



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

February 2009 CALENDAR

February 2		Receive CSSC Club/Pool Membership renewal letter in snail mail
Feb 4	Wed 7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Feb 11	Wed 7:30 pm	Green Neighbors meeting at Cabin John Gardens Community House (8 ½ Webb Road, Cabin John)
Feb 12	Th 11:30 am	Men's lunch at Normandie Farm
Feb 15	Sun 4 pm	Women of Carderock music at the Clubhouse
Feb 16	Mon 7 pm	Cit Assoc monthly board meeting at the Clubhouse
Feb 20	Fri 6:30 pm	Movie Night at the Clubhouse

Looking ahead - Save the Dates!

March 1		Annual club membership DUES are due March 1 (avoid late fee!)
March 2	Mon 7 pm	Special Safety Info Meeting at Clubhouse (due to car break-ins)
March 20	Fri 6:30 pm	Movie Night at the Clubhouse
April 26	Sun 7 pm	Cit Assoc <u>Annual</u> 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

Wanted: Dive Coach (see *Wanted* page near end of this newsletter)



Summer Fun - organized activities for elementary school kids, supervised by our own teens!
Plus summer employment at the club (at snack bar, front desk, etc).
More info and forms coming in the March issue.



This past 2008 tennis season saw the Ladies Team win their division and the Junior Team have the most participants in the finals of interclub play! Junior participation was high with over 110 different juniors enrolled in our program and Adult attendance was solid in the various programs that were offered. The social events saw numerous players come out and enjoy round robin play and great food! It was a wonderful year and we look forward to building on what we have started.



The 2009 season is approaching quickly! The tennis lesson schedule for the upcoming Junior Spring, Junior Summer and Adult Spring seasons is posted on the website (www.carderockclub.org) and is also in this issue. A 10% discount to Juniors for early enrollment - Juniors need to enroll for Spring by March 1st and for Summer by May 1st. 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
Director of Tennis



WELCOME

Laurence and Jodi Groner are moving into 7705 Persimmon Tree Lane in early February with their daughter Johannah. Stop by to say hello!

Club Membership

Renewal notices for the 2009/10 season have been mailed. If you did not receive your envelope and form, please contact the Membership Secretary. If you wish to be an active member this year, please review and update the info on your application form and return it along with your payment to the club before March 1, 2009. **A \$75.00 late fee is due with payments received after midnight March 1st.**

Even if you do not intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing which our by-laws require for Sustaining Members Type 1 and 2. Once the second mailing goes out you will only have a few days to return it, along with the late fee, before I open membership to our waiting list.

If you know that you will be away during February and March and you want to enroll in the club, please make arrangements with me before you leave town to ensure that you have a membership spot.

If you are new to the Carderock Springs Community, Welcome! The Membership renewal forms are mailed out to every house that is eligible for Sustaining Membership Type 1 (see below). If you have moved into a home in Carderock Springs - either bought or rented - since last spring and you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have. The enrollment letters will include information about the initiation fee for purchasers of Carderock Spring's homes.

In addition to this wonderful newsletter, we will occasionally communicate via e-mail with our membership. As you look over your enrollment forms please make sure you **include an e-mail address** so that you can receive early updates about club events and membership news.

The following is a description of the membership categories & how they work, as well as a description of our **Emeritus Guest Privilege**. If you have questions regarding any of these matters, please contact me. There are three membership categories:

Sustaining Members Type 1

The 404 original homes in Carderock Springs are Sustaining Members Type 1 of the Carderock Springs Swim Club (CSSC). Sustaining Members Type 1 are either active or inactive depending on whether the people living in these homes have paid the annual membership dues. Sustaining Membership Type 1 is only available to the current residents of the 404 eligible houses and does not follow those residents after the sale or rental of one of these homes. However, Club membership (with more limited voting rights) is available to anyone who rents one of these homes. Following the sale of a house eligible for Sustaining Membership Type 1, a \$1000 activation fee must be paid before the new owners can activate their membership. If the owners choose not to activate their membership in the year of purchase, they may choose to do so in any following year.

