan Pablo Uribe, Carolina Saravia (Carol) and their two daughters Natalia and Catalina have moved into 7013 Barkwater Court. Stop by and say hello!

## CARDEROCK SENIOR MEN'S GROUP LUNCH

August 13, Thursday noon

The next Carderock Senior Men's lunch will be on August 13 at Normandie Farm.

Social hour at 11:30; lunch at 12:00.

Questions? Contact Doug Robinson at 301 365 7503.

## LABOR DAY CELEBRATION

**LABOR  
DAY**

**Saturday Sept 5**

**1-4 pm Tennis Round Robin**



**TBA Pool Games**

**6:30 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!**

Sorry, no floats Saturday Sept 5 due to anticipated crowds.

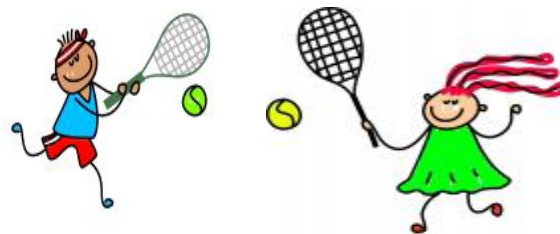
Bring floats on Sunday, Sept 6, 6-8 pm instead.

Pool closes for the season Sunday evening, Sept 13.

Hey Dogs - Come to the phenomenally popular dog swim 7-8 pm on Sept 13 and bring your human!



**Junior Tennis Program - Fall 2009**  
**(info on ADULT Fall program coming soon)**



The 2009 Fall Session will run for 10 weeks beginning August 31st. Since April 2008 attendance in the Junior Programs has doubled. Also many juniors have graduated to a higher level during this time. In addition to the extended 10 week session I am offering a 10% discount for registrations received before August 1st. I hope to see everyone on the courts!

**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>	T,Th, 330-530p Sat 11-1p	8/31-11/7	3 days/week for 10 weeks 2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$720 \$600 \$360 \$45
<b><u>Players on the Rise</u></b>	T,Th 530-7pm	8/31-11/7	2 days/week for 10 weeks 1 day /week for 10 weeks Drop-in Rate	\$450 \$270 \$35
<b><u>Up and Comers</u></b>	F 4-5p Sat 1-2p	8/31-11/7	2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$300 \$180 \$22
<b><u>Tiny-Tots</u></b>	F 5-545 Sat 1-145p	8/31-11/7	2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$225 \$135 \$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 you are signed-up for the Full 10 week term, an additional make up week will be offered the week of 11/9.

---

## Exercise and Art Classes/Exhibits, Recycling/Re-Using

---

### **KARIN BAKER'S WATER AEROBICS at the Carderock Pool**

▪ Tuesdays & Thursdays, 10:30-11:30 am, \$98 2x/week, \$56 once/week or \$7.50 drop in per class. Starting June 23 for 8 weeks. Make-up for rain will be at the end of the session. Non-residents are welcome. Questions? Call Karen at 240-207-3091

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

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

- Mondays & 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 .



**ART at The KIDS Studio!** Entering our 6<sup>th</sup> season this fall! Classes begin week of Sept 14 and run for 10 weeks. 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 give the young artists just enough guidance to stoke their creativity and their imaginations take it from there. (301) 767-9738 or kristina\_valencia@yahoo.com

### **RECYCLING/RE-USING**

Tjaart Schillhorn VanVeen and Diane Karlik hope to continue with pro-cycling, recycling, and re-using (especially) efforts and would like to hear from residents about their preferences/needs/questions. For example, they have found several sources, including CSAs/farmers, Freecycle, elementary school teachers, and hobbyists who will take the cardboard, plastic, Styrofoam, open plastic, and clamshell-type packaging. Diane is also collecting until August 31 only clean clear plastic clamshell containers, "please nest them according to size". If you have any, please contact her: dianekarlik@verizon.net .

