



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

September 2009 CALENDAR

Sept 2 Wed 7:30 pm Architectural Review Committee monthly meeting at Club

Sept 5 Sat Labor Day Celebration (yes, Saturday not Monday)
 2 - 5 Tennis Social
 TBA Pool Games
 6:30 BBQ

Sept 6 Sun 6-8 pm Float Night (yes, Sunday not Saturday)
 Sept 10 Th 11:30 am Men's lunch at Normandie Farm

Sept 13 Sun Last Day in the Water
 6 pm Pool Closes for the Season
 7-8 pm Dog Swim!

Sept 15 Tues 6:15 pm Ballroom Dance classes begin - register beforehand
 Sept 17 Th noon Women of Carderock lunch

Forms in this issue: Tennis Registration

Looking ahead - save the dates!

Oct 7 Wed 7:30 pm Architectural Review Committee monthly meeting at Club
 November, TBA Annual Swim and Tennis Club Election Meeting

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

November Annual Election Meeting

The following volunteers are willing to serve on the Board of Directors of the Swim and Tennis club for calendar year 2010 -

Suzette Goldstein as President,
Mike Nannes as Vice President,
Marie Caulfield as Secretary,
Robyn Nietert as Swim/Dive Chair, and

new members:

Ed Bird as Treasurer,
Jen DeMarinis as Children/Social Activities Chair,
Ray Sobrino as Building and Long Range Planning Chair and
Alison Ewing as Membership Chair.

We still need a volunteer for the Tennis Chair.

Ray and Alison will be returning to the Board after service a few years ago. We all thank Scott Spear, Seung-kyung Kim, Caroline Barbeau, Paul Barton and Meris Sparrow for their years of service as they step down at the end of the year.

If you have a desire to stand in nomination for a position on the Board, please advise Suzette. Do not be shy, it is quite possible that one of the above volunteers would be willing to step aside.

The Club depends on volunteers, and thanks members for their willingness to serve. If there are no other volunteers, these candidates will be presented for vote at the November Annual Meeting.

This notice is issued pursuant to Article 4, Section 3 of the Constitution and By-Laws of the Carderock Springs Swimming Club, Inc.

POOL SCHEDULE September
Monday through Friday 3:30 - 8:30
Saturday and Sunday 10:30 - 8:30
See CarderockClub.org for more scheduling details.

LABOR DAY CELEBRATION

**LABOR
DAY**

Saturday Sept 5

2-5 pm Tennis Round Robin



TBA Pool Games

6:30 pm BBQ

Pool Games! Tennis Round Robin! Evening BBQ!
Bring your own food, join us to dance, party and swim.

The Club will provide sodas, beer, wine and music!

Sorry, no floats Saturday Sept 5 due to anticipated crowds.

Bring floats on Sunday, Sept 6, 6-8 pm instead.

Pool closes for the season Sunday evening, Sept 13.



DOG SWIM

Hey Dogs -

Come to the phenomenally popular dog swim
7-8 pm on Sept 13 and bring your human!



College Destinations

As new young Carderock residents enter pre-school and kindergarten this fall, we are reminded of those teens who have graduated from high school and are now off to college and other adventures. We remember meeting them in the baby pool, cheering for them in swim meets, getting their first jobs at the club, and now they are off to these destinations below.

The Carderock community gives you big Good Luck hugs with your new wings!

Doug Acker (Whitman) Colorado-Boulder
Sonia Ammu (Whitman) Maryland
Adele Carnemark (Whitman) James Madison
Paolo Encarnacion (Whitman) Maryland
Daniel Fleshner (Whitman) Michigan

Julia Graham (Holton Arms) Bowdoin
Matt Grossman (CESJDS) gap year Landmark College
Max Holtz (Whitman) Franklin and Marshall
Kristin Jehle (Whitman) Salisbury
Benjamin Laboy (Whitman) Stanford

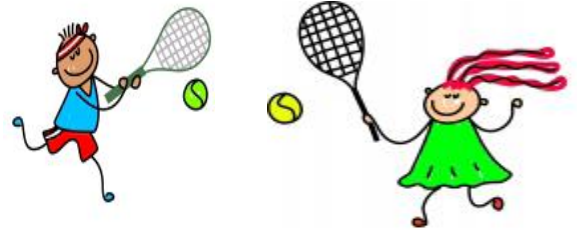
Veronica Leventhal (Whitman) NYU
Aaron Norris (Whitman) Salisbury
Marcus Oshinsky (Whitman) Johnson & Wales
Alexander Rietveld (Whitman) Montgomery College
Frederick Schott (Whitman) Tufts

Eric Shapiro (Whitman) U of Michigan
Alexandra Sobrino (Whitman) Villanova
Tori Stevenson (Whitman) Tufts
Adam Stone (Whitman) Adult Worker Program
Harriet Weaver (Whitman) Yale
Mia Williams (Whitman) Eckerd



Apologies to anyone inadvertently not on this list.