(continued on next page ⇒)

Sustaining Members Type 2

A limited number of additional Sustaining Memberships have been made available to residents of nearby communities. This class of membership is referred to as Sustaining Members Type 2. Obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 refundable capitol contribution. This fee grants the household limited voting rights, entitles the household to the same annual membership dues as Sustaining Members Type 1, and allows the member to become inactive in one or more years while retaining the right to rejoin the Club as an active member in subsequent years. If a Sustaining Member Type 2 decides to leave the Club, their capitol contribution fee is refunded. Written requests for this type of membership should be submitted to the Board of Directors of CSSC, where they will be considered at their next Board meeting.

Dues for the 2009/10 season for Sustaining Members Type 1 and 2 will be \$695.

A reduced rate for a full membership for Senior Citizens (defined as household of 2 or 1 where at least one person is 65 years old or older) is available for both Sustaining Memberships Type 1 and Type 2. This class of membership is for unlimited use of the facilities throughout the season.

Dues for the 2009/10 season for Seniors will be \$590.

Annual Members

All members who do not hold Sustaining Memberships Type 1 or 2 are considered Annual Members. Annual Members do not have voting rights and must return to the waiting list if they go inactive for a year. The waiting list for Annual Memberships is made available in the following order or priority: 1) Families who have taken a Guest Preview Privilege in the previous season. 2) residents in neighborhoods in the Carderock sub-division; 3) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 4) residents of the Whitman school district; 5) all others.

Dues for the 2009/10 season for Annual members will be \$840.

Emeritus Guest Privileges

Emeritus Guest Privileges were established in 2006 to encourage the participation of Senior Citizens in the community who are Sustaining Members Type 1 or Type 2 but who do not wish to purchase a full senior membership. This privilege, which will permit the occasional use of the facilities, is limited to Sustaining Members Type 1 and Type 2 households having no more than two persons, each 65 years old or older. Each senior member of the household will be entitled to 15 days use of the club's facilities. Emeritus Guest Privileges are not transferable among family members. Guests (e.g., visiting grandchildren) are still required to pay the regular guest fees. Emeritus Guest Privileges may be purchased for \$100 and must be purchased by the March 1st membership renewal deadline. A list will be kept at the front desk where Emeritus Guests will be asked to sign in when visiting the club.

Emeritus Guest Privileges can be purchased for \$100 per person for 15 days use.

Any questions? Send an email or give me a call:

Meris Sparrow, CSSC Membership Secretary
Carderockclubmembership1@verizon.net

301-767-9473

Social Groups and Events

CARDEROCK SENIOR MEN'S GROUP LUNCH

Feb 12, Thursday noon

The next Carderock Senior Men's lunch will be on February 12 at Normandie Farm. Social hour at 11:30; lunch at 12:00. We are always looking for new lunch members. If you are interested, email Seth Tuttle (sltuttle2@verizon.net) or call 301 365-1277.

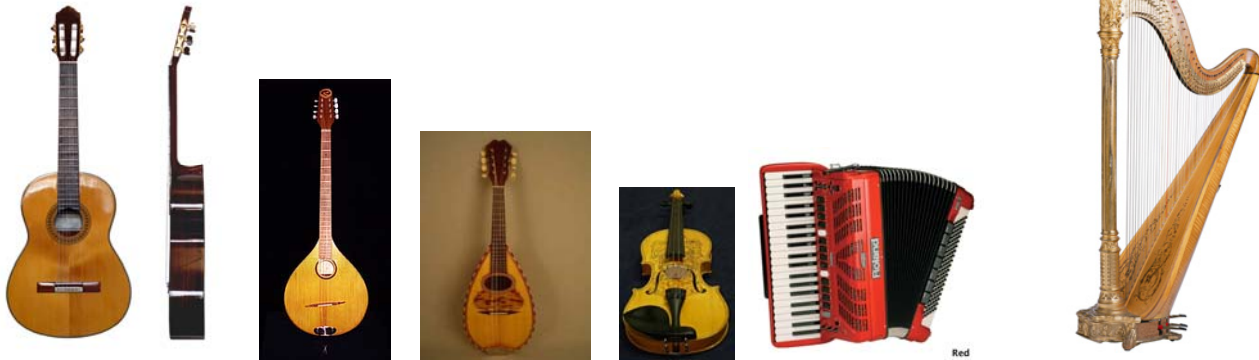
WOMEN OF CARDEROCK

Feb 15, Sunday 4 pm

The February meeting will NOT be on a Thursday. Instead WOC will host a special concert of Scottish music at the Clubhouse on Sunday, February 15, at 4:00 pm. Katrine Anderson and Friends including Van McCleod on guitar, bouzouki and mandolin, Robert Spates on fiddle, Billy McComesky on accordion, and Caroline Kempler on celtic harp will entertain us with Scottish music and song.



