



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

## April 2011 CALENDAR

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|-----------------------|--|
| Mar 27 Sunday 5:30 pm | International Potluck Supper at Club   |
| Mar 28 Monday         | Tennis programs begin  |
| Apr 6 Wed 7:30 pm     | Architectural Review Committee monthly meeting at Club   |
| Apr 9 Sat 8 pm        | Carderock Casino Night (Elementary School fundraiser)  |
| Apr 10 Sun 6:30-8:00  | Women's Microfinance Initiative Potluck at Club  |
| Apr 14 Th 11:30 am    | Men's lunch at Normandie Farm  |
| Apr 17 Sun            | Citizens' Association Annual Meeting at Club   |
|                       | <ul style="list-style-type: none"> <li>• 6 pm Social Networking</li> <li>• 7 pm Annual Business Meeting</li> </ul> |
| Apr 21 Thurs noon     | Women of Carderock Lunch   |

### Looking Ahead:

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|--------------------|--|
| May 1 Sun noon     | Spring Egg Hunt at Club                                    |
| May 1 Sun 1 - 4 pm | Swim/Dive Team Sign Up at Club                             |
| May 7 Sat 2 - 5 pm | Carderock Garden Tour fundraiser for Citizens' Association |

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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)

TEAM SIGN-UPS

Sunday, May 1, 1 to 4 pm

Sign-ups for the 2011 swim and dive teams, including Pre-Team and Mini Cudas, will take place on Sunday, May 1, 2011, between 1 and 4 pm at the clubhouse. Afternoon Pre-Team spaces will be limited and will be filled on a first come, first serve basis at swim team sign-up on May 1. For full details, please see the swim team flyer that was included in your membership package or go to [www.carderockclub.org](http://www.carderockclub.org) and click on swim team for all the 2011 swim team information, including fees and levels of instruction. Practices for swim and dive teams will begin after school on May 31st. The Pre-Team and Mini Cudas will begin their summer season on June 20th and run four weeks through July 15th. Questions, contact Liz Sobrino at [lizsobrino@gmail.com](mailto:lizsobrino@gmail.com) or 301-365-3878.

The Pre-Team and Mini Cudas need swim coaches. Eligible candidates must love working with small children and have strong basic swimming skills. If you are 15 years old and lifeguard certified, you are eligible to be considered as a paid coach at \$10 an hour. If you are not lifeguard certified, you may be considered as an assistant coach and earn community service hours. Select 14 year olds and/or entering 9th grade will be considered as assistant coaches and may earn community service hours. Interested candidates need to send an email to [Lizsobrino@gmail.com](mailto:Lizsobrino@gmail.com). Be sure to include your name, age, lifeguard certification status, experience as a swimmer, any time off requests between June 20th and July 15th and why you would like to be a Pre-Team or Mini Cuda coach.

Coaches and assistant coaches need to be available between June 20th and July 15th.

Practice Schedule: Pre-Team 9 to 10 am and 4:45 to 5:30 pm and 5:30 to 6:15 pm  
Mini Cudas 9:15 to 10 am and 3:30 to 4:15 pm and 4:15 to 5:00 pm

Coaches and assistants will be expected to be available both mornings and afternoons. Special accommodations may be possible depending on the circumstances. The number of coaches and assistants will determine the number of shifts available. Coaches and assistants will most likely work with both Pre-Team and Mini Cudas during the 4 week season.

Hey kids, while we're thinking about summer.....Which one doesn't belong?



# Annual Spring Egg Hunt

## Sunday May 1

### Noon (helpful hint: Be Prompt)

Spring Egg Hunt and Earth Day Celebration!

Come to the club on Sunday May 1st at noon for the Annual Spring Egg Hunt!

Beverages will be provided.

We will also be doing some planting in celebration of Earth Day.



#### CARDEROCK CLUBHOUSE AVAILABLE TO RENT



Looking for a great setting to hold your next special occasion, day long retreat, seminar / training session or business luncheon?

Consider the Clubhouse at Carderock Springs Swim and Tennis Club.

A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

Please contact the manager Larry E. Ondrejko  
[carderockclub@verizon.net](mailto:carderockclub@verizon.net) or telephone 301.365.2292

Visit our web site [CarderockClub.org](http://CarderockClub.org)



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## Exercise Classes and Social Groups

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### **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.

