



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

## January 2009 CALENDAR

- |        |     |          |   |
|--------|-----|----------|---|
| Jan 7  | Wed | 7:30 pm  | Architectural Review Committee monthly meeting at Clubhouse |
| Jan 15 | Th  | 11:30 am | Men's lunch at Normandie Farm                               |
| Jan 15 | Th  | noon     | Women of Carderock lunch                                    |
| Jan 23 | Fri |          | Movie Night at the Clubhouse                                |

### Looking ahead - Save the Dates!

- |                   |  |
|-------------------|--|
| Approx February 1 | Receive CSSC Club/Pool Membership renewal letter in snail mail |
| Feb 20 Fri        | Movie Night at the Clubhouse                                   |
| March 1           | Annual Membership dues are due March 1 (avoid late fee!)       |
| Mar 20 Fri        | Movie Night at the Clubhouse                                   |

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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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## Letter from the President

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We start off the new year with Good-byes, Welcomes and Thanks. At our Annual Meeting, the three agenda items were passed. This included next year's operating budget, the proposed amendments to the by-laws and the election of next year's board.

As a result of the election, we will be bidding farewell to Pablo Molina. Pablo served on the Board as Treasurer for 2 years. During his tenure he kept a diligent eye on the club's finances. Pablo always had an eye for the big picture and shrewd advice for the economic well being of the Club. We are better off for his service and would like to extend our sincerest thanks for his years of service on our behalf.

Welcome to our newest Board member, Scott Spear. Scott has been elected as our new Treasurer. Scott is a fairly recent transplant to our neighborhood but has already shown his commitment to our community through his eagerness to serve. Scott and his wife Anita have three children and are active with the swim team. Scott is a practicing attorney and will bring valuable insight to the Board - I know that he is eager to get started. Please join me in thanking him for his willingness to serve.

I'd also like to thank the remaining Board members who have signed on for one more year. The club can't run without volunteers, and these individuals go above and beyond the call for yet another year:

Vice-President	Mike Nannes
Secretary	Marie Caulfield
Tennis	Seung-Kyung Kim
Swimming	Robyn Nietert
Social/Adult & Children's Activities	Caroline Barbeau
Buildings & Long Range Planning	Paul Barton
Membership	Meris Sparrow

Finally, my thanks to two critically important folks: Margie Orrick for continuing to keep us informed both with her fabulous newsletter and updates to our web site. And a big thanks to Larry Ondrejko, our manager. Our club has never looked better and we have Larry to thank for that.

To all others who volunteer and care about our Club, and there are so many:  
Thank You and we'll see you at the Club,

Suzette Goldstein  
President

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## Membership

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Enrollment forms for the 2009 membership year will be arriving in your homes on or around February 1. If you don't receive the enrollment form that week please call me or email me.

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

At our Annual meeting in November, we approved the budget for the 2009 season. Dues will remain the same as last year

- Full Senior Membership      \$590
- Sustaining 1 & 2                \$695
- Annual                                \$840
- Emeritus                            \$100 for 15 visits
- Guest Preview                    \$300 starting August 1, one time only, no prior members

Enrollment forms and fees will be due March 1. A \$75 late fee must be included with any enrollment forms received after that date - no exceptions.

Mark the first week in February on your calendar so you don't miss out on membership at CSSC.

If you are new to the Carderock Springs Community, Welcome! If you have recently bought or rented a "Bennett" home, please contact me (email is best to [carderockclubmembership1@verizon.net](mailto:carderockclubmembership1@verizon.net) ) with your information - name, address, phone number and whether you are an owner or renter.

Membership renewal forms are mailed to every house that is eligible for Sustaining Member Type 1 memberships. If 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.

If you have recently purchased a "Bennett" home, please be aware that there is a \$1,000 reactivation fee that must be paid before the new owners can activate their membership. The enrollment letters will include information about the reactivation fee.

Thank you

Meris Sparrow  
CSSC Membership Secretary  
[carderockclubmembership1@verizon.net](mailto:carderockclubmembership1@verizon.net)  
301-767-9473

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## Social Groups

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

**Jan 15, Thursday noon**

The next Carderock Senior Men's lunch will be on January 15 at Normandie Farm.

Social hour at 11:30; lunch at 12:00. We are always looking for new lunch members.

If you are interested, email me at Seth Tuttle [sltuttle2@verizon.net](mailto:sltuttle2@verizon.net) or call 301 365-1277.

