



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

September 2010

CALENDAR

- | | |
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| Aug 30 Mon | First day of school in the <i>brand new</i>
Carderock Springs Elementary School |
| Sept 1 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Sept 4 Saturday
2 - 4 pm
4 pm
6:30 pm | Labor Day Celebration
Tennis Social
Pool Games (for ages 3 and up up up)
BBQ/Evening celebration (no Float Night)
(you bring food, club provides beverages) |
| Sept 9 Th 11:30 am | Men's lunch at Normandie Farm |
| Sept 12 Sun
5 to 7 pm
8:30 pm | Last Day to Swim
Final Float Night
Pool closes for the season |
| Sept 13 Mon 7 pm | Citizens' Association monthly board meeting at 8109 Fenway Rd |
| Sept 16 Thurs noon | Women of Carderock Lunch |
| Oct 3 Sun 3-5 pm | Carderock Fall Fun Fest at the Club (Chili Cook-Off!) |

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

Welcome to our new Asst. Tennis Pro, Oren Stephen. Oren has taught at several clubs in Maryland and Northern Virginia and also has a strong playing background, playing college tennis at Division 1 Duquense University. Oren will be a tremendous addition to both the junior and adult programs at Carderock.

Fall programs begin the week of Aug 30th and run for 10 weeks plus one make up week. Classes are filling fast so please send your registration if you are planning on participating. See www.carderocktennis.com for more info about Elite (High School Team or USTA Tournament player), Tournament Training (training to be a USTA player, advanced intermediate), Players on the Rise (Intermediate, players can serve and rally), Up and Comers (low intermediate/ ages 8-12, learning to serve consistantly), Tiny Tots (ages 4-7, beginners)

I hope to see everyone on the courts!

Nitin Deodhar, Carderock Tennis Pro
carderocktennis@verizon.net

SWIM

Pool operating hours will change on Monday August 30 when public schools are back in session.

Hours will be

- Monday thru Friday 3:30 to 8:30.
- Saturday and Sunday 10:30 to 8:30.

WELCOME

Welcome to Takamoto, Aya and Takehiro Kajiwara who have moved into 7506 Hamilton Spring Rd from Japan. Takamoto is a Japanese journalist, his wife Aya has worked for a Japanese TV station, and 11 year old son Takehiro excels at karate and likes baseball. They look forward to learning English and are delighted to live in what they have experienced as 'bright and warm' Carderock. 'Warm' was the immediate hospitality from neighbors, not just the summer weather!

LABOR DAY

Saturday

September 4

2 - 4 pm Tennis Social

4 pm Pool Games for ages 3 and up up up

6:30 pm BBQ

(you bring food, club provides beverages)

CARDEROCK'S 2010 FALL FEST

Sunday, October 3rd, from 3-5pm at the Club

Many activities are being planned for this year, some old and some new!! We will have the second annual Chili Cookoff!!!

Planning is in progress. If you are interested in helping with the planning or volunteering to assist the day of the event, contact Jen (jendrennan@msn.com)



Slow Down and Stink Bugs



Drivers: please slow down,
tons of young Carderock kids are playing nearby.
Regrettable accidents can happen in the snap of a finger.

BROWN MARMORATED STINK BUGS



*Who knew we had a Stink Bug expert in our midst in Carderock?
Tjaart Schillhorn wrote the following for the Rachel Carson Council:*

Remember the Asian stinkbugs last fall? They may come back!

The nail-size "brown marmorated stink bugs" were apparently imported about ten years ago from ecologically similar areas in East Asia. The bugs are harmless to people, pets and property but their smell is a nuisance. The malodorous aroma derives from a chemical that is released by the bug when it feels threatened or is crushed. The smell may attract other bugs.

The main reason why the bugs are seen in homes [and mainly in fall, winter and spring] is to escape the winter cold. They do not breed or multiply indoors.

Efforts can be made to seal the bugs out by caulking windows, remove window air conditioners, etc. in the fall. Still, completely sealing stink bugs out of your home may be impossible. Use of chemical pesticides in the home is of course a no-no, especially when pregnant women, children and pets are around.

In some cases manual removal works i.e. carefully dislodging the bugs and then brushing or vacuuming them up. Brushings can be flushed down the toilet and vacuum-bags should be disposed of immediately since they can smell!

The Asian stink bug is a new "kid on the block" and we have to learn to live with it. Various organizations are studying other prevention and removal methods. So keep posted.

Social Groups, Art Exhibits, Exercise Classes

WOMEN OF CARDEROCK

Sept 16, Thursday noon

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

CARDEROCK SENIOR MEN'S GROUP LUNCH

Sept 9, Thursday 11:30

The next Carderock Senior Men's lunch will be on Sept 9 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle 301-365-1277 for questions..

ART EXHIBITS

Receptions Sept 11, Saturday 6-9 pm

American University
Museum at Katzen Art Center
4400 Mass Ave NW, DC

Oct 9, Saturday 5-7:30 pm

Long-time Carderock resident Gloria Turner has paintings which will be in 2 juried exhibitions at AU. Stop by American University this Fall and/or go to one of the receptions to celebrate her achievement!

