

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

## July 2009 CALENDAR

July 8 Wed 7:30 pm Architectural Review Committee monthly meeting at Club  
July 9 Th 11:30 am Men's lunch at Normandie Farm

*Of numerous swim and dive team events, here are just some:*

July 22 Wed Family Swim Relay and Ice Cream  
July 25 Sat Swim Divisionals and Evening Awards Banquet  
July 26 Sunday Dive Division III Championship

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

Forms in this issue:  
Tennis sign-up  
Plastics Recycling chart

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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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## Note From the Manager

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### The Summer schedule pool hours are

- 10:30 to 8:30 Monday thru Thursday
- 10:30 to 9:00 Friday
- 10:30 to 10:00 pm Saturday with floats from 7 to 9 pm
- 10:30 to 8:30 Sunday

### Early Bird swim

- 6:30 - 8 am, Monday thru Friday
- 9:30 am Sunday

Check our website [www.CarderockClub.org](http://www.CarderockClub.org) regularly for updates and scheduled events.

Larry Ondrejko, Club Manager



## To Carderock Springs!

Heidi and Peter Grunwald, with Joseph  
have just moved into 8307 Still Spring Court

Patricia and John Whalen, with Lily and Josie  
have just moved into 7611 Hamilton Spring Rd

Stephanie and Mark Travis, with Samantha and Mathew  
have just moved into 8408 Fenway Rd

Sandra Tandeciarz and Scott Smurthwait, with Nicolas, Sebastian, and Sabine  
(Beeni) have just moved to 8125 Hamilton Spring Rd.

## Junior Team matches

July 16 Playoffs

July 22-24 Individual Tournaments

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.

- Summer and Fall Classes and clinic schedule are in this issue.
- 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)



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

**July 9 & August 13, Thursday noon**

The next Carderock Senior Men's lunch will be on July 9 and again on August 13 at Normandie Farm.  
Social hour at 11:30; lunch at 12:00.

Questions? Contact Seth Tuttle at [sltuttle2@verizon.net](mailto:sltuttle2@verizon.net) or at 301 365-1277.

## 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

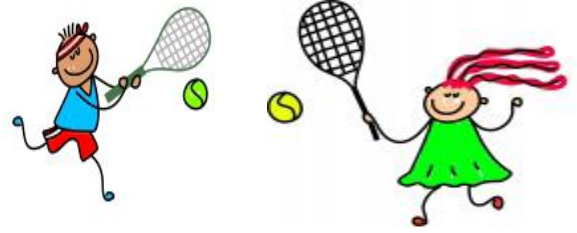
Make Checks Payable to: Nitin Deodhar. Payment is due prior to or at time of service.

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.

## Junior Tennis Program - Fall 2009



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):

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

**Adult Tennis Program**  
**Summer 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.

<b>Programs</b>	<b>Days &amp; Times</b>	<b>Semester</b>	<b>Cost</b>
<b><u>Ladies Team Practice</u></b>	B Team; Th 9-11am C Team; Tu 5-7p	TBA	4 players or less \$25 5 players or more \$20
<b><u>Cardio Tennis</u></b>	M 5-6pm	6/22 - 7/31	**check member rates for cost**
<b><u>After Work, Workout</u></b>	W 7-8pm	6/22 - 7/31	**check member rates for cost**
<b><u>3 and Pro</u></b>	Call to Schedule	6/22- 7/31	**check member rates for cost**

Make Checks Payable to: Nitin Deodhar.  
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## Green Neighbors and Your Health

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Many thanks to Carderock's Diane Karlik and Tjart Schillhorn Van Veen for simplifying our lives by creating the plastic recycling chart - it's on the inside back cover of this newsletter. There are many different plastics. What to do with those plastics? The chart has the answer!

Thanks to the following from Carderock Springs for their work on and prior to the GN May 31st recycling event: Martha Donnelly, Diane Karlik, Tjaart Schillhorn, Barbara Holtz, along with Mary Walsh providing several tents.