### **WOMEN OF CARDEROCK**

**Jan 15, Thursday noon**

The next meeting of the Women of Carderock will be on Thursday, January 15 from noon to 2:00pm at the home of Karin Colton, 8015 Park Overlook Dr. Please join us and bring your lunch. RSVP to Karin at 301-469-7317.



Anyone interested in winter tennis lessons or clinics should contact Carderock's Tennis Pro Nitin Deodhar at 202-253-7227.



### **KIDS - SAVE THESE DATES FOR MOVIES AT THE CLUBHOUSE!**

Friday, January 23	Movie night
Friday, February 20	Movie night
Friday, March 20	Movie night

Help with recycling by rinsing containers, sorting carefully, keeping containers that held toxic ingredients of any kind out of the bin, and recycling your plastic bags at the grocery stores.

Next month: info on bio-degradable items such as bags and special utensils.

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## Green Neighbors

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The Green Neighbors (Carderock Springs and Cabin John) Plastic Bag Initiative is now off the ground and interested residents are doing research, developing alternatives, and coordinating a Green page that will be shared by the two communities with the hopes of expanding involvement to other nearby areas. We have a number of active residents so if at this point you are interested, it is not too late. Contact [dianekarlik@verizon.net](mailto:dianekarlik@verizon.net) with your area of particular interest and we will place you on the appropriate team/committee. The next general meeting is on Thurs. Jan. 15<sup>th</sup> @ 7:30PM at the CJ Community House at 8 ½ Webb Road, just off MacArthur Blvd (NOT Clara Barton center, but on the other side of the blvd toward the parkway). The research and development teams will be meeting separately on Jan. 7<sup>th</sup>.

The E-cycle event recycling electronics at Whitman on Dec. 14<sup>th</sup> was more successful than anticipated! Join Yahoo's CS-Chat email list to keep updated on these and other events.

Clarifications on recycling guidelines:

**YES!** All items with #s 2-5 can be placed in the blue bin, including plastic rings and tops.

Bottles with narrow necks with #1 can be placed in the bin (water, soft drinks), but NOT other containers, even though they may have a #1

Pails & buckets (detergent, kitty litter) & tubs & containers other than #1 & #6 can now be placed in the bin (oil, peanut butter, mayonnaise, butter, cottage cheese, yogurt containers & their plastic lids)

Individual plant pots from the nursery if # 2 and #5 can go into the bin. Four to six divided small plant containers, or larger trays that hold pots, are NOT placed in the bin.

Fast food plastic fountain drink cups can go into the bin

**NO!** Clamshell-type packaging, whether square, rectangular or round, with a #6 (such as berries, other fruits and vegetables, and baked or candy items) is NOT recyclable and should not go into the bin

NO #6 plastic of any type, #1 (other than narrow-neck drink bottles), plastic bags, plastic wrap, or containers that held toxic or hazardous materials.

NO Styrofoam containers, NO jewel cases, NO packaging from toys and electronics, NO plastic utensils, No multiple pack nursery planters

Metals, metal lids & tops, & other items with at least 50% metal (other than cans & clean foil that go in bins) can be recycled in the blue bin in front of the Co-op or in front of Karlik & Donnelly homes.

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## Movement 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 .

### **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.

The session fee is \$16 per class, the drop-in fee is \$20. Tues and Thurs evening classes 7:30 - 9 pm are also offered at the Potomac Methodist Church, Falls Rd. 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 of life -- learning for a lifetime of good health. The children who have attended these classes loved them and have benefited from them.

The fee is \$15 per class for 10 weeks, starting the week of January 5. Please 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**

- Kids Hip Hop (ages 6-10) - 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 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 fee is \$15 per class for 10 weeks, starting the week of January 5. Please 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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## River Road Lives Up to Its Name

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Unless you've been locked in a box in Alaska for the past 2 weeks, everyone already knows Carderock made international TV news in late December. Residents got innumerable phone calls and emails from around the world! A massive water main break at River Road and Fenway Drive turned River Road into a water slide with significant rapids. Drivers in cars were stunned to be suddenly trapped with water shooting over their hoods and seeping into their cars around their feet - with frigid air temperature below 20 degrees. Thankfully successful dramatic rescues were made by boat and helicopter. River Road was closed for over a week while repairs were made to both the road and the 66 inch diameter water pipe.

The entire county public school system shut down for a day since most down-county schools, homes and businesses were without water. Ironically homes in Carderock never lost water - our water comes from the other side of the neighborhood!

