



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

April 2010 CALENDAR

- | | |
|-------------------|---|
| Mar 29 Mon | Tennis programs begin for all ages |
| Apr 7 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Apr 8 Th 11:30 am | Men's lunch at Normandie Farm for men & women this month! |
| Apr 25 Sun 7 pm | Annual Citizens' Association meeting at Club (see Green newsletter) |

Looking ahead, save the dates:

- | | |
|------------------|--|
| May 2 Sun 1-4 pm | Swim/Dive team registration at the Club |
| May 2 Sun 6-8 pm | WMI Potluck at the Club for women and men! |

Forms in this newsletter:

- Tennis registration for all ages
- Summer Fun registration for 6-10 year olds
- Summer Fun community service/volunteer application for teens

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

Swim Coaches Needed, Tennis Starts March 29

SWIM COACHES NEEDED

The Swim Team is looking for a Part-Time Coach for this summer for afternoon practices beginning the Tuesday after Memorial Day until public school is out of session. Requirement:

- Well-versed in all competitive strokes;
- Preferably lifeguard certified;
- Able to work with 8 and under age group and 9 - 10 age group;
- Energetic, creative, and fun;
- Salary: \$10/hr

If you are interested, please e-mail Scott Reed at Reedypolo2000@yahoo.com with your qualifications.

The Preteam and Mini Cudas are also looking for swim coaches. Eligible candidates must love working with small children and have strong basic swimming skills. If you are 15 years old and lifeguard certified, you are eligible to be considered as a paid coach at \$10 an hour. If you are not life guard certified, you may be considered as an assistant coach and earn community service hours. Select 14 year olds will be allowed to be assistants. Interested candidates need to send an email to Lizsobrino@gmail.com. Be sure to include your name, age, lifeguard certification status, experience as a swimmer and with young children. Depending on your skills you will be assigned to coach the Preteam or the Mini Cudas.

Preteam: Swimmers who can swim some freestyle and backstroke but need to improve their techniques and build endurance.

Mini Cudas: These swimmers are the youngest team members who are just learning to swim.

Practice Schedule:

Preteam: Begins June 21st until July 16th

9 to 10 am

3:30 to 4:30 pm

Mini Cudas: Begins June 21st until July 16th

9 to 9:45 am

3:30 to 4:15 pm

4:30 to 5:15 pm

TENNIS

Tennis Clinics begin March 29th and run through June 6th. This year I will be limiting the numbers permitted into each group (for instance, 10 -12 players max in Elite & Tournament Training, 8 players max Tiny Tots). The complete schedule and prices are posted on the brand new tennis page www.carderocktennis.com (you can also find the link on the main club page www.CarderockClub.org then click on Tennis). Also I will personally be teaching ALL junior and adult clinics this spring.

See you on the courts, Nitin

Swim/Dive Registration, Dive Coaches, Summer Fun

SWIM/DIVE TEAM REGISTRATION

Sunday May 2, 1 to 4 pm

Summer swimming and diving is just around the corner! Sign up at the club on May 2, from 1 to 4 pm. Don't forget to bring your checkbook as we do NOT take credit cards. Underwater Wear will be there & they do accept credit cards or checks. We will have the same suit as last year. (We only change suits every other year.) More information about the new season is at www.CarderockClub.org. GO CUDAS!

DIVE NEWS: COACHES HIRED

We are looking forward to having all of our Carderock Cuda divers return, as well as add new divers to the team. We had a great season last year, bringing us up a division, to Division II. This season we are excited to welcome Derrick Butts to the coaching team as Head Coach. Noah Ehrenberg will return to the team as Assistant Coach. We look forward to another season of learning new skills, building on previous successes, and having fun. Details on our coaches can also be found on the Carderock website.

Derrick Butts is a George Mason University sophomore. While on their dive team he has broken many of their school's records over the past two years. He was also on the MDC national team from 2007-2008. He started diving in the summer league in 2003 at Robin Hood, transferring to Calverton last year. In addition to diving himself, he has served as an Assistant Coach for the Patriot Dive Club and worked at aquatic sports camps as a counselor. He is lifeguard certified and has been a lifeguard at MAC and MLK.

Noah Ehrenberg graduated from James Hubert Blake and started college at Clark University, where he is on their dive team. He dove in the summer league for 13 years at Robin Hood Swim Club. He has 3 years experience assistant coaching at Robin Hood and helped coach the 2009 James Hubert Blake Dive Team.