Admission for adults \$12, children \$5. Please plan to join us and bring your friends. The program last year was a big success.



KIDS - SAVE THESE DATES FOR MOVIES AT THE CLUBHOUSE

With pizza, hotdogs, popcorn & lemonade !

Friday, February 20	6:30 pm	Movie night
Friday, March 20	6:30 pm	Movie night



Green Neighbors New Initiative: BYOB "Bring Your Own Bag"

To reduce our community's plastic waste stream, we urge you to use reusable shopping bags. We are encouraging Cabin John businesses to switch from petroleum-based plastic bags to better alternatives.

What's the Problem with Plastics Anyway? *Hint: Look to the Deep Blue Seas.* The problem is mainly one of persistence plus disposability. Plastics are cheap and lightweight - great for a disposable society. But plastics, which are derived from petroleum, don't biodegrade like many other substances. At best, they break into ever-smaller pieces, eventually forming "plastic confetti" which is indigestible by any life form. As Anthony Andrady, a polymer chemist studying marine debris, noted, "every little piece of plastic manufactured in the past 50 years that made it into the ocean is still out there somewhere." Considering plastic production has increased 25-fold since 1960, and that plastic is now 12% of the U.S. waste stream versus 1% in 1960, plastic waste is growing exponentially.

The ocean is our great toilet bowl - the end of the line for much of our waste. "Remote oceanic islands," a 2004 study showed, appear to "have similar levels of debris to those adjacent to heavily industrialized coasts." International beach cleanup committees and oceanographers worldwide are reporting the same. Of the 500,000 albatross chicks born each year on Midway Atoll -- 1,000 miles from any city -- almost half die of starvation. Autopsies show a majority perished because adults mistook plastic trash for food and fed it to their chicks. Other marine life mistake the plastic for plankton, eat it, and there is disruption from the bottom of the food chain on up.

The Great Pacific Garbage Patch

Located halfway between San Francisco and Hawaii in the North Pacific Subtropical Gyre where currents trap debris, the Garbage Patch is at least twice the size of Texas and consists of 7 billion pounds of plastic garbage. Churning ocean waters break the plastic up into small flecks and oceanographers calculate plastic flecks outnumber plankton 6:1. Other large garbage patches are being discovered in the Atlantic Ocean and other seas as well. Twenty percent of the ocean's plastic debris is estimated to originate from cruise and cargo ships, eighty percent from land. This includes our backyard: a variety of plastic bags, cans, and bottles can be found (and picked up) during a short walk along the Cabin John Creek and Potomac River.

What's Being Done?

Many U.S. cities are considering plastic bag bans. Australia, Italy and France are all phasing out plastic bags. Alternatives to plastic bags include reusable bags (a first choice), biodegradable plastic bags, and paper bags. Green Neighbors is committed to carrying out small, measurable, and replicable community initiatives that are ongoing, fun, and support sustainability. Please join us at our next Green Neighbors meeting on Wednesday, February 11 at 7:30 pm at the Cabin John Gardens Community House at 8 1/2 Webb Rd (park in rear). RSVP to gn.cabinjohn@gmail.com

[Many thanks to Jennifer Jordan (Cabin John), with input from Tjaart Schillhorn (Carderock Springs), Barbara Holtz (CS), Joel Todd (CJ), Tom Rojas (CJ), and Michaela Palumbo (CJ)]

Community

HOW TO PREVENT CAR BREAK-INS

Special Informational meeting

Monday, March 2, 7:00 pm

Vehicles are being broken into in Carderock - although the increase in this kind of activity over the past months is not unique to our neighborhood, Montgomery County, or other regions due to the current economy, nor is it huge considering the size of our community and the number of incidents.

A Carderock community meeting on March 2 with police will discuss how to "target harden" vehicles and homes. Until then, consider these helpful tips:

- Clean out your car every night. Do not leave valuables such as navigation systems, ipods, garage door openers etc inside the car
- Lock your car doors even when your car is parked in your driveway
- Keep your outside lights on and consider installing motion detector lights
- Program the non-emergency police number into your cell phone: 301-279-8000
- Carry your cell phone when you go for a walk and try to detour into the cul de sacs
- Invite a friend to walk with you in the evening - it may discourage break-ins and it's good exercise
- If your car is obviously entered or broken into, or firewood or other items are missing from outside your home, do notify the police so they have a record of the incident.

