



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

May 2010 CALENDAR

- | | |
|--------------------|---|
| May 2 Sun 1-3 pm | Swim/Dive team registration at the Club |
| May 2 Sun 6-8 pm | WMI Potluck at the Club for women and men! |
| May 5 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| May 10 Mon 7 pm | Citizens' Association monthly board meeting at Rider's |
| May 13 Th 11:30 am | Men's lunch at Normandie Farm |
| May 20 Th noon | Women of Carderock lunch at Mayerfeld's |
| May 29 Saturday | |
| 10:30 am | !!!!!! Pool Opens !!!!! |
| 3 pm | Pool Games for kids |
| 6:30 pm | BBQ/Evening celebration (you bring food, club provides beverages) |

Looking ahead, save the dates:

June 7 Mon 7 pm Cit Assoc monthly board meeting (1st Monday of the month) at Club

Forms in this newsletter:

- Swim/Dive registration (complete and bring to signup May 2)
- 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

Tennis

Carderock has tennis programs for all levels, from beginners to USTA tournament players.

- Spring Tennis runs through June 6th
- Summer Tennis starts June 21st and continues through August 13th

The complete schedule and prices for Spring and also Summer 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.

This summer tiny-tots and up and comers will take place in the morning. The times will be Monday through Friday 9-10am run by myself and Emre Baris. This should be a good time, as it is right before the Summer Fun Camp (10a-3p), so the kids can go directly to that or Swim Team. Cost per week will be \$60 for one week, \$100 for 2 weeks, or \$240 for 6 weeks. If you plan to do all 8 weeks \$320.

For the Elite group (highest level, USTA tournament players), clinic will run from Monday-Friday 10a-1p. This is an intense program and fitness will be included daily. There will be matches each Thursday for 5 weeks and on the 6th week there is a full interclub tournament which includes singles and doubles participation. New this year is the "Elite Program Team Pass". The Pass includes 6 weeks of clinic (nearly 90 hours of instruction), 5 interclub matches, year end interclub tournament, junior team banquet and awards ceremony, and team shirt. The Pass will cost \$720 for the full 6 weeks. If you plan to do all 8 weeks of summer clinic cost will be \$960. If you plan not to do the team pass, clinic will cost \$180 per week.

The Players on the Rise and Tournament Training groups will meet Monday through Friday 1-3pm. There will be interclub matches each Thursday beginning with the last Thursday in June. I am offering a "Team Pass" for the junior interclub season. This pass includes 6 weeks of clinic, 5 interclub matches, a interclub singles and doubles tournament, junior team banquet and awards ceremony, and team shirt. The "team pass" will cost \$390 for the 6 weeks. If you plan to do all 8 weeks of the summer cost will be \$520. If you choose not to do the team pass, cost will be \$96 per week.

See you on the courts,
Nitin
Carderock Tennis Pro

Swim/Dive Registration, Pool Opening, Summer Fun

SWIM/DIVE TEAM REGISTRATION

Sunday May 2, 1 to 3 pm

Swim and Dive Team signup is Sunday, May 1, between 1 pm and 3 pm at the Carderock Club. Please review the handbooks for the practice times and levels of instruction. New this year will be a Mini Cudas program for the youngest of swimmers, followed by a preteam program and the regular swim team.

Details about all levels of participation are listed in the handbook.

Registration forms and the swim and dive team handbooks are at www.carderockclub.org under the swim and dive links. You can print the registration form and bring it already completed to the club. Swim and Dive team registrations need to be paid by check or cash. The club cannot accept credit cards.

Underwater Wear will be at the club as well on May 2 with suits and swim clothing available to try on. If you place an order with them on Sunday then your items will be delivered to the club. If you cannot attend on Sunday, you can check www.underwaterwear.com, click on the Carderock link and place your order. You may also go to their store in Gaithersburg. GO CUDAS!

Memorial Day Weekend Pool Opening: Saturday May 29

10:30 am Pool Opens

POOL GAMES

3 pm Pool Games for kids in the middle pool, then later pool games in the big pool and diving well

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

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



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):

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 are 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), 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.

