



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

May 2009

CALENDAR

May 3, Sun	1-4 pm	Swim Team sign up
May 6 Wed	7:30 pm	Architectural Review Committee monthly meeting at Clubhouse
May 13 Wed	9-3 pm	Kindergarten Orientation (Carderock Elem, temp: 7000 Radnor Road)
May 14 Th	11:30 am	Men's lunch at Normandie Farm (women invited)
May 21 Th	noon	Women of Carderock lunch
May 23		Sat Memorial Day Celebration
10:30 am		Pool Opens
4 pm		Pool Games
Evening		BBQ dinner (you bring food, club provides beverages)
May 31 tbd		Bring Your Own recyclable Bag to MacArthur Blvd

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

Note From the Manager

Welcome to Spring and the beginning countdown to the pool opening for the 2009 season. The pools are filled and the Clubhouse and grounds are being spruced up in anticipation of **OPENING DAY MAY 23** at 10:30 AM and our evening Annual Memorial Day Celebration. We have made some slight changes to the hours of operation as follows.

While school is in session, 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 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

We encourage to you to bookmark our website www.CarderockClub.org and to check regularly for updates and scheduled events. **HAVE A GREAT SPRING AND SEE YOU POOLSIDE.**

Larry Ondrejko
Club Manager

TENNIS

- 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!



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

Nitin Deodhar
Carderocktennis@verizon.net

Memorial Day Celebration

Pool games for the Memorial Day weekend. Saturday 5/23, 4 pm

Evening dinner. We provide the evening's grills, beer, wine and soda. You bring the food. Check the website CarderockClub.org for updates and specific times.

CARDEROCK SENIOR MEN'S GROUP LUNCH

May 14, Thursday noon

The next Carderock Senior Men's lunch will be on May 14 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

Questions? Contact Seth Tuttle at sltuttle2@verizon.net or at 301 365-1277.

WOMEN OF CARDEROCK

May 21, Thursday noon

The May meeting of the Women of Carderock will be on Thursday, May 21 from noon to 2pm at the home of Irene Redecke, 8212 Tomlinson Av. Please RSVP to Irene at 301-229-4469, bring your lunch and enjoy the company.

Kids

SWIM AND DIVE TEAM

It's May and the swim and dive teams are gearing up! Missed the annual sign up May 3 at the clubhouse? You need to complete the swim/dive registration form at CarderockClub.org (click Swim Team, scroll down to Registration form and print it), mark an envelope SWIM TEAM, and bring the form and payment check to the clubhouse. To order swim/dive team clothing and sign up for parental volunteer opportunities to support the Cudas, swimmers contact Cathy Houston cah699@hotmail.com, divers contact Theresa Barton lptbarton@juno.com.

Swim Tune-Up Clinic: There will not be a tune up clinic this year due to the relatively late start to the swimming meets.

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 8th

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

KINDERGARTEN ORIENTATION

Wednesday May 13, 9-3 pm

Come see what kindergarten is all about! Your child is eligible to attend kindergarten if they are 5 years old on or before 9/1/09. Carderock Elementary's temporary address is 7000 Radnor Road, Bethesda.

DANCE PARTY THANKS

Many thanks to those participating in the first ever Kid DJ Dance Party at the clubhouse - a good time was had by all! Particular thanks to photographer Maria Acosta.

Adult Tennis Program - SPRING 2009



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

Ladies Team Practice:

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

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

Cardio Tennis:

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

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

After Work, Workout (Advanced Intermediate/ Advanced):

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

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

3 and a Pro:

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

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

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



Junior Tennis Program SPRING 2009



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

Tournament Training (Advanced Clinic):

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

Players on the Rise (Intermediate Clinic):

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

Up and Comers (Beginners/Low Intermediate):

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

Tiny-Tots (Kids ages 4-7):

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

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

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

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

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

Junior Tennis Program SUMMER 2009

Tournament Training (Advanced Clinic):

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

Players on the Rise (Intermediate Clinic):

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

Up and Comers (Beginners/Low Intermediate):

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

Tiny-Tots (Kids ages 4-7):