All reported incidents provide useful information.

- Call 911 if you think there is something suspicious.

CARDEROCK ELEMENTARY

Going....



Going....



Gone!



New Carderock Springs Elementary School, coming 2010



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.

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	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
<u>Players on the Rise</u>	M,W 530-7pm	4/6 - 5/29	Full 8 weeks (2 days/wk) (24hrs)	\$288
			Full 8 weeks (days/wk) (12hrs)	\$180
			Drop-In (1.5hrs)	\$33
<u>Up and Comers</u>	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
<u>Tiny-Tots</u>	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.

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	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
<u>Players on the Rise</u>	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
<u>Up and Comers</u>	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
<u>Tiny-Tots</u>	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.

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
<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	4/6 - 5/30	**check member rates for cost**
<u>After Work, Workout</u>	W 7-8pm	4/6 - 5/30	**check member rates for cost**
<u>3 and Pro</u>	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.

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

Art & Movement & Other Classes/Instruction

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 .

BACK STRENGTHENING AND PAIN RELIEF at the Clubhouse

Maggie Wong is offering a four-session program for those with back, neck and shoulder issues to teach strengthening and stretching exercises for preventing injury and relieving pain. It deals with the upper and lower back, and the neck and shoulders, and include techniques for self-massage.

- Wednesdays at 7:00 to 7:45 pm on February 11, 18, 25 and March 11.

The cost is \$10/ per class or \$30 for four classes. For more information and registration call Maggie 301-365-2424 or email Maggie@yogaplus.com. Note that back pain may have various causes, and that this is an exercise program. If you have any doubts about it being appropriate for your situation, please check with your health care provider.

KIDS AND TEENS DANCE & YOGA CLASSES at the Clubhouse

- HIP HOP DANCE Monday 4:30 - 5:30 PM (Ongoing, \$15 per class, ages 6 to teen)
- KID YOGA Wednesday 4:30 - 5:30 PM (Ongoing, ages 6-10, \$15/class)
- TEEN YOGA Thursday 5-6 PM (Ongoing, ages 11 to 17)

About Dance. A class of funky modern dance and hip hop moves. Class begins with a warm-up followed by exercises across the floor and a final combination where dancers get the chance to perform for each other. Music and dance are our major motivations and working out our second. Taught by Sylvana Santoz, formerly the Holton Arms Dance Director.

About Teen Yoga. These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. The stretching is especially good for athletes: soccer, lacrosse, etc. 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. Taught by Maggie Wong. Call or email Maggie Wong at 301-365-2424, maggie@yogaplus.com, www.yogaplus.com.

ADULT YOGA CLASSES at the Clubhouse

Yoga classes for adults are offered at the Clubhouse by Carderock resident Maggie Wong.

- Tuesdays (yoga with weights) 9:00 to 10:30 am
- Thursdays (yoga and weights) 9:00 to 10:30 am.

Evening classes are offered Tues and Thurs 7:30 - 9 pm at the Potomac Methodist Church, Falls Rd. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

Art & Movement & Other Classes/Instruction

PRIVATE ART LESSONS FOR STUDENTS IN 5TH/8TH GRADES

Eneida Somarriba - Norwood School art teacher, professional artist with 14 years of experience in fine arts and digital graphics, and Mackenzie Court resident - is now offering weekend art lessons in her home.

- Saturdays in February plus some Saturdays in March, 10 to 11:30 am.

Max class size 8 students. Email artkngel6@yahoo.com or call Eneida at 202-215-4907.

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

GUITAR & MANDOLIN

Mike Rychlik, Carderock Springs Elementary/Whitman Cluster parent, offers guitar and mandolin instruction to school age children, teenagers and adults in the Bethesda/Cabin John area.

ELECTRIC AND ACOUSTIC GUITAR LESSONS (BEGINNING/INTERMEDIATE):

- Everything from how to hold and tune the guitar, to music theory and improvisation.
- Multiple styles--Rock, Blues, Jerry Garcia style, Country and more... Acoustic and Electric
- Material covers classic and contemporary music and students' own musical interests.

MANDOLIN LESSONS (ALL LEVELS):

- Everything from how to hold and tune the mandolin, to music theory and improvisation.
- Mandolin as a versatile ensemble instrument well-suited to many styles such as Bluegrass, Jazz, Blues, Old Time, Country and Rock.