Junior Tennis Program - Summer 2010

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 1week Drop-in per day	\$240 \$100 \$60 \$20

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.

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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Classes and Social Groups

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 . 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:
- Also **ADULTS or TEENS CLASS**: Location near Friendship Heights metro -- ages 18 & over -- or take teens -- Sign ups & details at www.AminaDance.com .
- **PRICE** for all ages is \$69 for 4 weeks.

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

May 13, Thursday 11:30

The next Carderock Senior Men's lunch will be on May 13 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle at sltuttle2@verizon.net or at 301-365-1277.

WOMEN OF CARDEROCK LUNCH

May 20, Thursday noon

The May meeting of the Women of Carderock will be on the 20th from noon to 2pm at the home of Marilyn Mayerfeld, 8011 Fenway Rd. Please RSVP to her at 301-469-6004. Bring your lunch and enjoy the company. Newcomers are always welcome.

PEPCO

Three Pepco representatives gave an informative presentation and outage analysis at the April Citizens' Association meeting. Underground electric lines in Carderock are fed by 2 above ground feeder lines coming in from River Road and from Persimmon Tree. During a storm, one may be operational when the other is not, hence one half of the neighborhood may have power while the other half does not. If/when you have no electricity, everyone should call Pepco 1-877-737-2662 to report your outage - otherwise Pepco may not know. Pepco is in the process of installing Smart technology which will help them identify exactly where the source of the outage problem is.

RACCOONS

We share our woods with delightful creatures: most are healthy, but some are not so healthy. Raccoons have been spotted periodically and some may have been rabid. An Animal Control representative says raccoons are normally nocturnal but could be seen in the daytime, especially basking in the sun or foraging for food if they are nursing mothers. Be alert.

Healthy animals do not shake or wobble while walking. If you are concerned about an animal sitting, contact Animal Control at 240 773 5960 and they will ascertain whether it is a usual or unusual event and they will come get the animal if necessary. Since raccoons are vectors for rabies, their policy is to euthanize all captured raccoons and only test for rabies if there is confirmed physical contact with a human or domestic pet. To calm everyone: An interesting statistic from Montgomery County Animal Control is that in USA recorded history, there is no confirmed human death by rabies from a rabid raccoon.

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



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse, 7:30 pm. If you are considering an addition or exterior modification of your home, bring your plans for review. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockSprings.net. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any and every community member to attend, whether you are renovating or not. Next meeting is May 5.

KINDERGARTEN



Kindergarten orientation for upcoming kindergarten students born before Sept 1, 2005:

Call Carderock Elementary 301 469 1034 to make an appointment now for kindergarten registration which will be held on May 19th and May 20th.

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

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.

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@gratzlawn.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

Services Available, cont.

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

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.

Services Available, cont.

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

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 8th 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



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

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**





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 _____

Wanted, Vacation Rentals and Recommendations

HOUSING WANTED

Professional couple with toddler moving back to area looking for housesitting/rental opportunity starting in June or July. Please e-mail Loreenne lorennejulia@aol.com or call 301 229 6458.

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

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 days & weekends and Sat. to Sat. of July 3-10 and 10-17. Rate is \$500 for three day weekend and \$1800 for summer week. Please email art@yogaplus.com

Ocean block in Rehoboth Beach. 5th house from 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 or \$2K/wk), July 10 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

Housekeeper Patsy is available on Saturdays. Speaks English, follows directions, takes initiative, cleans thoroughly. Recommended by Cheryl Glaessner, Margie Orrick, and several other Carderock neighbors. Call Patsy 202 246 1172.

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



**CARDEROCK SPRINGS SWIM & DIVE TEAM
REGISTRATION-2010**

Please print clearly.

