



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

June 2009 CALENDAR

May 31 Sun	2-5 pm	Bring Your Own recyclable Bag to Old Firehouse, MacArthur Blvd
June 3 Wed	7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
June 11 Th	11:30 am	Men's lunch at Normandie Farm
June 12 Fri	6-9 pm	Ladies Tennis Social: Food, drinks, prizes, great tennis!
June 18 Th	noon	Women of Carderock lunch
July 1 Wed	7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
July 4 Sat	10:30 am	July 4 Celebration Pool Opens Tennis Social Pool Games BBQ dinner (you bring food, club provides beverages)
	1 - 4 pm	
	4 pm	
	6:30-9:30 pm	



Forms in this issue (and also online at CarderockClub.org) :
 Tennis sign-up
 Summer Fun Attendance

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

~~~~~ July newsletter to be distributed weekend of July 11 ~~~~~

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Note From the Manager

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While school is in session, pool hours are as follows.

- 3:30 to 8:30      Monday thru Friday
- 10:30 to 10:00      Saturday. New Saturday float night with floats of reasonable size allowed from 7 to 9 pm
- 10:30 to 8:30      Sunday



When school is out of session and we go to the Summer schedule, the pool hours will be.

- 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

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

Larry Ondrejko, Club Manager



**TENNIS**

Ladies Tennis Social!

Friday, June 12, 6-9 pm

Food, Drinks, Prizes and Great Tennis!

Junior Team matches begin Thursday June 25, with practice beginning week of June 22.

|            |                                                  |
|------------|--------------------------------------------------|
| June 25    | Carderock vs Potomac (Boys Home, Girls Away)     |
| July 2     | Carderock vs River Falls (Boys Away, Girls Home) |
| July 9     | Carderock vs Avenel (Boys Home, Girls Away)      |
| July 16    | Playoffs                                         |
| July 22-24 | Individual Tournaments                           |

- Classes and clinic schedule in this issue.
- Parents: here's your opportunity to be more involved during junior team match days. Every Thursday 2 rotating parents will bring some snacks and drinks. Call or email regarding what days are good for you.
- 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!

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

it's barely June and already we've got on the Calendar:

## **July 4 Celebration**

### **Saturday 7/4**



**1-4 pm Tennis Social**

**4 pm Pool games Saturday 7/4**

**6:30-9:30 pm BBQ dinner. We provide the evening's grills, beer, wine and soda. You bring the food.**

**Check the website [CarderockClub.org](http://CarderockClub.org) for updates.**

### **SWIM AND DIVE TEAM**

After-School Swim Practices (May 26th until June 17th)

4:00 to 4:45 p.m. for all swimmers 8 and under

4:45 to 5:30 p.m. for all swimmers 9 - 12

5.30 to 6.15 p.m. for all swimmers 13 - 18

Dive team practices start June 8<sup>th</sup>

### **SUMMER FUN 2009**

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

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

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

Where: Carderock Springs Swim Club

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

Teens receive Student Service Learning hours by applying to be a camp counselor. For further questions, call Bonnie Phelan (301) 469-8895 or email [bonnie\\_phelan@hotmail.com](mailto:bonnie_phelan@hotmail.com) with "Summer Fun" in your email subject.

## 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)<br>Sign-up for 2 weeks or more<br>Sign-up for one week<br>One Day Drop-In (3hrs)  | \$1220<br>\$180/wk<br>\$240/wk<br>\$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)<br>Sign-up for 2 weeks or more<br>Sign-up for one week<br>One Day Drop-In (2hrs)   | \$640<br>\$96/wk<br>\$128/wk<br>\$36/day   |
| <b><u>Up and Comers</u></b>       | M-F 3-4pm               | 6/22- 8/14   | Full 8 weeks (40 hrs)<br>Sign-up for 2 weeks or more<br>Sign-up for one week<br>One Day Drop-In          | \$400<br>\$60/wk<br>\$75/wk<br>\$18/day    |
| <b><u>Tiny-Tots</u></b>           | M-F 4-445               | 6/22- 8/14   | Full 8 weeks (30 hrs)<br>Sign-up for 2 weeks or more<br>Sign-up for one week<br>One Day Drop-In (.75 hr) | \$300<br>\$45/wk<br>\$60/wk<br>\$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**  
**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<br>C Team; Tu 5-7p | TBA             | 4 players or less \$25<br>5 players or more \$20 |
| <b><u>Cardio Tennis</u></b>        | M 5-6pm                              | 4/6 - 5/30      | **check member rates for cost**                  |
