



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

December 2010 CALENDAR

- | | |
|-------------------------------------------------|--------------------------------------------------------|
| Dec 1 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Dec 5 Sun 1-6 pm | Holiday Craft Show at Clara Barton Community Center |
| Dec 6 Mon 7 pm | Citizens' Association monthly board meeting at Club |
| Dec 9 Th 11:30 am | Men's lunch at Normandie Farm |
| Dec 11 Sat 2 - 6 pm | Carderock Creates: Art Show & Sale at the Club |
| Dec 12 Sun 3-5 pm | Holiday Party at the Club |
| Dec 16 Thurs noon | Women of Carderock Lunch |
| local Hermon Church (7801 Persimmon Tree Lane): | |
| Dec 19 Sun 7 pm | Lessons & Carols |
| Dec 24 Fri | 5 pm Children's Pageant, 9 pm Services |
| Dec 25 Sat 11 am | Services |

Looking Ahead:

- | | |
|-------------------|--------------------------------------------------------|
| Jan 3 Mon 7 pm | Citizens' Association monthly board meeting at Club |
| Jan 5 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |

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

Annual Club Meeting and Election

On November 29th the Board of Directors hosted the well attended Annual Membership Meeting and presented to those in attendance the proposed 2011 Slate of Officers and proposed Budget including the recommended Capital Expenditures to

- construct a new deck addition and structure at the grassy area as well as
- the installation of a wheelchair lift to provide access to the deck area.

Upon the conclusion of the presentation and discussion, the vote was taken and resulted in approval of the Proposed Slate and Budget.

2011 Board, Swim/Tennis Club

| | |
|-------------------|---------------------|
| Suzette Goldstein | President |
| Mike Nannes | Vice President |
| Edward Bird | Treasurer |
| Marie Caulfield | Secretary |
| Jen Demarinis | Social Programs |
| Alison Ewing | Membership |
| Robin Meyer | Swim/Dive |
| Ray Sobrino | Long Range Planning |
| Colette Worley | Tennis |

Many thanks to Robyn Nietert for her years volunteering at the club in a variety of capacities. A big welcome to Robin Meyer !

The Board will be proceeding with the capital expenditure improvements over the next few months and expect to have both completed prior to opening day of the 2011 season.

The Board wishes to thank the Membership for their continued support and wishes you all a safe and Happy Holiday Season.



Winter Holiday Festivities



The Annual Holiday Party

Sunday Dec 12, 3-5 pm

Decorate holiday cookies
and make holiday cards.

Even more activities &
entertainment!



All ages are welcome!

Carderock Creates & Unicef Thanks

Please Join Us for the First Ever

Carderock Creates Show And Sale

Saturday, December 11th, 2 -6 pm
at the Carderock Clubhouse



Celebrate the creativity that lives *here* in our own neighborhood!
We will have:

- painters, woodworkers, felters, knitters, bakers, musicians....and much more.
- Shop for the holidays or just come to support our creative spirits.
- There will be spiced wine and cider as well as baked goods for sale.
- If you have a service you would like to promote please feel free to add a flyer to our service table.
- If you have authored a text we will also have a table set up for display and sale (contact odcoffey@verizon.net)

Questions? Please email kristina_valencia@yahoo.com or anja@knit2give.com

UNICEF THANKS

Great job Carderock neighbors with the raffle, Felicity Auction, Trick or Treating.... We raised \$1,447 this Halloween for Unicef! A very special thanks to:

- Theres Kellerman for organizing it
- Alexandra and Samantha Jaouiche (our newest Carderockets) for the Auction of Felicity
- Kristina Valencia: for donating part of her income form the sale of her beautiful scarves.....and yes, Kristina will have more of her Scarves at the upcoming Dec. 11 Carderock Creates Art Show & Sale.



- All of our Trick or Treaters (and parents): for taking along the little orange UNICEF boxes and returning them to our longtime Unicef Banker, Cheryl Glaessner
- Margie Orrick, for running around to find a bank with a working coin machine
- Capital One's Magruder House for counting thousands upon thousands of coins for free!
- Club Manager Larry Ondrejko for putting up with us
- To all of you who have once again made a Difference!

Thanks so much, Carderock Unicef Committee

Tennis, Exercise & Dance Classes

TENNIS

Beginning mid-November all Junior Players on the Rise, Tournament Training, and Elite programs moved indoors to Potomac Tennis club (off Falls Road across from Bullis). Elite programs meet Mondays from 4-6pm, \$635 for all 15 weeks. Players on the Rise meet Wednesdays from 4-6pm, \$635 for 15 weeks ending the week of March 7th.