Our unique re-usable bags are sold at stands at the clubhouse during the summer, or people may also contact Martha Donnelly for purchase. Inside each bag there is also a sticker for the car, and a hard copy of the recycling chart plus information about vendors and other supporting organizations.



GN Recycling bags  
with names of local business sponsors

### BUY LOCAL at Farmers' Markets

Potomac - Presbyterian Church River Road Thurs. 1-4:30

Bethesda - Norfolk/Woodmont Tues. 10-2:30

Montgomery Farm Women Co-Op - 7155 Wisconsin Ave. (year-round) Wed. Fri. Sat. Sun. 7 - 3pm

*Green Neighbors* is an evolving group of local residents who engage in community solutions to environmental problems, continue the greening of Cabin John, Carderock Springs, and surrounding Potomac River communities, and have fun doing it! We carry out measurable, replicable green initiatives that can be ongoing and that strengthen the ties within our communities.

### HEALTH: WATCH OUT FOR LYME DISEASE!

Did you know that Lyme disease is the most common tick-borne infection in North America? It's endemic in our area - thanks to all the deer running through our neighborhood. This summer, a few Carderock residents have contracted Lyme disease. Lyme is easily treated with antibiotics, but it's important to start treatment early. The most common symptoms are headache, fever, chills, muscle pain and fatigue. A target rash at the site of the original tick bite usually accompanies it. While anyone can get Lyme disease, those at greatest risk would be gardeners and hikers - particularly if they don't wear clothing that covers legs and arms and don't use a repellent such as Deet.

So if you think you've got a nasty summer flu, it could be Lyme. Take care.



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## Exercise and Art Classes/Exhibits

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### **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 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 in 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).

### **YELLOW BARN ART EXHIBIT**

**Fri July 24 - Sunday July 26, noon to 6 pm**

South Carderock resident Adnan Alsaffar will hold his second solo art exhibit of landscape, abstract, and studio paintings at the Yellow Barn Gallery, Friday July 24 through Sunday July 26, 2009, noon to 6 pm. An artist's reception is scheduled from 6 to 8 pm on Friday July 24 at the Yellow Barn Gallery, which is located at Glen Echo Park, 7300 MacArthur Blvd, Glen Echo, (301-371-5593).



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## Wanted and Recommended

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### WANTED

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 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](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), Home phone 301-897-0383, Cell 301-442-0345

Are your kids' old sports uniforms filling up your closet? Carderock teen Daniel Grossman is 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, shinguards, 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](mailto:4evrredsox@gmail.com) or call me at 301-469-1699, and I will pick up your items and ship them. Thank you for your help!"

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

### RECOMMENDED

Painter. The exterior of my house has just been painted by Ali Nesvaderani of Fame Construction Inc. I have been living in Carderock for 46 years, and have had many paint jobs, but none of the could compare with the outstanding workmanship or the attention to the smallest detail that made this paint job exceptional. In addition Ali repaired and/or replaced rotted wood and performed many extras. If your house needs painting, do call Ali Nesvaderani 301 906 8994 or 240 477 5109. Painter recommended by Joan Wolff.

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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## For Sale and Services Available

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### FOR SALE

Spot rock mountain bike 2000 male, with helmet and car carrier; Aerobic stationary rider exerciser; Nordic trak exerciser; 2 pair cross country skis: male Rossignol advantage Series 8r, female Sportive Rottefeller Trak Series 1000. both include poles, ankle covers, carrying case, female includes size 8 shoes and gloves (optional). Misc. golf clubs, White Spanish rug 8' x 11', Black and Decker Workmate, Butcher block desk top 2' x 5'. Prices negotiable. Phone 301 229 4469. On Tomlinson.