Junior Tennis Program - Fall 2009



The 2009 Fall Session will run for 10 weeks beginning August 31st. Since April 2008 attendance in the Junior Programs has doubled. Also many juniors have graduated to a higher level during this time. In addition to the extended 10 week session I am offering a 10% discount for registrations received before August 1st. I hope to see everyone on the courts!

Tournament Training (Advanced Clinic):

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>	T,Th, 330-530p Sat 11-1p	8/31-11/7	3 days/week for 10 weeks 2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$720 \$600 \$360 \$45
<u>Players on the Rise</u>	T,Th 530-7pm	8/31-11/7	2 days/week for 10 weeks 1 day /week for 10 weeks Drop-in Rate	\$450 \$270 \$35
<u>Up and Comers</u>	F 4-5p Sat 1-2p	8/31-11/7	2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$300 \$180 \$22
<u>Tiny-Tots</u>	F 5-545 Sat 1-145p	8/31-11/7	2 days/week for 10 weeks 1 day/week for 10 weeks Drop-in Rate	\$225 \$135 \$17

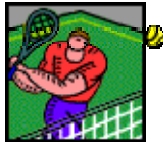
Make Checks Payable to: Nitin Deodhar. Payment is due prior to or at time of service.

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

Make-ups for inclement weather can be done by attending another day's class. If you are signed-up for the Full 10 week term, an additional make up week will be offered the week of 11/9.

Adult Tennis Program

Fall 2009



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>	B Team; Th& Fri 9-11am C Team; Th 11-1pm	TBA	4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	Fri 6-7pm	8/31 - 10/31	**check member rates for cost**
<u>After Work, Workout</u>	Th 7-8pm	8/31 - 10/31	**check member rates for cost**
<u>3 and Pro</u>	Call to Schedule	8/31- 10/31	**check member rates for cost**

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

Classes and Social Groups

BALLROOM DANCING AT CARDEROCK

Series of 5 classes on Tuesdays, September 15, 22, 29 and October 6, 13.

6:15 to 7:15 pm

\$60 for entire course.

For more information and to register,
email Irma ikouker@earthlink.net or call 703-627-1498



ART at The KIDS Studio! Entering our 6th season this fall! Classes begin week of Sept 14 and run for 10 weeks. 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 give the young artists just enough guidance to stoke their creativity and their imaginations take it from there. (301) 767-9738 or kristina_valencia@yahoo.com

CARDEROCK SENIOR MEN'S GROUP LUNCH

Sept 10, Thursday noon

The next Carderock Senior Men's lunch will be on Sept 10 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

Questions? Contact Doug Robinson at 301 365 7503.

WOMEN OF CARDEROCK

Sept 17, Thursday noon

The September meeting of the Women of Carderock will be on Thursday, the 17th from noon to 2:00pm at the home of Millie Pettipaw. Her address is 8012 Fenway Rd and you may RSVP to her at 301-469-9521.

Bring your lunch and enjoy the company. Newcomers are always welcome.

Wanted and For Sale

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. 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

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

FOR SALE

1926 RCA Victrola, Granada hand crank model in working condition with large variety of 78 RPM records \$225; Silver-plated wine goblets (set of 6) \$5; Beautiful silver wine goblets, very ornate, Excellent condition \$15; Vase and matching bowl: Large, beautiful red and white swirl design, perfect for the holidays, must see \$20; Blue/green glass decanter with 6 matching stem glasses - gold border design with raised red berries, very elegant \$20; Antique canning jars (\$1) and bottles for homemade wine (\$3) 100 years old; Contemporary sofa table, orange \$10. Call Charlene @ 301-469-0432.