Tournament Training meet on Fridays from 4-5:30 pm, \$510 or less depending on enrollment. Any scheduled 4 person groups will also begin the week of Nov 15th and run 15 weeks, \$510. Also if you are interested in private lessons during the winter season, please let me know.

Nitin Deodhar, Carderock Tennis Pro, carderocktennis@verizon.net

TANYA NEIDER's STRENGTH & STRETCH EXERCISE CLASSES at the Club

- Mondays and Wednesdays, 9 to 10 am, fee is \$10 per class, drop-in fee \$15

Improve body strength, flexibility and balance while firming all major muscle groups using free weights & exercise. Includes body warm-up, strength training, abdominal work, and 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. Tanya Neider 301 365 2338, tjneider@juno.com

MAGGIE WONG's YOGA/EXERCISE CLASSES at the Club - join any time

- Tuesday and Thursday 9:00-10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind.
- Fridays 10:00 - 11:30 am, 4 sessions. Living with Scoliosis

Evening classes at Potomac Methodist Church: Tuesdays and Thursdays at 7:30 - 9:00.

Visit www.yogaplus.com or call Maggie 301-365-2424 for more information and to sign up.

Body Massage Ball Workshop

Carderock Springs yoga teacher Maggie Wong also specializes in the use of the Body Massage Ball for achieving deep tissue massage, acupressure release and overall body flexibility. She holds periodic workshops to teach the use of the ball. The next workshop will be on December 12 and will focus on the neck, shoulders, spine and buttocks. This will be particularly useful for improved flexibility and pain management. Please email maggie@yogaplus.com for more information.

IMPROVISATIONAL DANCES at the Club

- Three Fridays evenings and two Saturday mornings a month

No experience required, no steps to memorize. Be social or dance alone, dance as hard or as soft as you feel you need to. Featuring Ecstatic Dance, Biodanza, and Gabrielle Roth's 5Rhythms.

Contact Jim Guzel 202 627 9903 or Jim@AphroditePhoto.com

Social Groups & Art Class & Recommendations & Services Available

CARDEROCK SENIOR MEN'S GROUP LUNCH

Dec 9 Thursday 11:30

The next Carderock Senior Men's lunches will be on Dec 9 at Normandie Farm.

Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle 301-365-1277 for questions..

WOMEN OF CARDEROCK

Dec 16, Thursday noon

The December meeting of the Women of Carderock will be a luncheon at the Irish Inn at Glen Echo at noon on Thursday, Dec 16th. Please RSVP to Marilyn Mayerfeld at 301-469-6004 if you plan to attend.

HOLIDAY GIFT-MAKING ART CLASSES at THE KIDS STUDIO with Kristina Valencia



The Kids Studio is a private art studio in the Carderock neighborhood located at 8324 Still Spring Ct. My gift-making classes are a wonderful way for young artists to come together to make their own gifts for the holidays! I can't tell you what they will make because that would spoil the surprise....but they will be fantastic!

CLASSES: Mondays -Fridays beginning November 29th -December 17th

Cost: \$30/class, Times: 4:00-5:45. *Class size is limited to 6 students.

Email today kristina_valencia@yahoo.com

RECOMMEND

Alberto's Multi-Service: Alberto Saenz -- 301-928-3669. Does a fabulous job on windows at very reasonable rates. He really is multi-service: paints, gardens, cleans gutters, cleans garages and houses, and will remove major trash. He has an admirable work ethic and is extremely likeable. Recommended by Willie Sanderson.

Aunt Julie's Pet Service -- loving care for your pets. Boarding in her home available. 301-469-7359 or julietsanders@aol.com . Recommended by Willie Sanderson.

SERVICES AVAILABLE

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. Also instrument repair and set-up. Call 301-365-8022 or email rychliks@gmail.com

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

Found & Services Available, cont.

FOUND

Woman's eyeglasses, narrow with black and green trim, found in woods. Call Willie Sanderson at 301-469-6069.

SERVICES AVAILABLE, cont.

Responsible, hardworking Whitman student is available to babysit. I am happy to play games & sports, do artwork, read & cook for kids & can also help out by emptying dishwashers, folding laundry, straightening up, & doing other household chores. Call Anna Volkov, cell phone 240-997-6539 or home, 301-365-1981.