Drum Set - Gretsch Catalina Birch, 6 piece kit (4 toms!). Custom heads installed on the toms. Cymbals: Zildjian A custom ride and hi-hat: used by many professionals. For crash a funky Wuhan chinese cymbal. Also included is an Iron Cobra bass pedal, also professional grade. For hardware a complete Gibraltar set: two double-braced cymbal stands, with the add-on clamp for the extra small tom; also a Gibraltar 9600 hi hat stand, also professional grade. The kit and bass pedal easily go for 800 by themselves. Essentially, you're getting complete hardware, cymbals, new heads and an additional tom for free: perfect for any drummer with a beginner kit looking for an upgrade, or looking to buy a first kit but don't want to settle for discouraging sound. Cymbals have some wear, but no damage; same with heads. The kit has been gigged with roughly a dozen times. I'll also throw in some sticks, a tuning key, and a rod to link your bass pedal with another for double bass. I'll also provide free lessons if you're interested. With or without lessons, \$800. Cheers, Phil. Philip.Marnell@sjcsf.edu

### 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

♪ 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)



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.

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### Services Available, cont.

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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

Baybitter 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 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 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

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 (preferred) or Cell: 301-335-9879, Home: 301-365-1247

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

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### Services Available, cont.

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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

Flowers, flowers, flowers! Innovative floral designs for all occasions from Artful Florals. For business events, social events, and personal needs. Can be customized to your home decor and delivered on a regular basis or to coincide with entertaining: cocktail parties, house guests, or just dinner with friends. Contact Cathy Houston at (301) 233-4782 or chouston@artfulflorals.com



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

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## House Cleaning Services Available

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### HOUSE CLEANING SERVICES AVAILABLE

- Housekeeper/Childcare provider available Monday and Wednesday mornings from early a.m. until noon. Own transportation, speaks English, great references! Please contact Mily at (240)462-5453 or Lois at (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.

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## For Rent

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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. \$850/mo.+ deposit. [Sopho1@verizon.net](mailto:Sopho1@verizon.net) or 301-365-5418 after 10 a.m.

Carderock house for rent: 8207 Stone Trail Drive. 5 bedrooms, 3 baths, fireplace, outside terrace, washer, dryer, large storage shed. Great condition, on cul-de-sac. \$2700/mo. Available soon. Call 410-421-9213 or 240-606-9583 or email [avanhover@gmail.com](mailto:avanhover@gmail.com)

Our lovely two-level, 3 bedroom/2 bath oceanfront condo in Duck, NC has some availability this summer. The condo is quite spacious and is very kid friendly. Duck is a quiet, family-oriented town with 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. For more information and photos, see <http://www.sunrealtync.com/house/BIS-209>. 15% discount to CSSC members! Contact Lisa Tippins at [ltippins@rcn.com](mailto: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](mailto: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](mailto:sabinapfogle@gmail.com).

Spacious, sunny Left Bank Apartment for rent near Luxembourg Gardens & Sorbonne U., Paris, France. Overlooks historic Odeon theater and Paris 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, and metro lines 10 & 4, and near train to Charles de Gaulle Airport. Rent by week or month, avg rate 1050 Euros/week, with some weekends available. E-mail: [sabinapfogle@gmail.com](mailto:sabinapfogle@gmail.com), see 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		<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 259 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)





## 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**

# Green Neighbors

1 ton of recycled plastic saves 7.4 cubic ft of landfill space!

## What to do with plastics?

50% of carpets made in the US are made of recycled plastic

### Procycle:

Think about recycling before you buy!

### Re-use:

Think about re-using before you dump!

### Recycle

It helps the economy & environment!

**Resin codes** are used to facilitate sorting plastics that require identical processing by recyclers. Each plastic item (bags rarely) carries a symbol, the resin code, that may help indicate how to recycle.