Mike also offers fretted instrument repair. Please call 301-365-8022 or email rychliks@gmail.com for more information.

COOKING, REIKI, WRITING, ART and MORE

Recent graduate New York University with a degree in Holistic Health, Writing, and Visual Art, a certified Reiki Master [stress reduction technique], and a current student at The Institute for Integrative Nutrition. Range of services offered includes: personal and group healthy cooking classes, chef services, Holistic Health Counseling, Reiki classes and Reiki treatments, college application assistance, Writing and English tutoring, Editing, Administrative Assistance, drawing and painting lessons, childcare. Contact Carderock native Natasha (301) 785 2509 or natashablank@gmail.com

Services Available

Experienced high school babysitter available on weekends and weeknights. Are you looking for a babysitter who has flexible hours? Whitman High School sophomore Emily Deyo really enjoys being with children, and has babysat for several families in Carderock. "At Whitman I completed a Child Development class where I got the lucky privilege to teach and learn about kids between the ages of 3 and 5 years old. It was a great opportunity to learn about the growth and development of kids. I would love to babysit your children. I can be reached most easily by email." Contact emily.deyo@yahoo.com, Cell: 301-335-9879, Home: 301-365-1247

Experienced high school 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

Companion/Caretaker available for elderly couple/individual. Clean*Cook*Drive*Errands, Fluent English, US citizen. Live in/out. Great references. Call Steina 301-520-6733

TLC for your home. Cleaning*Laundry*Organize closets and cabinets. Reliable and Honest. Fluent English, US citizen. Call Steina 301-520-6733



♪ 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, 301-807-9943 or carderocklawncare.tk (← new website!)

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 .

Roof and Gutter Cleaning. It's important and never too late to have clean roofs, gutters and downspouts to protect your roof and house. We'll do the job and also check your roof, especially near flashings, and around skylights and chimneys, and tell you if problems lurk. Any standard house in Carderock \$85, a bit more if there is an extension and more areas to clean. Please call Dan 240-688-8179 or email dabruestle@gmail.com .

Recommended and House Cleaning Services Available

RECOMMENDED

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, feel free to call me, Chris Gordon, for more info at (301) 320-2249.

Neighbor Karen Williams has finally found a more-economical method of leaf disposal. Instead of hauling or bagging, call Mowing & More. They will come by and vacuum all the leaf piles. Mowing & More provides a complete line of landscape management services to clients in Bethesda, Chevy Chase, and Northwest DC. Whether it is weekly mowing or a comprehensive maintenance program, Mowing & More can make your yard the best part of your home. Please visit our website www.MowingMore.com for more information. Or call Chad Stern @ (301) 674-0312. Very reasonable rates. Highly recommended.

Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net and they'll go in this newsletter and in John's online list at www.Carderock.info

HOUSE CLEANING SERVICES AVAILABLE

- 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.

Wanted and For Sale

WANTED

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
For more information call Theresa/Paul Barton 301-365-1491.

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, 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

If you've got any old, working cell phones collecting dust, I am making it easy for you to donate to people who could really use them. First, erase any stored information, including your contact list, text messages and listing of incoming/outgoing calls. Most cell phones use a "master reset" to delete information quickly and easily. Also, verify that your account has been cancelled with your service provider. Next, place the phone, charger and any accessories in a plastic bag. Finally, drop it off in the container outside my front door at 8204 Hamilton Spring Court. In a couple of weeks or so, I'll ship off the collection to the Washington Area Women's Foundation. WAWF will provide these phones to women in battered women's shelters and to seniors and other people at risk so they can access 911 emergency services. Thanks!

Susan Cohen, sac8204@verizon.net

Want to buy table and chairs for dining or kitchen- any style or condition, area rugs - all sizes and all colors, end tables, kitchenware, large plants. Please call 202 246 5616 or email smarnell@barrie.org

FOR SALE

Girl's designer OILILY clothing, huge selection for 2-10 yrs old. Great prices, look like new.

Call Steina 301-520-6733

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)	www.CarderockClub.org	New! Coming 2009
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	New! Coming 2009
Overview of CSSC & CSCA	www.Carderock.info	
OTHER/neighbors		CS-Chat@yahoogroups.com

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

- 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 239 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

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. Next meeting is February 4.



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