| <b><u>After Work, Workout</u></b>  | W 7-8pm                              | 4/6 - 5/30      | **check member rates for cost**                  |
| <b><u>3 and Pro</u></b>            | Call to Schedule                     | 4/6- 5/30       | **check member rates for cost**                  |

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



UNITE AGAIN

Remember The Scrap Metal Challenge???

***This Time: REDUCE PLASTIC***

### BYOB Kick-Off Celebration

May 31, Sunday, 2- 5 pm

- Bring the whole family to Bring Your Own Bag for educational fun, food, and community spirit! Get your custom-designed unique reusable shopping tote made in the USA from recycled plastic bottles with your donation of \$3 -- say "NO" to plastic. Recycle Man duels Plastic Man - see who wins! Event held rain or shine, meet in the parking lot of the old firehouse building, MacArthur Blvd & 7 Locks Road.

Why: We must change our shopping habits to reduce plastic consumption. The average plastic bag is used for 12 minutes yet remains in our environment practically forever, impacting marine life and entering our food chain -- as evidenced by the enormous, growing plastic 'garbage patches' in the oceans. Plastics are increasing their presence in our own watersheds. Over 350 lbs of plastic bags and trash were collected in 3 recent cleanups in Minnehaha Creek along Goldsboro Road.

### Upcoming Events:

- June 7, noon to 4 pm. satellite electronics pick-up at BCC High School . Recycle your old TVs and outdated electronics. Last year, we collected almost 100,000 pounds of e-waste at Walt Whitman. Let's do even better this time. Volunteers will pass out free Honest Tea. All you need to do is gather up your stuff and drop on by. You don't even have to get out of your car.
- June 13 satellite toxic/hazardous waste pick-up at Westland MS
- June 13, 9 to noon. Grateful Shred, Clara Barton Community Center. Shredding party to avoid fraud or identity theft—and clean out your files *securely*. Like last year, ALL-SHRED, a noted firm in Frederick, MD, is providing a mobile shredding truck. Inside the truck is a cross-cut shredder that cuts your pages—while you watch--into tiny paper chips, which are then baled and sent to paper plants for recycling. (Or, if you wish, you may drop off material to shred, starting at 8 am.) Requested donation (voluntary): \$5 per box of paper (a one-cubic-foot storage box or the equivalent). Paper bags are OK containers. The following can be shredded along with office paper: staples, paper clips, rubber bands, folders, binder clips, hanging folders (even with metal strips), and labels. But not newspapers, 3-ring binders, cardboard, heavy plastic, heavy metals, boxes, trash, floppy disks, or CDs. All proceeds go to support activities at the Clara Barton Community Center, which is a facility of the Montgomery County Department of Recreation.
- June (various dates TBD) opportunities to purchase The Green Neighbors custom reusable shopping totes (you may also contact Martha Donnelly or Diane Karlik directly)

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## Green Neighbors, cont., and Neighborhood Social Groups, Art Exhibit

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- June (various dates) 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

### Large, bulk trash pick-ups:

Normal trash pick-up is for general household trash. If you have something larger and would like a special pick-up, phone the Div. of Solid Waste at **240 777 6410** by 11 am the day before your normal pick-up day (for Carderock, by 11 am Monday morning). This is the same phone number for large metal items that cannot be placed in the large blue covered bin at the Bethesda Co-Op.

Whether you are simplifying, re-decorating, or just cleaning out your home or garage, consider those items which can be used by others. Donate these items, freecycle them (via CS-Chat or join the BCC freecycle network), or go to the website [montgomerycountymd.gov/solidwaste](http://montgomerycountymd.gov/solidwaste) for other ideas. It help others and it prevents usable goods from being destroyed and added to the landfill.

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.

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

**June 11, Thursday noon**

The next Carderock Senior Men's lunch will be on June 11 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.

### **WOMEN OF CARDEROCK**

**June 18, Thursday noon**

The June meeting of the WOC will be on Thursday, the 18th from noon to 2:00pm at the home of Ann Doyle, 8029 Fenway Rd. Please RSVP to Ann at 301-365-0229, bring your lunch and enjoy the group. Newcomers are always welcome.