Experienced babysitter available on weekends and weeknights. Whitman senior 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 Nanny available in the mornings 'til afternoon. Is reliable, has taken superb care of our daughter for 6 years. Peruvian, speaks fluent English, has her own car. Alejandrina Alonzo h-301 270 0727, c-301 8069423 or call Carderock reference Beth Vergnetti h-301 320 7455, c-301 351 6620.

Experienced babysitter and pet sitter available. Red Cross Certified Babysitter. Experienced Pet Foster Parent. Local references available. Whitman High School junior and Carderock resident. Please contact Adrienne Remijan at 301 365-1725.

Pet-sitting, dog-walking, or any other pet-related activities. 14 year old Shoshana, an experienced pet owner, is responsible and available to walk/play/care for your pets. Call Shoshana Leventhal at 240-715-2826 or Maureen at 240-498-4887 or Penny at 240-899-3954.

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

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 9th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

Whitman senior 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

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

Services Available, cont.

Responsible Whitman freshman with years of experience in the art of the pooper scooper is available for watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.). Please call T.J. today! 301-908-5646/cell, 301-767-9747/home.

Planning a move? Downsize-Etc guides seniors through every step of the moving process including where to move, staging your property for sale, what to keep, what to sell, packing/unpacking & a final clean-up. Don't be overwhelmed. Turn an ordeal into a truly pleasant experience. Nancy Malphrus 301 873 0795.

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. 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

Exercise Physiologist offers custom personal training based on your goals, your sport & your fitness level through weightlifting, strength yoga, toning & flexibility. Improve existing injuries through exercises & specific/targeted stretching. Includes diet/nutritional needs & pitfalls. Stefi Huber 301-767-1057.

Carderock's gutter cleaner of choice is Thierry Callier, who works to high standards or better. Unchanged price policy: \$85 for any standard Carderock house, a bit more for big extensions. Also available for odd jobs including heavy lifting. Contact bigfrog002@yahoo.com, phone 240-644-3312.

Young Guatemalan will help with any and all 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.

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

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.

I Build Construction. Serving the Carderock community for over 5 years. Additions, kitchen and bathroom remodeling, basement finishing and waterproofing, decks, flooring, roofing, siding, fine carpentry, etc. www.ibuildmd.com or Alex Shatskov at 301-358-4806.

Computer Services - DC/PC Computer Support offers friendly, personalized maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Telephone and e-mail support is also available. Email support@dc-pc.com or call Jim at 202 841 0873.

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 house cleaner with Carderock references. Available Monday and Friday. Call Bertha 240 672-3249
- 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.
- Housecleaner available M-F for housecleaning, laundry-ironing, has own car, good work and references. Call Sod 240 676 4344.

Vacation Rentals Available

Duck, NC - Outer Banks Duck, NC - Outer Banks Two-level, oceanfront condo 3 bdrm, 2 bath w/ great ocean views. Family friendly community with amenities, 15% off to Carderock Club members. <http://www.outerbanksrentals.com/rental/house.html?ID=1248> or contact lisatippins@verizon.net

Corolla, NC - Outer Banks 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

Pawley's Island, SC 3-Bdrm, 2-bath resort condo on True Blue Resort, includes golf/lessons, tennis, 4 pools, and beach. Fully furnished. Offering 10% discount for Carderock families. See <http://www.vrbo.com/56199> or contact Hamilton Springs Rd Pawley's resident Denise 301-646-5829.

Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking Inlet. Shopping & golf greens nearby. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Sanibel Island, FL 2 bdrm beachfront condo, 1st floor, screened lanai, tennis courts, heated pool, clubhouse with daily kid activities, miles of bike trails and nearby famous Ding Darling bird sanctuary. Contact Suzanne Yokel 301 365 2931 or Yael.Ellis.yyellis1@tampabay.rr.com

Key Colony Beach, FL 3 bdrm vacation home near Key Marathon. Sleeps 6 plus 2 more. Located across from golf & tennis courts. Great places for dinner/drinks on the beach. Fall rates: \$1450 per week. Email sabinapfogle@gmail.com. Photos: <http://www.airbnb.com/rooms/22654>

Santa Fe, New Mexico Santa Fe Casita nestled in the Eldorado Community with views of the surrounding mountain ranges. This house is perfect for a honeymoon, romantic getaway, mother/daughter-father/daughter (son) vacation, or healing journey. For more info call 301 395 0954.



Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 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.

| 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
- CS-Chat 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 335 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

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 Wednesday, Dec 1 and January 5.



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