



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

## March 2009 CALENDAR

Mar 1			Annual club membership DUES are due March 1 (avoid late fee!)
Mar 1	Sun	4 pm	Solar Hot Water Heater presentation @ Cabin John Comm. Ctr
Mar 2	Mon	7 pm	Special Safety Info Meeting at Clubhouse (due to car break-ins)
Mar 4	Wed	7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
Mar 12	Th	11:30 am	Men's lunch at Normandie Farm
Mar 16	Mon	7 pm	Reverse Mortgage Seminar for Seniors to Age In Place (at Club)
Mar 19	Th	noon	Women of Carderock lunch
Mar 20	Fri	6:30 - 9 pm	Kid & Parent Dance Party/Potluck at the Clubhouse

### Looking ahead - Save the Dates!

Apr 19	Sun	6:30 pm	Women's WMI Potluck Dinner at the Clubhouse
Apr 26	Sun	7 pm	Cit Assoc <u>Annual</u> meeting at the Clubhouse

Forms in this issue (and also online at [CarderockClub.org](http://CarderockClub.org)) :

- Tennis sign-up
- Summer Fun Attendance
- Summer Fun ..working..
- Club Employment

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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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## Tennis and Farewell

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### TENNIS

The 2009 tennis season is approaching quickly and Carderock has been awarded a new Ladies Tennis Team! The team will compete at the "C" division level, which is a beginner to intermediate level. We were awarded this team due to the fact that our former "C" team won their division and advanced to the "B" level. Tennis players are needed, but match experience is not required.

The tennis lesson schedule for the upcoming Junior Spring, Junior Summer and Adult Spring seasons and registration form are posted on the website ([www.carderockclub.org](http://www.carderockclub.org)) and are also in this issue.

A 10% discount to Juniors for early enrollment - Juniors need to enroll for Spring by March 1st and for Summer by May 1<sup>st</sup>. Also remember you can schedule private and group lessons by contacting the Tennis Pro via email or at 301-365-1541.

We look forward to seeing everyone on the courts this season!

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

### FAREWELL

Thelma Jablon of Persimmon Tree Road died of metabolic encephalopathy on January 16, 2009. She was born on August 24, 1919 in the Bronx, New York. As part of the World War I baby boomer generation she entered the public school system when it was very crowded so she was able to skip many classes and graduate at age 14. She then graduated from Hunter College at age 18, majoring in music and found jobs first as a bacteriologist and then as an elementary school teacher. Ms. Jablon lived in Japan a significant amount of time while her husband Seymour studied the long term health effects of radiation on Hiroshima and Nagasaki survivors. While in Japan, Ms. Jablon became a teacher at the International School and a connoisseur of Japanese art. Upon returning to the U.S. she continued her teaching and became a reading specialist. Her hobbies included piano, chorus, weaving and tennis. She is survived by her husband Seymour and their two children, Carol Zuckerman of Boston, MA and Judy Jablon of Bethesda, MD. Carderock sends condolences to the entire family.

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## Kids

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### KIDS - DANCE PARTY at the Clubhouse!

Mar 20, Fri 6:30 -9 pm

Who: Elementary Age Carderock Kids. Grades K-5 suggested.

Entertainment: DJ and light show of CSES Book Fair fame

Drinks: Club will provide drinks for kids and their parents.

Food: Pot Luck - Please bring a dish to share.

When: Friday, March 20th; 6:30 to 9:00 pm



Parents please bring your dancing shoes; this is not a drop off event.  
Get out on the dance floor and show your kids how it's done!

### SUMMER FUN 2009

Enrollment is now open for Summer Fun!

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.

This is also an opportunity for your teen to receive Student Service Learning hours by becoming a camp counselor.

You can find forms for kids and teens in the back of this issue and at [www.carderockclub.org](http://www.carderockclub.org)  
For further questions, call Bonnie Phelan (301) 469-8895 or email at [bonnie\\_phelan@hotmail.com](mailto:bonnie_phelan@hotmail.com)

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## Club Membership and Neighborhood Social Groups/ Events

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Thank you! Thank you! to those who have paid dues or notified me of your inactive status. Membership renewals were due March 1. If you have recently purchased a "Bennett" home in Carderock, a \$1000 activation fee, in addition to your annual dues, must be paid. I will be sending out "invitations to join" to those on our waiting list on March 16, so if you do still plan on joining send your dues along with the late fee before that date.