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

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	M-F 9-12pm	6/22- 8/14	Full 8 weeks (120 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (3hrs)	\$1220 \$180/wk \$240/wk \$54/day
<u>Players on the Rise</u>	M,T,W,F 12-2pm	6/22- 8/14	Full 8 weeks (64 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (2hrs)	\$640 \$96/wk \$128/wk \$36/day
<u>Up and Comers</u>	M-F 3-4pm	6/22- 8/14	Full 8 weeks (40 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In	\$400 \$60/wk \$75/wk \$18/day
<u>Tiny-Tots</u>	M-F 4-445	6/22- 8/14	Full 8 weeks (30 hrs) Sign-up for 2 weeks or more Sign-up for one week One Day Drop-In (.75 hr)	\$300 \$45/wk \$60/wk \$15/day

Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

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

Make-ups for inclement weather can be done by attending another day's class.

If signed up for full Summer, makes will be made during Fall session.

Green Neighbors

May 31 Celebration of BYOB: Introducing our exclusive Green Neighbors reusable tote bag
Demonstrate pride and awareness with the bag that says "Carderock Springs"

BYOB Initiative (Bring Your Own Bag)

The Green Neighbors Organization has contracted with a small business that makes their own 100% recycled plastic bottle, beautiful, quality shopping bags...everything is manufactured in the United States. It is now being designed, with major support from the Carderock Springs and Cabin John Citizens' Associations, as well as from the Bethesda Co-Op and American Plant, and most businesses along MacArthur Boulevard. The company chosen had the best quality bag at the most reasonable price. Even so, the bags are quite a bit more expensive than the cheaper reusables you see at the larger stores, as those are made in China and India under dubious working conditions and with generally non-recycled, and non-recyclable materials. We endeavor to demonstrate "best practices" and that is why our bags are certainly preferable.

We are promoting the reduction in the use of plastics by residents and our local businesses. As a community we will begin to reduce the size of the plastic "garbage patches" that are growing in our oceans and negatively impact our streams, rivers and waterways and threaten our wildlife. If you have not yet seen photos of these areas twice the size of Texas, see youtube.com or search "Pacific Gyre".

As part of our efforts to do this, Tom Rojas of Cabin John has been spearheading a clean up of the creek that runs along Goldsboro Road between MacArthur and River Road. Most local businesses nearby have pledged to help in the endeavor to keep it trash-free. What was collected will be displayed at our celebration on May 31st. Tjart Schillhorn of Carderock is planning to include the Cabin John Creek that runs from Potomac through our neighborhood and through Cabin John.

May 31st, at a key location on MacArthur Boulevard to be announced at a later date, we invite the community and families to join us in highlighting our sponsoring businesses, helping us foster a closer community relationship, and enjoying our educational and fun activities for kids and adults alike.

75% of what Americans throw into the trash could actually be recycled!
Let's join in with Montgomery County Solid Waste to reduce our trash!

Metal Recycling: Councilman Roger Berliner's office has notified us that regular pick-ups of metals from the blue bin at the Co-Op will now be made, and as a direct results of our efforts and petition that many of you took the time to sign. This marks a dramatic advance in our efforts to make our county greener through small, local initiatives, and various county organizations are now looking toward us as models of local endeavors that may be duplicated across the county. We have already made several presentations highlighting last year's Metal Challenge initiated by Carderock's Martha Donnelly.



Plastics Recycling: Tjart Schillhorn and Diane Karlik are currently working on an easy-to-use manual on recycling in the hopes of answering the many questions on our minds. In the meantime, check flickr.com/people/mcrecycles for some photos/examples of what can and cannot be recycled. It can be quite confusing! Rules often change as a result of demand, machinery, or innovations.

Paper Recycling: One particular area where MC Solid Waste would like to see improvement is in the recycling of paper. Because of a contract still in effect, it now costs the county extra money because WE ARE NOT COLLECTING ENOUGH. Please use your rolling covered blue bin not only for newspapers and magazines, but also for unwanted mail, envelopes large and small (including those with clear windows or metal closures), computer paper (including staples), food containers that are not waxed, laminated or dirty (cereal and cracker boxes, but not greasy pizza boxes, although pizza tops are probably fine), catalogs, books (including hard covers), cardboard rolls from paper towels and toilet paper, and paper from your shredder. The machines separate anything like staples and clasps. It may take some extra time, but we all know how important it is to do this.