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

Visit [www.yogaplus.com](http://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 for improved flexibility and pain management. Please email [maggie@yogaplus.com](mailto:maggie@yogaplus.com) for more information.

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

**Apr 14, Thursday 11:30**

The next Carderock Senior Men's lunch will be on April 14 at Normandie Farm.

Social hour at 11:30 - 12:00, lunch at noon. Questions? Contact Doug Robinson, 301 365 7503.

### **WOMEN OF CARDEROCK**

**Apr 21, Thursday noon**

The April meeting of the Women of Carderock will be on Thursday, April 21 from noon to 2pm at the home of Margit Meissner. Her address is 8323 Still Spring Ct. and you can RSVP to her at 301-469-6740. Please come with your lunch and enjoy the company. Newcomers are always welcome.

### **INTENSIVE JOB SEARCH TRAINING CLASSES**

**beginning Apr 4, May 9**

For county residents over 50: Career Gateway program, \$75 for 30 hours over a 2 week period.

Contact Jewish Council for the Aging University, 301-255-4200, [JCAUniversity@AccessJCA.org](mailto:JCAUniversity@AccessJCA.org)

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## Tennis News

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Both adult and junior clinics begin the week of March 28th. Thanks to everyone for their early registration! Currently Tiny Tots is full on both Fridays and Saturdays so no drop-ins or registrations will be taken for this class, sorry. I only have one spot available for each of the Thursday and Friday Up and Comers classes and I have just one spot remaining for the Wednesday Players on the Rise group.

If you're planning on attending any of the junior programs please send your registration in when possible. This enables me to plan accordingly. See our tennis website [www.carderocktennis.com](http://www.carderocktennis.com) for junior and adult class schedules and more info. The Pro Shop now holds many items for sale including rackets, strings, restringing, grips, and more. We also now accept credit cards.



Introducing.....  
Tennis Tip of the Month



NEW



How to develop a consistent ball toss for your serve: The key to any serve begins with the ball toss. If your toss is off, your serve will not be as reliable as you would like. A few key tips for the toss:

1. Keep the ball out of your palm. The ball should be on your fingers (not finger tips, just fingers). Keep your pinky off the ball as well.
2. Keep your arm straight. It should feel as though nothing in your arm or wrist bends as you toss the ball.
3. Toss your arm in line with your desired contact point. If I like my first serve toss in front and slightly to the right, I am going to make sure to have my tossing arm go over the desired spot!
4. Try to establish the height of your toss about a foot higher than you can reach with your racket.

These four tips should have you on your way to a more consistent toss and eventually serve. Good luck!

Thanks again and I look forward to my 4th season at Carderock!  
Nitin Deodhar  
Carderock Tennis Pro

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## Casino Night!

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### Carderock Casino Night Saturday, April 9



### Elementary School Fundraiser

Why: Because our children's education is not a gamble! Let's raise the odds on our children's education. In the light of severe MCPS budget cuts, big class sizes, fewer specialists, and new math and science curriculums; our teachers have enormous workloads. The CSES Educational Foundation is currently exploring new ways to help our teachers and our students in their classrooms. The Foundation will also continue to fund our Technology Program and purchase invaluable classroom materials such as Netbooks (basic laptops), microscopes, and other educational equipment.

Who: CSES parents, staff, neighbors, and friends

When: Saturday, April 9th, 2011 @ 8pm... This will be an exciting and high-stakes night-out!

Where: Adat Shalom, Persimmon Tree Road, Bethesda

How: If you're interested in joining us, please contact Karen Roman: [karenroman1@gmail.com](mailto:karenroman1@gmail.com)

Check out our newly-designed website for the Education Foundation: [www.csesef.org](http://www.csesef.org)

Also check out the website for our Casino Night:

[www.CarderockCasinoNight.com](http://www.CarderockCasinoNight.com)



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## Wanted and Recommended

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### WANTED

Recent college grad and New Hampshire resident Brandon Fitts ISO summer housing (room and kitchen privileges), May 22 to Aug 31. Interning at NIH M-F, 9-5 pm, has own transportation. Majored in Therapeutic Recreation, minored in Music, likes children, has done a lot of community service, prefers to live with a family. Needs access to kitchen, especially for weekend meals, or would join the family if invited. Will pay a reasonable rental fee. Contact [florencefitts@comcast.net](mailto:florencefitts@comcast.net), evenings 603 226 2209.