---

## Wanted

---

### WANTED

Full-time or part-time goalkeeper born between 8/1/97 and 7/31/98 or younger for **U12 Boys Dynamo FC** Classic Soccer Team, which is coached and trained by highly recognized youth and previous Walt Whitman High School soccer coach, Lance Van Winter. Lance is one of the premier coaches in Montgomery County and his goal is to continuously develop players' soccer skills, instill a passion for the game, and have fun. Contact Team Manager, Lois Kramer at (301)758-8088 or [loiskramer@msn.com](mailto:loiskramer@msn.com)  
[http://msiclassic.d4sportsclub.com/default\\_css.aspx?o=329677](http://msiclassic.d4sportsclub.com/default_css.aspx?o=329677)

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](mailto: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. 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](mailto: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](mailto:fran.aceguide@gmail.com), Cell 301-442-0345

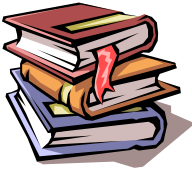
### RECOMMEND

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)

---

## Services Available

---



Is English Literature all Greek to you? Lisette Atiyeh (M.A., English Lit./Language) can teach you to read between the lines! Don't write yourself off! Lisette (arts/culture journalist) can help you with papers and essays, too! Contact [lisetteatiyeh@gmail.com](mailto:lisetteatiyeh@gmail.com) , 301-602-8817

Gutter and Roof Cleaning, Driveway Sealing and other chores. Gutters of 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. We also do driveway sealing, garden work and other chores. Buy local, help restore Carderock's industrial prowess. Although the gutter cleaning business of Dan & Eric has been restructured in a corporate shakeup and Eric is the new CEO, the policies are unchanged. Eric Bruestle: [elbruestle@gmail.com](mailto:elbruestle@gmail.com); 240-688-8180.

Cristina Tono, 16 years old would like to offer her services for babysitting. She is a member of the Carderock community and lives on Hamilton Spring Rd. Cristy 301-469-5918 home or 240-688-0745 cell.

Whitman Junior available for pet sitting, walking dogs and taking care of cats and other animals. Experienced. I love animals. Please call Natasha at 301 469 4973

Please give a call to T.J. McPhaul for all your summer vacation needs. I am a responsible Pyle Middle School student with years of experience watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.) while you are away. 301-767-9747

Bayb sitter and Plant care-taker available: Shayna Barbash is a responsible Whitman Junior who has completed courses in Child Development and Safe Sitter programs. She is also available to water plants and has experience with working in the yard. Contact Shayna at [barbashr@mail.nih.gov](mailto:barbashr@mail.nih.gov) or 301-641-7595.

Terrific babysitter. Alex Rogers is a Whitman Senior, experienced pre-school teacher, camp counselor, and babysitter (for babies through teenagers) with 3 years of child development training. She drives, has her own transportation, and is generally available throughout the summer (and after school and weekends during the school year). Contact Alex at [marlene797@aol.com](mailto:marlene797@aol.com) or 301 448-2525.

Experienced babysitter available evenings and weekends. College student and volunteer Emergency Medical Technician, Ashley Griswold, is an experienced babysitter with references available from Carderock families. You can reach her at 240-678-0821 or [griswola@bc.edu](mailto:griswola@bc.edu)

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

---

## Services Available, cont.

---

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

College student (Stone Ridge grad, attending Miami University) looking for full-time or part-time work as a nanny. I have lots of experience and love children. I am creative, enthusiastic, mature and energetic with great references. I have a car and a clean driving record. Available to start now. Please call 301 233 5093 or email krudysaj@muohio.edu. Recommended by Carderock's Todd family.

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're away. Please contact 7<sup>th</sup> grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

Petsitter available. Experienced pet owner (cats, dogs, and small animals) who has lived in Carderock Springs for over 25 years and has had pets all her life, references available. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Experienced Swim Instructor who some of my students (and parents) say has the magic touch. Do you have an aspiring swimmer who's a little nervous in the water? Worried about putting her head under and floating on her back? Someone who could really benefit from some one-on-one help to hone her/his skills or just feel more comfortable swimming across the pool w/out stopping 10 times? I can help. As an experienced CSSC & Whitman Swim team member, a past pre-team coach & private swim lesson instructor w/many satisfied students, I look forward to helping your tadpole or guppy enjoy swimming more while having lots of have fun, too. References available. Call Alex Rietveld 240-602-3284.