Batteries: Many people have asked about the household type (AA, AAA, C, D, etc). These go into the trash. They are not metals, and not toxic. The types that need to go to hazardous waste include rechargeables, hearing aid batteries, those with lithium and heavy metals.

Upcoming Events:

- May 5 Bethesda Farmers Market opens at the corner of Norfolk and Woodmont Avenues. Every Tuesday and Saturday from 10a - 2:30 pm. Fresh flowers, produce, and breads.
- May 31 BYOB Celebration on MacArthur Boulevard. Bring the whole family!
- June 7 satellite electronics pick-up at BCC High School (start collecting now)
- June 13 satellite toxic/hazardous waste pick-up at Westland MS (start collecting now)

Plant trees: The state of Maryland is sponsoring a program to encourage people to plant trees. They are giving \$25 off the purchase of trees priced \$50 or more at participating stores. Even if you are in a wooded lot there are some that are good for understory planting. <http://www.trees.maryland.gov>, trees: <http://www.trees.maryland.gov/pickatree.asp>
participating vendors: <http://www.trees.maryland.gov/pdfs/nurserys.pdf>
coupon: <http://www.trees.maryland.gov/pdfs/coupon.pdf>

Communications: Many thanks to the Swim Club for including this column in the newsletter. Because it is distributed monthly, many late-arriving announcements do not appear. If anyone has any idea, other than CS-Chat that is currently being used, whereby we can disseminate information please contact Diane Karlik at dianekarlik@verizon.net ... any ideas, helpful hints, or to volunteer for any of the above or other "green" initiatives would be appreciated.

Exercise Classes

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 and HEALTHY BACK CLASSES at the Clubhouse - offered by Carderock resident Maggie Wong. In light of economic realities we have lowered our prices. If you have not tried yoga before now is the time to seek out its health and stress relieving potentials.

- Tuesday (Yoga with Weights) 9:00 to 10:30 am
- Wednesday evening (Healthy Back) 7:00 to 8:00 pm.
- Thursday (Yoga and Weights) 9:00 to 10:30 am.

The Yoga fee is \$14 per class (1 ½ hrs), the drop-in fee is \$16. The healthy back fee is \$10 per class. The Spring session is in progress. Evening Yoga classes are also offered at the Potomac Methodist Church, Falls Road. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

KIDS AND TEENS YOGA AT THE CLUBHOUSE

- Kids Yoga (ages 6-10) Wednesdays 4:30 - 5:30 pm
- Teens Yoga (ages 11-17) Thursdays 5:00 - 6:00 pm

These classes employ yoga practice for flexibility, strength, posture, poise, stress relief and self awareness. The objective is to make young people aware of the importance of a healthy lifestyle, including diet, exercise, rest and coping with the challenges life -- learning for a lifetime of good health. The children who have attended these classes loved them and have benefited from them. The newly lowered fee is \$10 per class. Visit www.yogaplus.com or call/email Maggie at 301-365-2424, maggie@yogaplus.com for registration or more information.

KIDS AND TEENS HIP HOP DANCE at the Clubhouse

- Hip Hop (kids to teen) Mondays 4:30 - 5:30 pm

Hip Hop is fresh choreography, teamwork and experimenting with different performance techniques including popping, locking and gliding. The lessons help kids build confidence, flexibility, strength, coordination and rhythmic awareness. Hip hop dancers are instructed how to combine moves to come up with phrases and ultimately dances used for battling and free-styling. This is a fun and creative class. Taught by Sylvana Santoz, formerly the Holton Arms Dance Director. The newly lowered fee is \$10 per class. Visit www.yogaplus.com or call/email Maggie at 301-365-2424, maggie@yogaplus.com for registration or more information.