1. Re-Vision: AU Alum from August 31 to Oct 24.
 - Reception for all museum exhibitions Sat Sept 11, 6 to 9 pm
2. Group 93 Exhibition from Sept 8 to Oct 10
 - Closing reception Sat Oct 9, 5 to 7:30 pm

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

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

- Mondays and Wednesdays, 9 to 10 am
- Fee is \$10 per class
- 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 CLASSES RESUME IN SEPTEMBER at the Club

- Tuesday and Thursday 9:00-10:30 am
- Yoga and light hand weights for flexibility, strength and peace of mind.

Also new at the Club, a four session class: Living with Scoliosis, Fridays at 10:00 - 11:30.

Evening classes at Potomac Methodist Church in Potomac: 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.

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.

Wanted, For Sale & Services Available

WANTED

Looking for a seamstress who is reasonable and has some experience. Someone either in Carderock Springs or within 5-10 miles of our neighborhood. Relatively simple work such as shortening tee shirts, jeans, slacks, dresses and possibly jacket sleeves. If you know someone who might be interested in doing this kind of work, I would greatly appreciate your giving me a call: 301 365 3261.

Housing wanted. House sit or rent in Sept & Oct. Call Carolyn 301 257 1076.

FOR SALE

Blue Metro Lite Stroller \$35; 2 contemporary style, metal/fabric armchairs, curve shaped, \$100 for the pair. Beautiful rocker chair originally purchased at Ethan Allen, upholstery is green and yellow, Original price:\$400, For sale at \$100. Please call Cecile at (301)469-9174.

2002 Mercedes Kompressor Sport Coupe (hatchback), 4-cyl. stick shift, 14.5K miles, in mint condition. \$8,500. Call Arthur Simms, 301 469 6881.

SERVICES AVAILABLE

Experienced babysitter available days, evenings, & weekends. Claire Silverstein is a responsible Whitman graduate with flexible hours. She enjoys being around kids and is Red Cross certified. She is also available for dogsitting or dog walking. Please contact claire.silverstein@gmail.com or 301-221-2917.

Experienced Nanny/Babysitter available. Our wonderful nanny is available to babysit mornings & early afternoon starting in September since daughter will be in school. She is absolutely reliable and has taken superb care of our daughter for the last 6 years. Originally from Peru, lived in the US for over 30 years, speaks fluent English, has her own car. Call her directly (Alejandrina Alonzo home 301-270-0727, cell 301-806-9423) or call me for a reference (Beth Vergnetti home 301-320-7455, cell 301-351-6620).

Our wonderful nanny, Candy, who has worked in the neighborhood for the last 6 years, is available in September since all our kids will be in school but she is willing to start in October or November. She is looking for a full time, live-out position. She speaks both English and Spanish and drives her own car. She is responsible, energetic, and patient. Please call Debbie with any questions at 301-767-3379.

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

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.

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.

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

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.

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.

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

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

Services Available, cont. & Recommended

SERVICES AVAILABLE, cont.

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

I Build Construction. Serving the Carderock community for over 5 years. Our services include new custom homes, additions, kitchen and bathroom remodeling, basement finishing and waterproofing, decks, flooring, roofing, siding, fine carpentry, and many more. There's nothing we can't handle. Estimates are always free! See pictures www.ibuildmd.com or call Alex Shatskov at 301-358-4806.

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.

RECOMMENDED

Math tutoring available year round...Certified Math Teacher, 22 years of experience. Algebra through Calculus and SAT/ACT prep. His home or yours. Phone Charles Hoag 301-869-0529 or 240-476-7609. Recommended by Vittoria Winterton.

DogOn Fitness, exercise services for bored, stay-at-home dogs, high-energy dogs & any dog who craves an active daily walk or run while you are at the office! Highly dependable, professional & unique, each session is customized to your dog and circumstances including walks or a brisk run with athletic dog lovers, visits to the park or canal, daily relief walks, puppy visits, vacation visits, boarding and "Get Life on a New Leash" exercise & bonding classes for dogs & their owners. Call Lesley Smith 301 646 7223 or www.dogonfitness.com . Recommended by your neighbor, Xenia Woyevodsky KCEHIA@verizon.net .

Pet and house sitting available year round...Exercises dogs; Grooms (brushing only) dogs/cats; Feeds and gives medication to any pet when required. Capable of handling large dogs. Highly reliable. Phone Elsa Chryst 703-314-4377. Recommended by Vittoria Winterton.

Reliable handyman, approaches each project with care, thoughtfulness and great experience. He was the chief trim carpenter on our addition and has since done large and smaller jobs including drywall repairs, interior/exterior painting, built a table-top for dining table, built book-wall in study, repaired antique table, matched a difficult breakfront ruined in a transatlantic move. Also does tile repair. Tony Goncalves cell: 240 426-3650. Highly recommended by Ky and Almuth Ewing.

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.

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 through Oct. 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 Inlet. Shopping & golf greens nearby - TPC at Prince Creek, Blackmoor and more. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Key Colony Beach, FL 3 bdrm vacation home near Key Marathon. Sleeps 6 plus fold-out coach for 2 more. Well-decorated & conveniently located across from golf course & tennis courts, with Olympic-sized pool down the street at Cabana beach club just blocks away. Two-hour drive from Miami, 45 minutes to Key West. Great places for dinner/drinks on the beach just north of Key Colony about 15 minutes by car. Fall rates: \$1450 per week. Email sabinapfogle@gmail.com. Photos: <http://www.airbnb.com/rooms/22654>

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.

Swim and Tennis 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.

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 312 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 meeting is Wednesday, Sept 1.

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