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, a computer-savvy student at Princeton U, and get your issue resolved. Drop off your computer or have me come by and take a look for a fraction of the price offered by other "geek" services. For pricing info & services offered call (301)-648-9081 or e-mail fernandezarias.nicolas@gmail.com

Guitar and mandolin instruction for kids or adults by Carderock parent Mike Rychlik, a performing musician who has toured internationally. Electric and acoustic guitar lessons (beginning/intermediate) and mandolin lessons (all levels) in a broad range of genres such as Bluegrass, Jazz, Blues, Old Time, Country and Rock. Mike also offers fretted instrument repair and instrument set-up and can assist in the procurement of a suitable beginner instrument. Call 301-365-8022 or email rychliks@gmail.com



---

## House Cleaning Services Available

---

### HOUSE CLEANING SERVICES AVAILABLE

- Our housekeeper/childcare provider has Wednesday mornings available from early a.m. until noonish. Mily is very hardworking, has own transportation, speaks English, and has great references. Please contact Mily directly (240-462-5453 ) or Lois Kramer (301-758-8088) or loiskramer@msn.com.
- 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
- 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.

---

## For Rent

---

Furnished room and bathroom in private Carderock home with off street parking. Shared entrance, W/D, utilities included, WiFi & Fios TV. Call: 301/461-0272.

Nicely furnished & carpeted apartment in Carderock: bedrm, full bath, & LR with FIOS-TV, small refrigerator & microwave. Big windows, private entry, free parking, shared laundry. For woman or couple. Need local refs. Sopho1@verizon.net or 301-365-5418 after 10 a.m.

Almost-new beach house at Rehoboth is available for rent for the weeks of Aug 29-Sept 5 and Sept 5-12 (including Labor Day). 5 bdrm, 4-1/2 bath fully furnished town house w/ gourmet kitchen. Sleeps up to 10. 3 blocks to the beach -- a 3 minute drive or 8 minute walk. 2 balconies overlook pool, great for an extended family or two families w/ kids. Nearby state parks, discount outlets, many restaurants, movie theaters, and play-lands offer many non-beach activities. Contact art@yogaplus.com, 301-365-6237

Lovely 2-level, 3 bedroom/2 bath oceanfront condo in Duck, NC available. Quite spacious, very kid friendly. Duck is a quiet, family-oriented town w/ lots of great shopping and a good selection of restaurants. Our community has an enormous outdoor pool as well as a baby pool and well-maintained tennis courts. See <http://www.sunrealtync.com/house/BIS-209>. 15% discount to CSSC members! Contact Lisa Tippins at ltippins@rcn.com for availability and rates.

Outer Banks Corolla Beach House Rental. Sound front w/ sunsets over water. Gourmet Kitchen, Plasma TV, Hi Speed Wi-Fi. 5 Bedroom (2 King Masters)/ 4.5 Baths. Hot Tub in Screened Gazebo on Private Pier. Community Clubhouse w/ pool, tennis courts, children's activities. Call Barbara 301-469-9292

Myrtle Beach Golf Resort & Beach: Fully furnished 3-bdrm, 2 bath, villa sleeps six. On a golf resort, convenient to Broadway at the Beach, Freestyle Music Park, and a 15 minute drive to the beach. Ground level villa with easy access to one of the resort's two swimming pools from the back patio and close proximity to the indoor pool and exercise room. For rates, photos and more information denisewofford@msn.com or 301-365-2460.

Charming three-bedroom vacation beach house in Key Colony Beach, an extension of Key Marathon, Florida. Sleeps up to 6 comfortably, plus a fold-out couch for 2. Well-decorated and conveniently located across from golf course and tennis courts, pool and restaurant down the street, beach is a few blocks away. Two-hour drive from Miami, and 45 min from Key West. Summer rates \$1500-1700, photos <http://picasaweb.google.fr/sabinapfogle/KeyColony02#>, email: sabinapfogle@gmail.com .

Spacious, sunny Left Bank Apartment near Luxembourg Gardens & Sorbonne U., Paris, France. Overlooks historic Odeon theater & rooftops. LR, DR, American kitchen, washing machine. Sleeps up to 5; LR fold-out couch, 1 bdrm w/queen bed. Great location: quiet street, close to restaurants, stores, metro & train to airport. Rent by weekend, week or month, avg rate 1050 Euros/week. Sabinapfogle@gmail.com, Photos: <http://picasaweb.google.com/sabinapfogle/ODEONApartment#5280351380125730818>

## 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 265 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. Next meetings are August 5 and September 2.

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