



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

## July 2010 CALENDAR

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| July 3 Saturday<br>1 - 3 pm<br>6:30 pm                      | 4 <sup>th</sup> of July Celebration is one day EARLY at the club<br>Tennis Social<br>BBQ/Evening celebration (you bring food, club provides beverages) |
| July 5 Mon 7 pm<br>July 7 Wed 7:30 pm<br>July 8 Th 11:30 am | Citizens' Association monthly board meeting at Club<br>Architectural Review Committee monthly meeting at Club<br>Men's lunch at Normandie Farm         |
| July 25 Sunday  | Swim/Dive team banquet   |

Forms previously in this newsletter for tennis registration, Summer Fun registration etc are available online: [www.CarderockClub.org](http://www.CarderockClub.org)

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Newsletter deadline: 20<sup>th</sup> of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the Club, or deliver to 8212 Fenway Road, or email to [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)  
Club website [www.carderockclub.org](http://www.carderockclub.org)

## SWIM & DIVE TEAM

Sunday pm, July 25

Come to the Swim and Dive team banquet to catch your kids doing a good job! It's a favorite event where we acknowledge tons of accomplishments.

## TENNIS



Come join us for the 4<sup>th</sup> of July Tennis Social, Saturday July 3, 1 to 3 pm.

Summer tennis programs for tots, teens, and adults run through late July/early August. A variety of programs for each skill level and age are offered - there is something there for You! For instance, tennis for adults includes Cardio Tennis, After Work/Workout, Three and a Pro, Early Bird and the Ladies Team practice.

The Fall season run for 10 weeks + 1 makeup week (11 weeks), from Aug until November 13.

See <http://carderocktennis.com/> for registration forms and more info.

See you on the courts,  
Nitin, Carderock Tennis Pro



## HAIL AND FAREWELL

New neighbors! Please knock on their door and say hello:

- Welcome to Lisa and Daniel Jaouiche with Alexandra 11 and Samantha 7. They have just bought 8024 Fenway Road.
- Welcome to Anya and Mark Rein, with Aaron 4 and Rachel 3. They have just bought 8317 Still Spring Court.

Carderock sends condolences to the King family, our Persimmon Tree Road neighbors, on the passing of their teenage son Tim King in late June following a courageous struggle against cancer. Tim was admired for his determination to fight against his illness while attending Whitman as much as he could.

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4<sup>th</sup> of July Celebration & Exercise Classes & Social Groups

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4<sup>th</sup> of July Celebration:      Saturday July 3  
(*not* July 4 !!!)



1 - 3 pm    Tennis Social

6:30 pm    BBQ  
(you bring food, club provides beverages)

#### **AEROBIC DANCING**

Jacki Sorensen's Aerobic Dancing through mid-August.

- Tuesday and Thursday morning, 8:45 AM.

#### **WATER AEROBICS**

Karin Baker's water aerobics is open to ANYONE, including non-Carderock residents and runs through mid-August.

- Tuesday and Thursday mornings at the club, 10:30 am

Contact Karin for more info 301 919 4657.

#### **HIP HOP FOR GIRLS AGES 7 TO 10 at the Clubhouse**

- Mondays 4:30 - 5:30 pm, 8 student limit -- new session is about to start-- Sign ups & Schedule ONLY at [www.AminaDance.com](http://www.AminaDance.com) . Want to add another Adults or Kids class at the Carderock Springs Club at a day/time that works for you? Contact Amina at [aminadance@gmail.com](mailto:aminadance@gmail.com):
- Also **ADULTS or TEENS CLASS**: Location near Friendship Heights metro -- ages 18 & over -- or take teens -- Sign ups & details at [www.AminaDance.com](http://www.AminaDance.com) .
- **PRICE** for all ages is \$69 for 4 weeks.

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

**July 8, Thursday 11:30**

The next Carderock Senior Men's lunch will be on July 8 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle at [sltuttle2@verizon.net](mailto:sltuttle2@verizon.net) or at 301-365-1277.

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## House Cleaning Services Available

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- 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.

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## Free & Services Available

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### FREE

Approx 100 year old executive desk, in good condition, is for give away. (h=30, d=35, l= 65 i). Call 301-469-6675, or pick it up at 7910 Park Overlook Dr. outside the house at the front door.

### SERVICES AVAILABLE

*HIRE LOCAL! Tons of our teens and young adults are in town for the summer and would love to organize you, fix your computer, babysit, pet sit, work in your yard, etc.*

Kids' playroom a mess? Boxes still packed from a move? Time to clean out the garage? To The Rescue! is here to help. Katie Kunin, preschool teacher, will come to your home and organize wherever you need it! She is a former Carderock Springs resident, familiar with the challenges in these homes. Summer availability (beginning in June) and reasonable rates. Email: [katie.kunin@gmail.com](mailto:katie.kunin@gmail.com) or call (301) 461.1576.