Art/Other Classes, and Citizens Association

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



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 is 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.com.

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

CITIZENS ASSOCIATION

Many thanks to outgoing Citizen Association board members - Jennifer Manner, Sandy Dembski, Deborah Dobson, and Eric Caplan - for their dedication in their contribution to community. Welcome to new board members who were elected at the annual CSCA meeting in late April. (The CSCA neighborhood association is not the CSSC Swim & Tennis Club!) The current CSCA board and committee members are:

President - Greg Holloway

1st Vice President - Barbara Ames

2nd Vice President - Georgia Petsche

Secretary - Gunnar Tomasson

Architectural Review Committee: Steve Kunin, Doug Soe-Lin and Scott Wilets

Treasurer - Tom Hilton

At-Large - Tony DeMarinis

@ recent college graduate looking for a job

Free, For Sale, Wanted

FREE

Wading Pool for Small Children - blue, heavy-duty plastic, great for toddlers. 80" x 50" with a little built in slide. Contact Martin at klucar@hotmail.com or 301-571-4354.

Manual (nonmotorized) portable treadmill Stamina 5003, 3 years old. Please call Lilly Stone resident between 7:00 pm - 8:00 pm at 301 365-2098.

FOR SALE

US Kids Golf Club Set, for age 7-9, includes bag, driver, 3 wood, 6 iron, 8 iron, pitching wedge, sand wedge and putter. \$150 call Dave 240-876 3609

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 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

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 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

House Cleaning Services Available

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.

Services Available

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

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. 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 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 (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

Services Available, cont. and Recommended



♪ Shovel, rake, mow. We do grass, leaves, and snow. ♪

Whitman High School students Michael Mandler, Christian LoBuglio and Dmitri Schill have a small start-up company: Carderock Clippers. Support local entrepreneurs!

CarderockClippers@gmail.com, 301-807-9943 or carderocklawncare.tk (← new website!)

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 dabruistle@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 as early as May 11. 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 are away. Please contact 7th grader Sylvia Deyo: dragonsister424@gmail.com (preferred) or 301-365-1247

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

RECOMMENDED

Is your home in need of any improvements, finishing your basement, carpentry, tiling or just minor repairs? Our handyman Miguel Perez does beautiful work at very reasonable prices. He worked on our addition and screened-in porch. Call 301 370 0157. Recommended by Carderock resident Bill Todd.

Handyman, power-washing landscaping availability by Hamilton Spring resident John Connell 540 905 5990. Recommended by Carderock resident Karen Williams.

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

For Rent

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 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

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 for availability and rates.

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 master & 4 additional twin beds make it ideal for up to 8 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. Available May 1-14; June 7-20; June 27-July 18; and Aug 22 onwards. Three day weekend off-season rate \$500; in-season weekly rate \$1800. Contact art@yogaplus.com, 301-365-6237 for pictures and more information.

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 an hour from Key West. For rates, photos and more information, email: sabinapfogle@gmail.com.

Apartment for rent near Luxembourg Gardens and Sorbonne University, Paris, France. Spacious and comfortable Left Bank apartment is filled with sunlight, overlooks historic Odeon theater and the rooftops of Paris, is tastefully furnished with antiques and artwork. Has a living room, dining room, American kitchen, large closets, and washing machine. Sleeps up to 5; the living room has a fold-out couch and the one bedroom has a queen bed. On a quiet street close to well-known restaurants and stores in St-Germain des Pres, the apartment is steps away from metro line 10 (East to West), line 4 (North to South), and near the train that goes directly to Charles de Gaulle Airport. Available by the week or month, average rate 1050 Euros/week, with some weekends available.

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

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

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens Association, it is not part of either of them. To join the email list of 253 of your neighbors to keep informed of neighborhood events and issues, send email to 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

Payment Received: Amount (_____) Date (_____) Ck # (_____)

MEMBERSHIP NUMBER _____

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm

The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse, 7:30 pm. If you are considering an addition or exterior modification of your home, bring your plans for review. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockSprings.net . The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any and every community member to attend, whether you are renovating or not. Next meeting is May 6.



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