One driver in particular gave the Orange Newsletter an exclusive interview - Fenway Road's Lauren Cantor, daughter of James Cantor and Linda Gilbert, was home from college and quickly escaped from her car on Carderock Springs Drive while firemen were rescuing others from multiple cars on River Road. Cantor made a call on her cell phone and exclaimed, "Mom, I'm in a precarious situation." She described the water her car was in and how she felt the car rocking in the water, to which her perplexed mom replied, "Where ARE you?" Lauren's calm response: "Near River Road. Mom, the car's filling with water. I have to go." Cantor then crawled into the back of the car and climbed out into the 2 ½ foot deep water. Since the water behind the car was just sloshing around, she waded back where she had just driven from. The water in front of the car was powerful and turbulent so she knew that no way she was going there. A fireman who had just closed Carderock Springs Drive at Fenway Road drove her home - a short drive past 3 houses. The fireman sternly told her she should have waited for someone to rescue her - but she felt she had to make a decision and move fast! Glad you're OK, Lauren.

2 rescued by boat  
on River Road



Even a rescuer  
needed to be rescued by helicopter!



Lauren Cantor's car  
on Carderock Springs Drive



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## Wanted, and House Cleaning Services Available

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### WANTED

- original Carderock bathroom sink(s)
- original double doors that closed off downstairs family rooms

Please call Nancy 301 320 4733 or cell 301 873 0795

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

### HOUSE CLEANING SERVICES AVAILABLE

- 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.
- Yvonne 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.
- Thai housekeeper available Tuesday mornings - can clean, do laundry/ironing, or run local errands. She is especially good at organizing drawers, cabinets, closets, etc. Call Nang: 240 423 6314.
- 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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## Services Available

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♪ 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 www.CarderockClippers.tk

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

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

Carderock neighbor Mariana Martinez of Barcelona, Spain is offering tutoring in Spanish for schoolwork, test preparation, and conversation skills for kids and adults. Mariana has prior tutoring experience. Please call 301 365 3846 if interested.

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

Having trouble with your computer? Desperately need an upgrade to your machine (RAM, Hard Drive, new Optical Drive, etc.)? Just want to solve some problems with your PC or Mac? Call Nick Fernandez-Arias, part of PanaCea Computers, a group of technically-oriented Seniors at Sidwell Friends School, and get your issue resolved. Drop off your computer or have us come by and take a look for a fraction of the price offered by other "geek" services. For pricing information, services offered, and everything else you might need, call (301)-648-9081 or e-mail panaceacomputers@gmail.com .

Gutter 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 and roof and let you know if cleaning is necessary. Please call Dan 240-688-8179 or email dabruistle@gmail.com .

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## Recommended

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Home Child Day Care, across from Montgomery Mall in Bethesda. Wonderful lady with 23 years of experience in child care has a few openings for children under 3 years old. MD licensed. Reliable, has excellent references. Contact her (301) 365-1321 or (703)593-4075. Recommended by Lili Foroozan.

Organize your house with 'Downsize, Etc' 301 983 9382. I have just used the services of 'Downsize, Etc' and highly recommend them. My house is less cluttered with 46 years of stuff. They worked with me helping to decide what to throw out, what to donate, what to keep and then they completely reorganized my house. Downsize, Etc is primarily a service to help seniors who are planning to move. They do everything for you - pack, unpack etc. Friends have told me they even have beds made (with a mint on the pillow) in your new house when you arrive. Recommended by Joan Wolff 301 365 8756.

Roofer: Tom Keehn, Certified, Inc, 301-854-2764. Expert flat roof advice, meticulous crew, good price. Recommended by Sonja Fogle and 2 others with Atrium designs.

John Surr's nifty, most recent, and expanded 20 (!) page list of contractor recommendations is available online 24x7:

1. [www.carderock.info](http://www.carderock.info)
2. on the left side click "Recommended Contractors and Services"
3. towards the top of the page click "contractors and services"

While John would love to talk with you, he would prefer you look it up online rather than everyone phoning him.

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.



New Carderock Springs Elementary School, coming 2010

## 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).

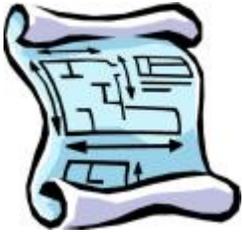
Group	Website	Email
SWIM & TENNIS CLUB (CSSC)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockSprings.net">www.CarderockSprings.net</a>	
Overview of CSSC & CSCA	<a href="http://www.Carderock.info">www.Carderock.info</a>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

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 231 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 meeting is January 7.



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**8200 Hamilton Springs Court**  
**Bethesda, MD 20817**