Dues for the 2009/10 season: Senior \$590, Sustaining 1 and 2 \$695, Annual \$840  
Make checks payable to CSSC. And don't forget to include the \$75 late fee after March 1.  
See you this summer! Meris Sparrow, Club Membership Secretary 301-767-9472,  
Carderockclubmembership1@verizon.net

### **REVERSE MORTGAGE SEMINAR**

**Mar 16, Monday 7 pm**

Is a Reverse Mortgage or Reverse Purchase Right for You? Learn how a "Reverse Mortgage" can get you the money you need to help you stay in your home - or to buy a new home—*without a monthly payment for as long as you live in the home*. These options might help a senior to "age in place." Make the most of your retirement! Seminar is at the clubhouse, March 16, 7 pm. Sponsored by Mary Lou Shannon, presented by Ronald Boone, Prosperity Mortgage. RSVP to Mary Lou at: ML@MaryLouShannon.com or 301-365-0472

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

**Mar 12, Thursday noon**

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

### **WOMEN OF CARDEROCK**

**Mar 19, Thursday noon**

The next meeting of the Women of Carderock is noon Thursday, March 19, at the home of Pat Encarnacion, 7507 Hamilton Spring Rd. Bring your lunch and RSVP to Pat at 301 767 0263.

### **WOMEN'S POTLUCK DINNER**

**April 19, Sunday 6.30 PM**

#### **TO SUPPORT THE WOMEN'S MICROFINANCE INITIATIVE**

SAVE THE DATE! Come see how the women of Buyobo, Uganda are doing running their businesses and improving their lives with WMI loans. Pictures/videos from WMI's January visit to Uganda will let you see the families and faces of the people whom your generosity has helped. In just over a year since the WMI loan program began, with huge support from the Carderock community, the lives of borrowers in Buyobo have been transformed. Join us for some good food, good company and a fun evening (featuring a small crafts bazaar) for a good cause. For more info: rgnietert@aol.com or staudaher@verizon.net

## **Carderock Springs Citizens' Association (CSCA) Nominating Committee seeking to fill vacancies**

Volunteer opportunities to join the board, Raise Your Hand!

Anyone interested in serving on the CSCA should contact a member of the nominating committee. Eric Caplan, treasurer, Noelle Lewis, member at large and Greg Holloway, member at large are stepping down. Nominating Committee contact information is listed below. If you would like to serve, please contact a member of the nominating committee by March 15:

Christine Uzzell, [chris\\_uzzell@verizon.net](mailto:chris_uzzell@verizon.net) 301-365-8106  
Greg Holloway, [myronmarie@aol.com](mailto:myronmarie@aol.com) 301-469-5486  
Eric Caplan, [caplane@gmail.com](mailto:caplane@gmail.com) 301-365-0264



**Special Safety Info Meeting at Clubhouse    March 2, Monday 7 pm**  
(due to car break-ins)

**Annual Citizen Association Meeting                      April 26, Sunday 7 pm**  
On April 26, 2009 at 7 pm at the Clubhouse, the CSCA will hold its annual meeting. This important meeting will include the election of next year's Board and discuss other important issues of interest to the community. We hope to see you all there!

### **CSCA Directory Update**

We have circulated to everyone who has expressed interest an electronic version of the CSCA Directory. If you haven't seen the directory and would like to check your email id in it, contact [jamanner@gmail.com](mailto:jamanner@gmail.com). We would like to thank everyone who sent in edits and updates to ensure its accuracy and its usefulness. The Directory is now being finalized and will be printed and distributed to the community in a hard copy as well. Look for your directory in your mailbox in the near future.

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Green Neighbors

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**Opportunity to go SOLAR!** Sun, **March 1 @ 4 pm**, **CJ Gardens Community Center, 8 1/2 Webb Rd**  
**Solar companies to speak in Cabin John about solar hot water heater volume discount:**

The economic recession will not go on forever, but the need for us to collectively reduce our carbon footprints and invest in renewable energies will. Solar Energy Services, a leading Maryland specialist in solar hot water systems and Capital Sun, a CJ-based general solar energy specialist, are both offering generous volume discounts for residents of CJ, Carderock, Bannockburn, & Glen Echo in Spring 2009.