SUMMER FUN 2010

The Summer Fun Program is all about "Just Having Fun!" Even though the program is easy going and relaxed we run on a structured schedule everyday. The days include teambuilding and tennis games (some basic tennis skills taught), arts and crafts projects, science projects, lunch and swimming. On rainy days we add a movie to the afternoon in place of swimming. The kids have a great time and keep coming back. We hope to see new and returning children this summer.

Teens may also sign up as counselors for Student Service Learning hours. Slots for counseling are taken first come first serve. Slots are limited this year. We will not be able to accept every student. In addition, if you sign-up you must work the full week M-F, 9:30am-3:30pm. Part-time hours are not accepted. You will be contacted no later than mid-May for confirmation.

Who: Ages 6-10

Where: Carderock Springs Swim Club

When: June 21st-July 30th, 10am to 3pm - late pick-ups will be charged a fee

How: Find forms in the newsletter or download them from www.carderockclub.org

Questions may be sent to Bonnie Phelan at bonnie_phelan@hotmail.com or Larry Ondrejko at carderockclub@verizon.net

Junior Tennis Program **SPRING 2010**



Elite (Advanced):

The Elite clinic is a new addition and is designed for the high school team player and players with USTA sectional rankings. This will be an intense 2 hour clinic which includes a warm-up, live ball drilling, match play and intense fitness. Through the years at my various clubs, this clinic has led to numerous juniors becoming highly ranked both sectionally and nationally. Please email Nitin before enrollment.

Tournament Training (Advanced-IntermediateClinic):

This clinic is designed for advanced Junior Team players and USTA team tennis players. Each clinic will include a warm-up, specialized drilling, some match play, and fitness. Clinic is designed for a player who wants to become more serious about tennis and begin playing USTA tournaments. Parents must email Nitin before enrollment.

Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players who have been on the Junior Team or whose goal is to be on the Carderock Junior Team. Each clinic will include a short warm-up, drills (fed-ball), some 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>Elite</u>	M & W 330-530p Sat 12-2p	3/29-6/5	10 weeks: 3 days a week (60hrs) 10 weeks: 2 days a week (40hrs) 10 weeks: 1 day a week (20hrs) Drop-in per day	\$600 \$480 \$280 \$40
<u>Tournament Training</u>	Tu & Th 5-630p	3/29-6/3	10 weeks: 2 days a week (30 hrs) 10 weeks: 1 days a week (15hrs) Drop-in per day	\$360 \$210 \$30
<u>Players on the Rise</u>	M & W 530-7p	3/29-6/2	10 weeks: 2 days a week (30hrs) 10 weeks: 1 day a week (15hrs) Drop-in per day	\$360 \$210 \$30
<u>Up and Comers</u>	F 4-5p Sat 11-12p	3/29-6-5	10 weeks: 2 days a week (20hrs) 10 weeks: 1 day a week (10hrs) Drop-in per day	\$240 \$140 \$20
<u>Tiny-Tots</u>	F 5-545p Sat 1015-11am	3/29-6/5	10 weeks: 2 days a week (15hrs) 10 weeks: 1 day a week (7.5hrs) Drop-in per day	\$180 \$105 \$15

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 Spring, make-ups can be done make-up week (June 7-12)

Junior Tennis Program Summer 2010



The 2010 Summer Session will run for 8 weeks beginning June 21st and ending August 13th. The Junior Team season runs for 6 of those 8 weeks from, June 21st- July 30th. This season I am offering a special "Team Pass" for those 6 weeks! The team pass is for the Players on the Rise, Tournament Training, and Elite clinics. The "Team Pass" rates are below and include a team shirt, 6 weeks of clinics, 4 interclub matches, year end interclub tournament, and a year end banquet with award presentations. To be eligible to play on our junior team a player must be able to serve and hold a rally. Matches are held Thursdays from 12-230p beginning the last week in June. Please email Nitin if you have any further questions.

Elite (Advanced Clinic):

The Elite clinic is a new addition and is designed for the high school team player and players with USTA sectional rankings. This will be an intense 3 hour clinic which includes a warm-up, live ball drilling, match play and intense fitness. Over my years this clinic has led to numerous juniors becoming highly ranked both sectionally and nationally. Please email Nitin before enrollment.