Experienced Swim Instructor Available. Is your swimmer nervous about putting her head in (or under) the water or floating on his back? Is your child someone who could benefit from 1-on-1 help to perfect her/his skills--or just to be more comfortable swimming across the pool without having to stop 10 times to catch his breath? I can help. I was a Carderock Cuda for 11 years and on the Whitman Swim team as well. I'm a past pre-team coach & have given private swim lessons to dozens of satisfied Carderock swimmers for the past few years. I look forward to helping your tadpole (or guppy) enjoy swimming while having lots of fun, too. References available. Please--give me a call (Alex Rietveld) @ 240-602-3284 and I'll get back to you. You can also email me @[ABRietveld@verizon.net](mailto:ABRietveld@verizon.net)

Summer Swim Lessons Available. Let me help you get back in the water and improve your strokes! 12-year MCSL veteran, 6-year Sea Devils Swim Club member, 4-year letterman with the Whitman Swim Team, former Carderock lifeguard and coach, and am currently on the Williams College Water Polo Team. I have several years' experience teaching beginners and advanced, kids and adults, of all ages and levels, and have swum all strokes competitively. Call 301.758.2003 or [hen1@williams.edu](mailto:hen1@williams.edu).

Summer babysitter. Whitman Senior Eliza Orrick is known for being creative, enthusiastic and *not* parking your kids in front of a screen. Safe Sitter Certified. [Eliza.Orrick@gmail.com](mailto:Eliza.Orrick@gmail.com), 301 365 6253.

Available to babysit this summer, during the day or evening! July 24th through August 6th. Patient, sporty, and artsy Whitman graduate. Member of Bethesda United Methodist Church, neighborhood babysitting experience, expert sibling. Also has access to family van, able to drive if needed. Please contact Rachel Osnos, 240-672-4868 or 301-469-9356, or email [roz144@hotmail.com](mailto:roz144@hotmail.com).

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, [Allegrettostudio@yahoo.com](mailto:Allegrettostudio@yahoo.com)

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## Services Available, cont.

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

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](mailto: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 Chores & More: assistance with household chores, errands, tasks, etc. A helping hand when you need it. Carolyn 301-257-1076.

Having trouble with your computer? Running slow, full of viruses / spyware, or just need help installing a printer or computer program? Call Nick Fernandez-Arias, lifetime Carderock Springs resident, back from Princeton for the summer and fixing computers as usual for a fraction of the price charged by other computer repair services. I have experience making hardware repairs -- replacing hard drives / CD drives / adding RAM, etc. -- as well. (301) 648-9081.

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](mailto:cmglaessner@yahoo.com)

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](mailto:bigfrog002@yahoo.com), phone 240-644-3312.

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## Services Available, cont.

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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 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

It's vacation time again! Call T.J. McPhaul for all of your vacation needs. I am a responsible, upcoming, Whitman freshman with years of experience in the art of the pooper scooper. If it comes to watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.) you can rely on me. Please call T.J. today! 301-908-5646/cell, 301-767-9747/home.

Williams College Freshman Shayna Barbash available for dog walking and/or petsitting. Experienced and active cross country runner, available for both walking and running dogs. Contact Shayna at 301-641-7595 or by email at sbarbash721@gmail.com

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 babysitter and pet sitter available this summer. 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.

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 9<sup>th</sup> 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

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

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## Housing Wanted, Vacation Rentals Available and Recommendations

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### **HOUSING 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.

### **VACATION RENTALS AVAILABLE**

Duck, NC - Outer Banks Two-level, oceanfront condo avail for weekly rentals in Sept & Oct. 3 bdrm, 2 bath w/ great ocean views. Family friendly community w/ multiple outdoor & indoor pools, tennis courts, game room and more. Sleeps up to 6. Not pets or smoking allowed. 15% off to Carderock Club members. See <http://www.outerbanksrentals.com/rental/house.html?ID=1248> or contact [lisatippins@verizon.net](mailto: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 available for daily or weekly rentals July - October. Located 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 resident Denise 301-646-5829.

Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor available for daily, weekly, or monthly rentals year-round within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking the Inlet. Shopping & golf greens nearby - TPC at Prince Creek, Blackmoor, Wachesaw East, and International Golf Course. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Planning a trip to Santa Fe, New Mexico? Enjoy a week for two in an enchanting 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.

### **RECOMMEND**

Ali Nesvaderani, 301 906 8994, is a first-class painter, very reliable, who goes out of his way to ensure that his customer is satisfied. For references, call Arthur Simms, 301 469 6881.

Please send recommendations for reliable contractors to [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net) and they'll go in this newsletter and in John's online list at [www.Carderock.info](http://www.Carderock.info)



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**Swim and Tennis Club Contacts**

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**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.

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

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

- [www.Carderock.info](http://www.Carderock.info) is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- 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 298 of your neighbors to keep informed of neighborhood events and issues, send email to [cs-chat-subscribe@yahoogroups.com](mailto:cs-chat-subscribe@yahoogroups.com)

**CSCA ARC Meetings, 1<sup>st</sup> Wednesday of the month, 7:30 pm**



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

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