A solar water system will provide at least 70% of all your hot water needs and pay for itself in 5 - 7 years. In addition, state grants, federal subsidies and county property tax deductions mean that you may pay as little as half the cost of installing a solar hot water system and space heating. Plus many solar energy experts advise that it is wise to start with installing solar hot water systems that can reduce your electricity needs by a third or more, and revisit what your monthly electricity needs are after that.

See previous club newsletters (CarderockClub.org) for details: **Bring Your Own Bag (BYOB)** continues, **Scrap Metal recycling** continues. **Plastic recycling** guidelines in Jan. 2009 newsletter. Also see [flickr.com/photos/mcrecycles](http://flickr.com/photos/mcrecycles) for photos to ID exactly which plastics are recyclable and which are not. Also see [montgomerycountymd.gov](http://montgomerycountymd.gov) for the solid waste division's index on "How to recycle/dispose of.....".

RECYCLE IN BLUE BIN @CURB	RECYCLE ELSEWHERE	TRASH
#1 and #6 plastic beverage		#1 and #6 non-beverage plastic
		styrofoam
Prescription plastic medicine bottles and caps		#1 plastic OTC vitamin bottles, Caps from milk and water bottles
Plastic containers & lids fr dairy (yogurt, margarine), deli, PB, mayo, detergent, pet food, kitty litter		
Gift wrap goes in Paper Recycle		Paper napkins, kleenex
Metal cans		Waxy juice/milk cartons
Metal lids of metal cans if used can opener (just bend top and wedge inside can)	Scrap metal: Metal lids of jars if screwed off (recycle at Coop)	
	CFL bulbs & fluorescent tubes: recycle at Shady Grove Solid Waste station or Mom's Organic Mkt in Rville or Home Depot	

**More ideas!**

- Reuse Clamshell containers: donate to CSA, freecycle to organize hobbies, plant garden seeds.
- Shady Grove Waste Depot has Free composting bins: flexible, plastic sheets w/ holes for plants.
- Habitat for Humanity Resale store, near Kings Farm, Rville: new & gently used construction items

## Adult Tennis Program - SPRING 2009



### **Players must register at least one day before class is held!**

#### **Ladies Team Practice:**

Exclusively for members who are on the club tennis team. Team practice will include live ball drills, doubles strategy, and overall play to help improve performance in matches. Each practice will include a 15 minute warm-up, 45 minute specialized live ball drilling, and an hour of match play.

**\*\*Players must sign up at least one day in advance for class to be held. Register by email or phone\*\***

#### **Cardio Tennis:**

Get your workout in for the day while playing the game you love. Clinic will be fast paced and fun. It will include a series of drills designed to get your heart pumping, while improving your tennis game at the same time!

**\*\*Players must sign up at least one day in advance for class to be held. Register by email or phone\*\***

#### **After Work, Workout (Advanced Intermediate/ Advanced):**

Clinic designed for the working player. Clinics will include fast paced drilling for first 30 minutes, followed by doubles for 30 minutes. Excellent class for advanced players to receive a workout, as well as receive solid competition.

**\*\*Players must sign up at least one day in advance for class to be held. Register by email or phone\*\***

#### **3 and a Pro:**

A group lesson set up by members. Duration can be from one hour to two hours depending on members preference.

<b>Programs</b>	<b>Days &amp; Times</b>	<b>Semester</b>	<b>Cost</b>
<b><u>Ladies Team Practice</u></b>	Th & F 9-11am	TBA	4 players or less \$25 5 players or more \$20
<b><u>Cardio Tennis</u></b>	M 7-8pm	4/6 - 5/30	<b>**check member rates for cost**</b>
<b><u>After Work, Workout</u></b>	W 7-8pm	4/6 - 5/30	<b>**check member rates for cost**</b>
<b><u>3 and Pro</u></b>	Call to Schedule	4/6- 5/30	<b>**check member rates for cost**</b>

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



## Junior Tennis Program SPRING 2009



I am very excited to announce the following junior programs for the Spring Session here at Carderock Springs. As a tennis professional I have worked extensively with juniors of all levels and age groups, which range from beginners to national and collegiate players. I am confident that the junior programs listed below will not only increase each player's skill level, but also their confidence and fitness levels.