Office hutch with desk, natural color, pressed wood, good condition; Butcher-block table with flaps, small, like new; Entertainment unit, dark wood, for 26" or smaller television. Dog crates: extra large and medium size; Dog travelling cases; Framed pictures, prints and much more....Come over and take a look. Prices negotiable. Xenia 301-365-3763 or cell 202-641-1984.

RECOMMEND

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

House Cleaning Services Available

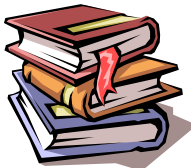
- Our housekeeper/childcare provider has Wednesday mornings available. Mile can either come alone or with help for a larger cleaning job. Enthusiastic, hard-working, has own transportation, speaks English, and has great references. Please contact Mile directly (240-462-5453) or Lois Kramer (301-758-8088) or loiskramer@msn.com.
- Maria, a wonderful, pleasant, reliable housekeeper with her own transportation and who has worked for me over 20 years. She has every other Saturday available and I know you won't regret hiring her. Call Muriel Ebitz 301-365-7756
- Cathy Mumaw (office:301-802-1286, home: 301-515-7232) has a great team of cleaners (C&J Best Cleaning Co.) who blitz through the home cleaning and do an excellent job for a reasonable fee. Dependable, honest, and efficient. Use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.
- Yvonne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- 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

Exercise Physiologist: Stefi Huber offers Personal Training for all athletes from Novices to Professionals. I specialize in customizing Fitness Programs based on your goals, your sport and your fitness level. Increase your lean muscle mass and boost your metabolism through Weightlifting, Strength Yoga, Toning and Flexibility exercises. Let me help you improve any existing injury through a series of exercises and specific and targeted stretching. I will also help you examine your diet and nutritional needs and pitfalls. I'll meet you at my gym in Carderock or at yours. Stefi 301-767-1057.



Coming Soon: *The Canal Challenge*. Learn Cardio and Stamina Techniques in Outdoor activities! Dogs will be Welcome. They need to be fit too!
Call for more info at 301-767-1057 or e-mail at stefihuber@aol.com



Is English Literature all Greek to you? Lisette Atiyeh (M.A., English Lit./Language) can teach you to read between the lines! Don't write yourself off! Lisette (arts/culture journalist) can help you with papers and essays, too! Contact lisetteatiyeh@gmail.com , 301-602-8817

Gutter and Roof Cleaning, Driveway Sealing and other chores. Gutters of any standard house in Carderock \$85, a bit more if there is an extension and more gutters to clean. We'll come by and check your gutters, roof and chimney cap and let you know if cleaning or repairs are necessary. We also do driveway sealing, garden work and other chores. Buy local, help restore Carderock's industrial prowess. Although the gutter cleaning business of Dan & Eric has been restructured in a corporate shakeup and Eric is the new CEO, the policies are unchanged. Eric Bruestle: elbruestle@gmail.com; 240-688-8180.

Cristina Tono, 16 years old would like to offer her services for babysitting. She is a member of the Carderock community and lives on Hamilton Spring Rd. Cristy 301-469-5918 home or 240-688-0745 cell.

Whitman Junior available for pet sitting, walking dogs and taking care of cats and other animals. Experienced. I love animals. Please call Natasha at 301 469 4973

Please give a call to T.J. McPhaul for all your summer vacation needs. I am a responsible Pyle Middle School student with years of experience watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.) while you are away. 301-767-9747

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

Services Available, cont.

Terrific babysitter. Alex Rogers is a Whitman Senior, experienced pre-school teacher, camp counselor, and babysitter (for babies through teenagers) with 3 years of child development training. She drives, has her own transportation, and is generally available throughout the summer (and after school and weekends during the school year). Contact Alex at marlene797@aol.com or 301 448-2525.

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

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

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

College student (Stone Ridge grad, attending Miami University) looking for full-time or part-time work as a nanny. I have lots of experience and love children. I am creative, enthusiastic, mature and energetic with great references. I have a car and a clean driving record. Available to start now. Please call 301 233 5093 or email krudysaj@muohio.edu. Recommended by Carderock's Todd family.

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy and not lonely while you're away. Please contact 7th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

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

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. Electric and acoustic guitar and mandolin lessons 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

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 266 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

Please return Registration Form and Checks to:
8820 Ridge Rd.
Bethesda, MD 20817

Carderock Springs Tennis Pro Office 301 365 1541
Carderocktennis@verizon.net

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 meetings are September 2 and October 7.

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