Parent(s)/Guardian(s): _____

Address: _____

Phones - Home: _____ **Cell:** _____

Primary E-mail Address(es) for Team Correspondence:

Emergency Contact Name: _____

Phone: _____

Physician Name: _____

Phone: _____

Medical Waiver:

I will notify CSSC Swim &/or Dive Team Staff in writing prior to the start of the season of any medical condition my child(ren) has that may warrant special attention. If my child(ren) requires emergency medical treatment and a parent cannot be reached, I authorize supervisors of the CSSC Swim &/or Dive Team to initiate treatment at the closest medical facility.

Volunteer Requirements:

If my child(ren) swims or dives in either an "A" or "B" meets, an adult family member will be available to volunteer as needed. (Parents are requested to volunteer for as many meets as their child(ren) competes.)

Registration Fee: \$100.00/participant; \$150.00 for pre-team; please make checks payable to CSSC. (10% discount for 3 or more team members in a family.)

Practice Times:

To assist the Cuda coaching staffs prepare for the season, please complete the registration form to the best of your knowledge.

Swim Practice Times

8-9 am

9-10 am

4-5 pm

5-6 pm

Dive Practice Times

4-5 pm

5-6 pm

PRE-TEAM see chart on registration

2010 Carderock Springs SWIM or DIVE TEAM Member Registration

Please complete the chart below to the best of your knowledge. List each participant(s) information and circle the practice times they are most likely to attend each week.

If your child will be away, at camp, vacation, etc., put an X through that week.

Name	Swim Dive	Sex	Birthdate MM/DD/YY Age on 6/1	6/17- 6/18	6/21- 6/25	6/28- 7/2	7/5- 7/9	7/12- 7/16*
				8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm
				8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm
				8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm
				8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm
				8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm	8-9 am 9-10 am 4-5 pm 5-6 pm

*Practice for Divisional swimmers/divers only that next week – 7/19 with Divisionals on 7/24.

PRE-TEAM: To assist the pre-team coaches and make sure there are enough coaches at practice, please list your participants below and circle the practice time they are most likely to attend each week. If your child(ren) will be away, at camp, vacation, etc., put an X through that week.

Pre-teamer's Name	Age	6/21- 6/25	6/28- 7/2	7/5- 7/9	7/12- 7/16
		9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm
		9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm
		9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm	9-10 am 3-4 pm 4-5 pm

I give my permission for the above child(ren) to participate in the Cuda Swim/Dive Team. I will abide by the rules of the team and will display good sportsmanship toward the teams and officials at all times.

Signature: _____

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

Citizens' Association

Two organizations exist within Carderock: the Swim/Tennis Club and the Citizens' Association. Each have different dues, memberships, boards, activities, etc. For instance the Swim & Tennis club has swim and tennis teams, Summer Fun for kids, BBQs, maintenance of the clubhouse and nearby acreage, etc while the Citizens' Association has an Architectural Review Committee for building covenants, maintains entrance landscaped areas, produces a neighborhood directory, sponsors an annual house tour, etc. In late April a new Citizens' Association Board was elected consisting of:

President Phil Rider	Membership Barbara Ames
Vice President Georgia Petsche	At Large Jack Orrick
Secretary Gunnar Tomasson	At Large/Newsletter Mary Lou Shannon
Treasurer Tom Hilton	

By-laws were also amended at the April meeting, see Carderock.info or CarderockSprings.net .

The Citizens' Association and it's Board have important roles in keeping and moving us toward a community life that we all value. The new Citizens' Assoc Board will meet May 10 at 7 pm at Phil Rider's to talk about its identity & role in the community. We hope to create some clear guidelines and goals for our coming year. Whatever we decide in particular, I can assure you that we are united in these ways:

- To listen to your concerns;
- To respond in ways that fall under our Articles of Incorporation and By-laws;
- And to do what we can to re-establish a trust that both the Association and the Board are important entities of our community.

June and subsequent monthly meetings will be at the clubhouse at 7 pm on the first Monday of the month. All Citizen Assoc board meetings are open to the community.

Phil Rider, President, Carderock Springs Citizens' Association

<p>Carderock Springs Swim and Tennis Club 8200 Hamilton Springs Court Bethesda, MD 20817</p>