Summer dog sitter in quiet home 4-5 weeks July/early August for our old but healthy and very friendly Cockapoo Mia. Does not need to be walked. Our daughter Kristina Valencia, is avail for any backup or problems. Food & per diem provided. Ken or Osa Coffey 301-469-8428, or stop by 8326 Still Spring Ct.

Home for Penny, a Beagle puppy - she's adorable, 10 mo. old, 100% healthy, up to date on all her shots, w/ micro chip, has been spayed. Wonderfully playful personality, gets along with people & dogs. Was 95% house trained but has relapsed a little bit since moving from PA to a new house in DC. We are heartbroken to part with her, but unfortunately her youthful exuberance is driving our older beagle to an early grave. Do you have as much love to give as she has to give/offer? David 202 251 8826

We are looking for an experienced summer nanny for our 4 year old son during his pre-school summer break. Ideally it would be for Monday through Friday, 9.30 am to 4 pm, mid June or early July to early September. References needed. Please email [tmagone@gmail.com](mailto:tmagone@gmail.com) or call Teresa Magone at 301-7878361.

### RECOMMENDED

Tick solution. Decrease Lyme-disease-infected deer ticks in your yard! There's a dynamic relationship between deer who spread ticks and field mice who spread Lyme disease to the deer ticks. Mice are the tick's primary source of this debilitating disease, and Dominix Tick Tubes, which look like an empty cardboard roll of toilet paper, manage the tick population. Use as directed in your yard every spring and summer. For Tick Tube placement, call my son Ryan Robbins who also has a remodeling company. He's diligent, hard-working, honest and has a polite Southern charm. Robbins Remodeling 301 575-7066 or [R3RyanRobbinsRemodeling@gmail.com](mailto:R3RyanRobbinsRemodeling@gmail.com). Recommended by Carderock resident Karen Williams.

Floors. Call Isaac of International Floor Service 301-807-7197. Excellent work and fair prices. Laid floors for friends, family and me since 2005. Contracts with Home Depot. Highly recommended by Jane 301-469-0750.

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## Services Available

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"Eat To Be Well, Eat To Stay Healthy!" Chef Bernard - Personal Chef. Affordable meals prepared in a commercial kitchen, packaged & labeled with reheating instructions, delivered to your home every Monday or Tuesday. [www.chef-bernard.com](http://www.chef-bernard.com), (301) 830-1608, email [bernard@chef-bernard.com](mailto:bernard@chef-bernard.com)

Tutor Available Janna Haynes, M Ed., previously an elementary school teacher for 6 years, have been tutoring students 2nd - 8th grade for 5 years in reading, mathematics (up to Algebra and Geometry,) & writing. Will come to your home, \$65/hour. Please call 202-486-4879 or email [janna.haynes@gmail.com](mailto:janna.haynes@gmail.com).

Experienced Spanish/English-speaking Babysitter/Tutor: Certified to tutor young kids in math, reading, English & Spanish. Can also provide assistance w/ routines & managing unwanted behavior in ages 1 to 8. Reference: [KarenRoman1@gmail.com](mailto:KarenRoman1@gmail.com). Contact Paty Franco 301-529-6993, [4infinitehope@gmail.com](mailto:4infinitehope@gmail.com)

Bass lessons w/ professional w/ 25 yrs performance & teaching experience. Upright & electric bass. Improvisation, theory, ear training. Has prepared students for Conservatory entrance & auditions w/ great success. Flex schedule, will come to you. Sal Deraffele 301.933.4622, [saldbass@gmail.com](mailto:saldbass@gmail.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. Also instrument repair and set-up. Call 301-365-8022 or email [rychliks@gmail.com](mailto:rychliks@gmail.com)

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

Summer House Sitter Available. Responsible and reliable former Carderock resident Owen Knight (rising sophomore at Tulane University) is available June 15-August 15 to stay in your home, feed and walk pets, water plants, bring in the newspaper and mail, etc. 301-538-8531 or email at [oknight30@gmail.com](mailto:oknight30@gmail.com)

Teacher/artist looking for a long term place to live - house sit or barter for art lessons. My wonderful black lab Betty would like to come with me. Contact [earthtoskystudio@gmail.com](mailto:earthtoskystudio@gmail.com) or call 240-899-4193. Local reference who vouches for Ally's maturity & responsibility: Barbara Feuer 301-365-0113

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](mailto:emily.deyo@yahoo.com) (preferred) or Cell: 301-335-9879, Home: 301-365-1247



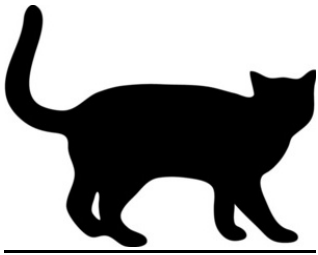
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Services Available, cont.