Tournament Training (Advanced-Intermediate Clinic):

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Up and Comers (Beginners/Low Intermediate):

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Programs	Days & Times	Dates	Semester	Cost
<u>Elite</u>	M-F 10-1p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 90 hrs of instruction, 4 interclub matches, interclub tournament, year end team banquet with awards, and team shirt) One week	\$720 \$180
<u>Tournament Training</u>	M-F 1-3p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 48 hrs of instruction, 4 interclub matches, interclub tournament, year end team banquet with awards, and team shirt) One Week	\$390 \$96
<u>Players on the Rise</u>	M-F 1-3p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 48 hrs of instruction, 4 interclub matches, interclub tournament, year end banquet with awards, and team shirt) One week	\$390 \$96
<u>Up and Comers</u>	M-F 9-10a	6/21-8/13	6 weeks 2 weeks 1 week Drop-in	\$240 \$100 \$60 \$20
<u>Tiny-Tots</u>	M-F 9-10a	6/21-8/13	6 weeks 2 weeks 1 week Drop-in per day	\$240 \$100 \$60 \$20

Make Checks Payable to: Nitin Deodhar.

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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.

Adult Tennis Program



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****

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****

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****

3 and a Pro:

A group lesson set up by members. Duration can be from one hour to two hours depending on members preference. Email Nitin for more information or scheduling.

Early Bird:

Get up and get out early to begin your day. Clinic is one and half hour. It includes a warm-up, quick feeding drills, and ends with some point play.

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

Programs	Days & Times	Semester	Cost
<u>Ladies Team Practice</u>	B Team; Th& Fri 9-11am C Team; Fri 11-1pm		4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	Fri 6-7pm		2 players \$30hr/each 3 players \$25hr/each 4 players \$20hr/each 5 players \$17hr/each
<u>After Work, Workout</u>	Th 7-8pm		Same as above
<u>3 and Pro</u>	Call to Schedule		3 players \$25 each.
<u>Early Bird</u>	Th 730-9am		Same as Cardio Rates.

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Payment is due prior to or at time of service.

Classes and Social Groups

HIP HOP FOR GIRLS AGES 8 TO 10 YEARS OLD at the Clubhouse

Mondays 4:30 - 5:30 pm. 12 student limit. \$59 includes make-ups for your missed classes (within 6 weeks of purchase) and password protected videos of your kids emailed to you. Also check out my Adult Hip Hop and Bellydance classes at a different location near Friendship Heights metro (ages 18 and over). Sign up online at <http://www.AminaDance.com>

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Clubhouse

Improve body strength, flexibility and balance while firming all major muscle groups.

- Mondays and Wednesdays, 9 to 10 am (an additional $\frac{1}{2}$ hour of stretching is offered)
- Fee is \$10 per class; \$2 for an additional $\frac{1}{2}$ hour of stretching
- Drop-ins welcome - Fee is \$15 per class

This class is designed to tone muscle, strengthen bones & core using free weights and exercise. It includes a body warm-up, strength training, abdominal work, and a cool down stretch. Bring a mat/towel and light hand weights (some available at Clubhouse). Tanya has certifications as a Lifestyle Fitness Coach, ACE Personal Trainer and in CPR/AED. For more information please contact Tanya Neider at (301) 365-2338, tjneider@juno.com

MAGGIE WONG'S YOGA at the Clubhouse and in Potomac

Maggie Wong offers yoga classes:

- Tues & Thurs morning at the Club, 9 to 10:30 am. \$15/class with the 2nd class half off.
- Tues & Thurs evening at Potomac Methodist Church, 7:30 to 8:45 pm (Falls Rd, 1 mile east of River Rd)

Please call or email Maggie for more information: 301-365-2424; maggie@yogaplus.com.

CARDEROCK SENIOR MEN'S GROUP LUNCH

Apr 8, Thursday 11:30

The next Carderock Senior Men's lunch will be on April 8 at Normandie Farm.

Social hour at 11:30 - 12:00, lunch at noon. Wives and significant others are invited to our April lunches. Unaccompanied men and widows of former members are always welcome. If you plan to attend or would like more information please contact Seth Tuttle at sltuttle2@verizon.net or at 301-365-1277.

WOMEN'S POTLUCK to benefit the **THIRD ANNUAL WOMEN'S MICROFINANCE INITIATIVE**

Sunday, May 2, 6 to 8 PM at the Club

Please Join Us (This is WMI's one annual fundraiser)

Spend the evening sharing homemade specialties with fabulous company

- *Last names: A-H bring dessert
I-Z bring appetizer/main dish
- *Wine and soft drinks provided

RSVP: staudaher@verizon.net or bethdavid@rcn.com

Come Hear About

- *WMI's latest trip to Uganda with slides
- *Expansion to new villages
- *Lending library
- *Planned launch of the Internet café
- *Ladies' graduation to independent banking
- *Tutoring program
- *Uganda internship for Whitman HS students
- *Pens and Paper Project (PX3)