### Tournament Training (Advanced Clinic):

This clinic is designed for the tournament player. Each clinic will include a warm-up, specialized drilling (live-ball), match play, and intense fitness. My method of conducting the Tournament Training Program has led to many juniors becoming highly ranked in both the section and the nation. Juniors must be actively participating in Mid-Atlantic Tournaments in order to join.

### Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players whose goal is to become a tournament player, or a more serious player. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

### Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

### Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

<b>Programs</b>	<b>Days &amp; Times</b>	<b>Dates</b>	<b>Semester</b>	<b>Cost</b>
<b><u>Tournament Training</u></b>	M & W 330- 530pm	4/6- 5/30	Full 8 weeks(3 days/wk)(48hrs)	\$575
	Sat 11-1pm		Full 8 weeks(2 days/wk)(32hrs)	\$475
			Full 8 weeks( 1day/wk) (16hrs)	\$300
			Drop-In (2hrs)	\$44
<b><u>Players on the Rise</u></b>	M,W 530-7pm	4/6 - 5/29	Full 8 weeks (2 days/wk) (24hrs)	\$288
			Full 8 weeks ( 1 day/wk) (12hrs)	\$180
			Drop-In (1.5hrs)	\$33
<b><u>Up and Comers</u></b>	F 4-5pm Sat 10-11am	4/10- 5/30	Full 8 weeks (2 days/wk) (16hrs)	\$192
			Full 8 weeks (1 day/wk) (8hrs)	\$120
			Drop-In (1hr)	\$22
<b><u>Tiny-Tots</u></b>	F 5-545pm Sat 1-145pm	4/10- 5/30	Full 8 weeks (2 days/wk) (12hrs)	\$144
			Full 8 weeks (1 day/wk) (6hrs)	\$90
			Drop-In (.75hr)	\$17

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

Make-ups for missed classes can be done on any day a clinic is scheduled.

Make-ups for inclement weather can be done by attending another day's class. If signed up for full semester then make-ups will be available the week of 6/1-6/6.



## Junior Tennis Program SUMMER 2009

### Tournament Training (Advanced Clinic):

This clinic is designed for the tournament player. Each clinic will include a warm-up, specialized drilling (live-ball), match play, and intense fitness. My method of conducting the Tournament Training Program has led to many juniors becoming highly ranked in both the section and the nation. Juniors must be actively participating in Mid-Atlantic Tournaments in order to join.

### Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players whose goal is to become a tournament player, or a more serious player. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

### Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

### Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

<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.

# 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

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## Art & Movement & Other Classes/Instruction

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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** - offered by Carderock resident Maggie Wong.

- Tuesdays (Yoga with Weights) 9:00 to 10:30 am
- Wednesdays (Heathy Back) 7:00 to 7:45 pm.
- Thursdays (Yoga and Weights) 9:00 to 10:30 am.

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

### **KIDS AND TEENS CLASSES at the Clubhouse**

- HIP HOP DANCE Monday 4:30 - 5:30 PM (Ongoing, \$15 per class, ages 7 to teen)
- KID YOGA Wednesday 4:30 - 5:30 PM (Ongoing, ages 6-10, \$15/class)
- TEEN YOGA Thursday 5-6 PM (Ongoing, ages 11 to 17)

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

About Teen Yoga. These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. The stretching is especially good for athletes: soccer, lacrosse, etc. The objective is to make young people aware of the importance of a healthy lifestyle, including diet, exercise, rest and coping with the challenges life -- learning for a lifetime of good health. Taught by Maggie Wong. Call or email Maggie Wong at 301-365-2424, [maggie@yogaplus.com](mailto:maggie@yogaplus.com), [www.yogaplus.com](http://www.yogaplus.com).

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

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

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

Max class size 8 students. Email [artkngel6@yahoo.com](mailto:artkngel6@yahoo.com) or call Enieda at 202-215-4907.