### **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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## Exercise Classes, Art/Music Classes/Camps

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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 .

**SUMMER MUSIC CAMP 2009:** 6/15 registration deadline is approaching! The Episcopal Church of the Redeemer, Bethesda, Maryland, off MacArthur Blvd near Glen Echo, is pleased to announce its fourth annual Summer Music Camp, **Monday, July 13, through Friday, July 17, 2009, 10 - 2:30 p.m. daily.** The camp, designed for children and youth ages 7-15 (*campers must have completed first grade*), will be staffed by three professional musical educators. Tuition for the week is \$325. Camp highlights include: use of portions of the Orff and Dalcroze methodologies, study of rhythm through motion, study of basic vocal production and solfege, introduction to reading musical notation, session on the relationship between Math and Music, and more. Contact Tom Smith, Director of Music:, 301.229.3770 or music.redeemer@verizon.net. Also see [www.redeemberbethesda.org](http://www.redeemberbethesda.org)



**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).



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## Wanted

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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!"

## RECOMMENDED

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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## House Cleaning Services Available

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### HOUSE CLEANING SERVICES AVAILABLE

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

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## Services Available

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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

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

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

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

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

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](mailto: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](mailto: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](mailto: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](mailto: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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## Services Available, cont., and For Rent

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### SERVICES AVAILABLE

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

♪ 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](http://carderocklawncare.tk)



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

### FOR RENT

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

Nicely furnished & carpeted apartment in Carderock: bedroom, full bathroom, and living room with FIOS-TV, small refrigerator and microwave. Big windows, private entry, free parking, shared laundry. For woman or couple. Need local references. \$850/mo. + deposit. E-mail [sopho1@verizon.net](mailto:sopho1@verizon.net) or call 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.

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For Rent, cont.

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Rehoboth Beach House Rental with Swimming Pool. A 3 year old townhouse, 5 bedrooms, 4-1/2 baths, fully furnished, 3 blocks to beach, 2 miles to major shopping outlets, 2 ½ hrs from DC. 2 master & 4 additional twin beds make it ideal for up to 10 people (families only please). 2 decks, garage and 2 additional parking places. Amenities: fully equipped kitchen, central air, microwave, washer-dryer, cable TV and DVD. No pets or smoking please. Avail June 14-19; June 27-July 18; and Aug 29+. \$1800/week. Contact [art@yogaplus.com](mailto:art@yogaplus.com), 301-365-6237 for pictures and more information.

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

Myrtle Beach Golf Resort & Beach: Fully furnished 3-bdrm villa with amenities sleeps six and has two full bathrooms. 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<br>(CSSC)            | <a href="http://www.CarderockClub.org">www.CarderockClub.org</a>       | New! Coming 2009                                                     |
| NEIGHBORHOOD CITIZENS' ASSOC.<br>(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 255 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**



**REGISTRATION FORM 2009 SUMMER FUN PROGRAM**

**KIDS**

**REQUIREMENTS:**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\_\_\_\_\_  
**Date**

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

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

## **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 June 3. The July meeting is July 1.



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