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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 9<sup>th</sup> 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

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.

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## Services Available, cont.

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

Jose Luis will help with any and all chores, in and around the house, including snow shoveling, gardening and yard cleanup, garage cleaning, painting or any kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor 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](mailto: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](http://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](mailto:support@dc-pc.com) or call Jim at 202 841 0873.

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## House Cleaning Services Available

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- Our hardworking, trustworthy housekeeper has Tues, Wed mornings and Thurs afternoons available. Millie speaks English, is comfy with pets, has own transportation and great local references. Please contact Mile directly (240-462-5453 ) or Lois Kramer (301-758-8088)
- 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.

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## Vacation Rentals Available

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Bethany Beach, DE Beautiful TH, just 200 yds from the dune in Tower Shores. 2010 redecorated. 4 bdrm, 3 ½ baths. 2<sup>nd</sup> flr Queen bdrm/bath & 2 bdrm sharing hall bath. Top floor master suite w/ sitting area. CAC, internet w/ wifi, cable TV, flat screen w/ surround sound. Contact: kbgraham2010@gmail.com

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.

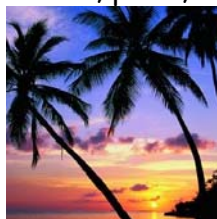
Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking Inlet. Shopping & golf greens nearby. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Sanibel Island, FL 2 bdrm beachfront condo, 1<sup>st</sup> floor, screened lanai, wireless internet, tennis & pool, clubhouse with daily kid activities, miles of bike trails and nearby famous Ding Darling bird sanctuary. Sleeps 6 - 8. Handicap accessible. Contact Suzanne Yokel's daughter Yael Ellis [yyellis1@tampabay.rr.com](mailto: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](mailto: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 240 535 7907 [new number!].

Cabo San Lucas, Mexico 3 bdrm, 3 bath Penthouse Suite avail March 10-17 at [PuebloBonitoSunsetBeach.com](http://PuebloBonitoSunsetBeach.com). Suite also includes LR & DR, kitchen, full veranda over-looking the Pacific, hot tub, daily maid service. Tennis, pools, restaurants on premises. Contact Phil Rider 301-469-0231 or [pmbthmd@yahoo.com](mailto:pmbthmd@yahoo.com)



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## Swim and Tennis Club Contacts

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### CLUB BOARD OF DIRECTORS, 2011

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	Robin Meyer	301 365 1370
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 349 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. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20<sup>th</sup> of the month. 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 & every community member to attend, whether you are renovating or not. Next meetings are Wed. 3/2 and 4/6.

## SUMMER FUN

Who can believe that Summer Fun is entering its 18th season?

A community-building endeavor, this program occupies Carderock kids and teens in organized activities at the Club Monday through Friday during the summer. Campers are age 6 to 10, volunteer counselors are age 12 and up. The weekly fee for campers is \$225 per week. Volunteers receive Community Service hours.



Visit our website [CarderockClub.org](http://CarderockClub.org) and go to the Summer Fun link to download the registration form for campers and the volunteer form for teens. The six weekly sessions start June 20 and end July 29. On the registration/volunteer form, prioritize which week(s) you'd prefer:

WEEK 1: 6-20 THRU 6-24

WEEK 2: 6-27 THRU 7-01

WEEK 3: 7-04 THRU 7-08

WEEK 4: 7-11 THRU 7-15

WEEK 5: 7-18 THRU 7-22

WEEK 6: 7-25 THRU 7-29



## TEENS

Want to work at the club this summer (snack bar, grounds, life guarding, etc) and get paid? Complete an employment application this spring - it's online at [www.CarderockClub.org](http://www.CarderockClub.org)

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