### **FITNESS & NUTRITION, FUN & LEARNING FOR AGES 4-8 AND 9-12**

After school program emphasizing Fitness & Nutrition, Fun & Learning for ages 4-8 and 9-12.

- 4:00-5:45 pm weekdays

Offered at the home of Liz & Randy Anderson on Kachina Lane. For details call Randy at 301.365.9132 and/or go to Something for Everyone: [www.somethingforall.com](http://www.somethingforall.com)

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## Services Available

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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.

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 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 on weekends in the Carderock neighborhood. Red Cross Certified Babysitter, Whitman High School freshman, Carderock resident. Local references upon request. Please contact Adrienne Remijan at 301 365-1725 or [a.remijan1@gmail.com](mailto:a.remijan1@gmail.com)

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

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



♪ Shovel, rake, mow. We do grass, leaves, and snow. ♪  
Whitman High School students Michael Mandler, Christian LoBuglio and Dmitri Schill have a small start-up company: Carderock Clippers. Support local entrepreneurs!

[CarderockClippers@gmail.com](mailto:CarderockClippers@gmail.com), 301-807-9943 or [carderocklawncare.tk](http://carderocklawncare.tk) ( ← new website! )

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

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

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## Recommended

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Excellent tax accountant/CPA/financial advisor. Peter Levine has a proven track record with friends, family and me for 10+ years. Very knowledgeable financial planner with latest info; superb tax accountant; works with you. To top it off, his rates are reasonable. Peter can be reached at 301-598-7705. Highly recommended by Jane 469-0750.

Recommendations for reliable contractors from Linda Engel, lindaengel@verizon.net :

- Roman Lerka - Contractor - home improvements/additions. He's superb. We got his name years ago from the Carderock newsletter and he has since done much work for us and others we recommended him to. He's reasonable, dependable, extremely competent, and highly reliable. (240) 461-6544
- Nick's Custom Cabinets - College Park - Nick has crafted built-ins and furniture for us. He is an artist/artisan and is speedy and reliable. Can't say enough good things about him. (301) 220-1538
- Framing - Frames by Rebecca. Silver Spring, Expert, professional who serves top art galleries in DC. (301) 588-8588
- Universal Floors, DC. 202.537.8900
- Marble & granite - Marblex, Fairfax, VA (703) 698-5596 [www.marblexinc.com](http://www.marblexinc.com)
- Windows - Tony's Services (301) 384-1822
- Art Appraiser - Lee Eagle - (301) 365-1510

Small, personal Siew's Family Daycare in Cabin John has full-time and part-time openings. 6511 Seven Locks Rd, alaskathedog@yahoo.com. Licensed by MD State Dept of Education since Jan 1991, CPR and First Aid certified. Recommended by Sharon and Eric Nothman. Often when I pick up our preschoolers they plead with me to spend just a few more minutes and are eager to show me what they've done that day indoors (puzzles, coloring, crafts, computer, toys) and outdoors on a huge covered deck shielded from sun and rain (bike/vehicle riding, sidewalk chalk, sweeping). Extras: great cooking, a koi pond, a vegetable garden, and their gentle dog Alaska Siew (pronounced Sue) has been dubbed the 'Baby Whisperer' because of her amazing calming effect on babies.

Young Guatemalan will help with any and all *spring cleaning* chores, incl. raking, mulching, sawing, pruning, mowing, fertilizing, transplanting, garage cleaning and any kind of heavy work, on a reasonable hourly basis. Recommended by Ray 301-469-0192.

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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## Free and Wanted

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### FREE

Small Children's Climber Set. Brightly colored Little Tikes Climber made of heavy-duty plastic, designed for toddlers and preschool age kids. 42" x 42", 48" tall with a little slide. We've always kept it outside, but could be used inside in a playroom. Contact Sara at sarabhatia@aol.com or 301-263-9403.

Original Carderock globe hall light fixture - yours free. Also giving away refrigerator - not new but runs perfectly. Great for extra storage. Call Muriel Ebitz 301-365-7756.

### WANTED

Carderock Springs Dive Team is seeking a Head & Assistant Coach for the 2009 MCDL summer season. Should have competitive diving experience and an interest in teaching and coaching young divers with a focus on fun and safety. CPR Certification required, salary negotiable. Life saving and MCDL Coaching Clinic certification a plus. MCDL Coaching Certification can be obtained prior to start of 2009 season. Interested applicants should send resumes to: LPTBARTON@juno.com  
For more information call Theresa/Paul Barton 301-365-1491.