Code	Type (examples)	Goes to
 PETE	Soda and water bottles (caps off), peanut butter containers, cooking oil containers Shopping bags	Blue bin Vendor
 HDPE	Microwaveable trays, clamshell containers (produce, salad bars etc.) Jugs for milk, detergent, shampoo (caps off!) Shopping bags	Trash Blue bin Vendor
 PVC	Bottles and containers (water, detergent etc. - caps off!) Shrink wrap, outdoor furniture, pipes Plastic shopping bags	Blue bin Trash Vendor
 LDPE	Food storage containers, trash bags etc. Dry cleaning-, shopping- and produce bags	Trash Vendor
 PP	Soup and deli containers, medicine bottles, flower pots, bottle caps & lids, stadium beverage cups	Blue bin
 PS Polystyrene	(hard) CD cases, cups, plates, cafeteria trays, plastic utensils, multipack nursery trays (Styrofoam®) cups, plates, meat trays, clamshells, etc.	Trash Trash
 OTHER	Food containers and bottles, flower pots Tupperware®, other	Blue bin Trash
No Code	Other	Blue bin

#### Other pointers:

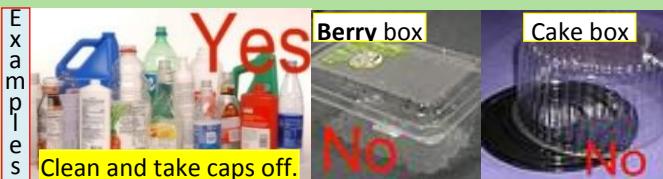
- ✓ Rinse bottles and cans to keep insects away and to reduce odors.
- ✓ Remove lids and bottle tops; they go also in blue bin
- ✓ If in doubt place in blue bin.
- ✓ Plastic containers of any type that contained hazardous materials cannot be recycled.
- ✓ Go visit Montgomery Co recycling center and see how your effort in sorting out and cleaning your recyclables will help the people working there.
- ✓ Recycling technology is changing. Check county information for updates.

### What to do with common household plastics?

	Code	Reuse	R2V	Blue bin	Trash
Bags (with paper label or price sticker)	any	✓			✓
Bags (dry cleaner)	#4	✓	✓		
Bags (grocery)	#1	✓	✓		
Bags (heavy, colored)	#2	✓			✓
Bags (small, lunch)	#1	✓			✓
Bags (newspaper)	#4	✓	✓		
Bags (ziplock)	#4	✓			✓
Bags (frozen food)	#4	✓			✓
Bottles (narrow neck, water, soft drink)	#1	✓		✓	
Bottles (other beverages)	#3	✓		✓	
Bottles (water, detergent, shampoo)	#2	✓		✓	
Bottles (prescription medicine etc.)	#5	✓		✓	
Plastic bottle caps/screw-on tops, Bottle- or can wraps (six-packs etc.)	Var. #4			✓	✓
Bubble wrap (packaging)	#4	✓	✓		✓
Containers (food, styrofoam clamshell)	#5	✓			✓
Containers (food, deli)	#5	✓		✓	
Containers (yogurt, cream-cheese etc.)	#5	✓		✓	
Containers (clamshell; berry containers)	#1, 6	✓			✓
Containers (pails/buckets for pet food, litter, etc.; < 5 gallons)	#2	✓		✓	
Food box liners (cereal etc.)	#2	✓			✓
Food wraps (clean)	#4	✓			✓
Jars (peanut butter, jelly)	#1	✓		✓	
Laundry detergent tubs	#2	✓		✓	
Lids (dairy containers, coffee tins)	Var.	✓		✓	
Mesh (garlic, onions, potatoes)	Var.				✓
Milk jugs (plastic)	#2	✓		✓	
Nursery /flower pots (small single)	#6,7	✓	✓		
Nursery /flower trays (multipack)	#6	✓	✓		✓
Nursery flower pots (large or medium)	#1,5	✓	✓	✓	
Pails, buckets (litter, ice-cream etc.)	Var.	✓		✓	
Soda cups (large, in fast-food restaurants.)	#5	✓		✓	
Styrofoam (any)	#6	✓			✓
Styrofoam packing peanuts	#6	✓	✓		✓

**Code** = resin code printed on most plastics; **Var.** = various numbers  
**R2V** = return to vendor (grocery shop etc.)

**BYOB** Bring your own bag. To reduce wasting plastic bags, bring your own bag or box, and ask your vendor not to use plastic bags. Permanent bags (made from cloth or recycled plastic) are available from most vendors.



**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 July 8 and August 5.

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