Founded just two years ago with the support of many Carderock families, WMI has made tremendous strides in fighting global poverty through its women's microlending program in Uganda. Over 800 loans have been issued and the rotating loan fund is approaching \$150,000. The borrowers and their families are thriving and they continue to maintain a 100% loan repayment rate. WMI has initiated a groundbreaking program to transition borrowers to bank loans and the formal economy, so that the loan program can become self-sustaining. We are expanding loans to new villages in Uganda and Kenya. ♥SEE HOW YOUR SUPPORT IS CHANGING THE FACE OF POVERTY ONE LOAN AT A TIME! ♥

Can't join us but would like to support WMI? Log on to **wmionline.org**



House Cleaning Services Available

- Our housekeeper/childcare provider has both Tuesday & Wednesday mornings available. Mile is enthusiastic, reliable, speaks English, has own transportation and 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.
- 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

Highschool senior Shayna Barbash available as tutor for grades 6-12 in math and science. Two years ahead in math and in high level science courses. Have own transportation Contact info: sbarbash721@gmail.com; cell phone 301-641-7595.

Young Guatemalan will help with any and all *spring cleaning* chores, including cutting fallen tree branches, applying lime and fertilizer, mulching, pruning, transplanting, garage cleaning and any kind of heavy work, on a reasonable hourly basis. Recommended by Ray 301-469-0192.

Our company provides the following services at reasonable rates: Mulching, Bush Trimming, Lawn Mowing and Maintenance, Leaf Cleanup, Rototilling, Aerating/Dethatching/Seeding and more! Please call 301-840-9509 or e-mail aaron@gratzlawncare.com to schedule an estimate. Be sure to ask about the new customer promotional offer.

Cabin John Dog Walking: Mid-day walks to keep your pets happy and healthy. Carolyn 301 257 1076.

Cabin John Errand Runners: local errands done for when you don't have the time. Carolyn 301 257 1076.

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, Allegrettostudio@yahoo.com

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons and evenings. Telephone and e-mail support is also available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim Connolly at 202.841.0873.

Experienced pet sitter, house sitter, dog walker, and gardener. My name is Dylan Barbash. I have worked in Carderock before. I love animals, volunteer at the Humane Society, and am available during the holidays. My number is 301-928-9741

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. Currently available on Mondays and Wednesdays after school and would love to work with children in her neighborhood. Many references available. If you suspect that your child is having some difficulty in reading and would like help, please call 301 365 7530 or email cmglaessner@yahoo.com

Recent Cum Laude graduate from Vanderbilt University with degrees in Physics and Engineering Science is offering tutoring in any level of math and/or physics. \$40/hour, available most afternoons. Can come to your house, or meet you in a library, or you can come to his house. Call or e-mail Ryan Walter at (301) 801-7713, ryan.s.walter@gmail.com

Services Available, cont.

Lawn Mowing, Reseeding, Leaf Raking, Snow Shoveling - all your yard and lawn care needs. Energetic high school senior. Dmitri Schill H: 301-469-4973 C: 240-361-7769

Dan and Eric's friend has taken over their gutter cleaning business in their absence. His name is Thierry Callier, and he works to their high standards or better. Same price policy: \$85 for any standard Carderock house, a bit more for big extensions. He is also available for odd jobs including heavy lifting. Email or call him: bigfrog002@yahoo.com, phone 240-644-3312.

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! 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

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 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

Baybsitter and Plant care-taker available: Shayna Barbash is a responsible Whitman Senior 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 her at sbarbash721@gmail.com or 301-641-7595.

Experienced babysitter available on weekends and weeknights. Whitman junior 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

Free, Wanted, For Sale, and Services Available, cont.

FREE Basketball hoop and backboard (rolling stand, regulation height). Sturdy, great for cul-de-sac or driveway. Free to good home - just pick it up (I'll even help you load it or roll it home). Mike Nannes - 301-767-0086 or nannesm@dicksteinshapiro.com

FREE piano to good home. Spinnet-style Hugo Worch of Washington DC. Contact Martha 301 461-0272.

WANTED: Looking for room to rent/house share/house sit for long-time Cabin John resident. Quiet, responsible female with Cabin John references. Also available to house sit. (House sat for Mary and Tom on 75th St for past 5 years before their permanent move out of state). Carderockers, if you know anyone who would like a dependable, helpful renter/house sitter, please call Carolyn 301 257 1076.