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 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 or call (301) 320-8247

Single, professional woman who travels 1/3 to 1/2 of the time looking for shared space in home. Prefer basement apartment with separate entrance. Do not smoke, have no pets, will pay rent on time---very quiet when home. Contact fran.aceguide@gmail.com, Home phone 301-897-0383, Cell 301-442-0345

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

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## For Sale, For Rent, and House Cleaning Services Available

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### FOR SALE

MOVING SALE, March 14, 10:00 am - 2:00 pm., 8105 Fenway Rd. Ping pong table with paddles, furniture, housewares etc including book shelves, 4 drawer chest, Brown Jordan outdoor table and chairs, night table, wood TV tables, glass top outdoor server, white cabinet with doors and open shelves. stainless steel trays, glasswear, etc. Call Muriel Ebitz, 301-365-7756 for further information.

### FOR RENT

Beach Rental: We would like to rent out our almost new townhouse at Rehoboth Beach, Delaware this Memorial Day, Spring weekends and summer weeks. It is three years old, has five bedrooms and 4 1/2 baths, plus a swimming pool and parking for three cars. The area has three state parks, three large outlet malls and several children's playlands. It is ideal for an extended family. For photos and more information please email [Art@yogaplus.com](mailto:Art@yogaplus.com).

### 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.

## CLUB BOARD OF DIRECTORS, 2008 - 2009

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Scott Spear	301 365 2643
Tennis Committee	Seung-Kyung Kim	301 365 0190
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	301 767 0214
Bldg and Long-Range Planning	Paul Barton	301 365 1491
Membership	Meris Sparrow	301 767 9473

## CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Meris Sparrow	301 767 9473	carderockclubmembership1@verizon.net
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens Association (green newsletter).

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	New! Coming 2009
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockSprings.net">www.CarderockSprings.net</a>	New! Coming 2009
Overview of CSSC & CSCA	<a href="http://www.Carderock.info">www.Carderock.info</a>	
OTHER/neighbors		CS-Chat@yahoogroups.com

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

- [www.Carderock.info](http://www.Carderock.info) is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens Association, it is not part of either of them. To join the email list of 243 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)



**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.**

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

**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 \_\_\_\_\_

**TEENS**

**CARDEROCK SPRINGS SWIMMING CLUB**

SUMMER FUN 2009

**COMMUNITY SERVICE / VOLUNTEER APPLICATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

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

TELEPHONE HOME (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_)

TELEPHONE CELL (\_\_\_\_\_) (\_\_\_\_\_) (\_\_\_\_\_)

E-MAIL \_\_\_\_\_

**PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.**

**NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)**

WEEK 1 \_\_\_\_\_ 6/22 - 6/26      WEEK 4 \_\_\_\_\_ 7/13 - 7/17

WEEK 2 \_\_\_\_\_ 6/29 - 7/03      WEEK 5 \_\_\_\_\_ 7/20 - 7/24

WEEK 3 \_\_\_\_\_ 7/06 - 7/10      WEEK 6 \_\_\_\_\_ 7/27 - 7/31

**Please list any relevant experience you have had working with children ages 5 thru 10.**

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**CARDEROCK SPRINGS SWIMMING CLUB, INC.**  
**SUMMER EMPLOYMENT APPLICATION**

**TEENS**

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

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

**TELEPHONE NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

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

**SOCIAL SECURITY NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

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

**CURRENT YEAR IN SCHOOL:**            9      10      11      12      **GRADUATE**

**PLEASE INDICATE YOUR AVAILABILTY TO WORK:**

<b>MONDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>TUESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>WEDNESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>THURSDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>FRIDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>SATURDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 10:30</b> _____
<b>SUNDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____

**Employment / Leadership / Volunteer Experience:**

\_\_\_\_\_  
\_\_\_\_\_

Please submit a short statement with your completed application explaining *why you want to work at the club and why we should hire you*. To be employed you will need a current signed work permit and all tax forms completed prior to employment.

### **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 March 4.



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