FOR SALE: Moving Sale- furniture- bookcases, desks, small tables, pedestals, lamps, original artwork (acrylics, collage, prints, ceramics), hundreds of books, planters, costume jewelry, and more. Items for sale are mostly contemporary and many were purchased at Sansar gallery or craft shows. Email stacey.marnell@gmail.com to come by (South Carderock) and make an offer, or request photos.

SERVICES AVAILABLE, cont.

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

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

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons & evenings. Telephone and e-mail support is also available. Contact support@dc-pc.com or call Jim Connolly at 202.841.0873.

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

Vacation Rentals and Recommendations

VACATION RENTALS

Rehoboth/Dewey Beach townhouse available this Spring and Summer. 2 master bedrooms and a total of 5 bedrooms and 4 1/2 baths. Accommodates 8-10 people. Other features: fully furnished, gourmet kitchen, swimming pool, short walk to beach, many restaurants, two state parks and three discount shopping malls nearby. Available most Spring weekends and all summer weeks except July 24-31 and Aug 4-28. Rate is \$ 500 for three day weekend and \$1800 for summer week. Please email art@yogaplus.com

Ocean block in Rehoboth Beach. 5th house fr ocean so cross no streets on your way to the beach. Easy 6 block boardwalk stroll to center of town/Rehoboth Ave. 5 bdrm, sleeps 13. 75 year old comfy home w/ updates - CAC, gas grill, internet. Large screened porch & parking. Avail June (\$1200, \$2K, or \$2650/wk), July 17 to 30 (\$2650/wk) & Sept. Great for 1 or 2 families, sorry no Teen Beach Weekers. Contact Margie: 301 365 6253, orrickfam@hotmail.com

Corolla - Outer Banks, NC beach house rental. Beautiful waterfront home. Enjoy romantic sunsets over the water. Private pier on the water with screened gazebo and hot tub. Professionally decorated. Gourmet granite kitchen. 6 Bedrooms & 5 1/2 baths. Call Barbara 301-469-9292

RECOMMEND

Great housekeeper, Sonia Rivas of Lunas Cleaning Service, available at 240/381-3572. Family effected by Chilean earthquake and needs additional work. Reference: Martha 301 461-0272.

For years I have used a tree cutter who I highly recommend. His name is Robert Nichols, phone 301 984-3855. He is bonded and insured, he always gives me a reasonable price, and he cleans up well after his job is finished. Jennifer Siegel 301 365-1094



Remember that New Year's resolution? Here's your chance to eat healthier food. A local farmer delivers fresh local produce to Carderock, June through October. Same day harvest and delivery. Sign up information: www.freshandlocalCSA.com

Q: What's a CSA?

A: Community Supported Agriculture. For this CSA, 100 families pay in the spring for summer and fall organic produce. Farmer gets a guaranteed income up front and consumers get really fresh organic produce each week. Over 20 Carderock families per year have participated in this CSA for the past several years. Recommended by Margie Orrick and many other Carderock neighbors.



Tennis Program Registration Form – 2010

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

Club Contacts

CLUB BOARD OF DIRECTORS, 2009 - 2010

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Jen DeMarinis	301 365 1629
Bldg and Long-Range Planning	Ray Sobrino	301 365 3878
Membership	Alison Ewing	301 469-0345

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Alison Ewing	301 469-0345	alisonhewing@aol.com
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	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	
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 289 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com



CARDEROCK SPRINGS SWIMMING CLUB

SUMMER FUN 2010

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 _____ **6/21 - 6/25** **WEEK 4** _____ **7/12 - 7/16**

WEEK 2 _____ **6/28 - 7/02** **WEEK 5** _____ **7/19 - 7/23**

WEEK 3 _____ **7/05 - 7/09** **WEEK 6** _____ **7/26 - 7/30**

PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH CHILDREN AGES 5 THRU 10.

REGISTRATION FORM 2010 SUMMER FUN PROGRAM



REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 21, 2010, 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	6-21 THRU 6-25	_____	\$200.00
WEEK 2	6-28 THRU 7-02	_____	\$200.00
WEEK 3	7-05 THRU 7-09	_____	\$200.00
WEEK 4	7-12 THRU 7-16	_____	\$200.00
WEEK 5	7-19 THRU 7-23	_____	\$200.00
WEEK 6	7-26 THRU 7-30	_____	\$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 _____

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 April 7.



This just in:

The President and CEO of UNICEF, Caryl M. Stern, has awarded our Carderock Springs Trick or Treaters and Volunteers with the title of:
U.S. Fund for UNICEF Ambassador

Carderock should be so proud of our Trick or Treaters!
GO CARDEROCK Trick or Treaters!

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