



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

## August 2011 CALENDAR

- |                    |   |
|--------------------|---|
| Aug 3 Wed 7:30 pm  | Architectural Review Committee monthly meeting at Club<br>(there is no scheduled July meeting of the ARC) |
| Aug 11 Th 11:30 am | Men's Lunch at Normandie Farm   |
| Aug 12 Fri         | Summer Junior Tennis programs end   |
| Aug 29 Mon         | Fall Junior Tennis programs begin   |

### Looking ahead:

- |                     |   |
|---------------------|---|
| Sept 3 Sat          | Labor Day Celebration at the Club <ul style="list-style-type: none"><li>• 2:30 - 5 pm Tennis Social</li><li>• 3 pm Pool Games</li><li>• 6:30 pm Evening Celebration/BBQ</li></ul> |
| Sept 19 Mon 6:30 pm | CSCA monthly meeting at Club (no meeting in August)   |

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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)

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## Tennis News

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Hope everyone is staying cool in this brutal heat! This summer has been busy, hot, and fun at Carderock. We have enjoyed a great junior interclub season and adult interclub season.

Congratulations to those juniors who received trophies and awards at the tennis banquet in late July. Junior summer programs continue until August 12th, please email Nitin Deodhar at [carderocktennis@verizon.net](mailto:carderocktennis@verizon.net) if interested. The **Fall Junior Program begins the week of August 29th**. All program info is now available on the website [www.carderocktennis.com](http://www.carderocktennis.com).

The Thursday Night Ladies League has been going strong while competing weekly through July against area clubs. **The daytime ladies leagues begin the first week of September**. If interested in joining any of the adult leagues please contact Vlatko Bosevski, Adult Tennis Director, at [bosevskiv@yahoo.com](mailto:bosevskiv@yahoo.com).

### Tennis Social

2:30 - 5 pm

Saturday, September 3

Come for tennis, food and drinks!



For information on a wide variety of Carderock tennis programs from Tiny Tots through Elite juniors, plus adults in mornings through Night Owls, from Beginners through Cardio, please email Nitin and visit our website [www.carderocktennis.com](http://www.carderocktennis.com). Hope to see everyone on the courts!

Nitin Deodhar  
Carderock Tennis Pro

# Labor Day Celebration

**SATURDAY, September 3**

**3 pm Pool Games** for the middle pool and big pool.  
Noodle and other relays, coin dive, toy toss, and ball games.

**6:30 pm Evening Celebration and BBQ**

## **WELCOME**

Hans and Arienne Hoogeveen are moving in early August into 8009 Glenmore Springs Rd from Tanzania via Holland.

Jeff Ludwig, Elinore Boeke and their daughter and 2 sons Zach (8), Juliana (6), and Alex (4) have already moved into 8115 Lilly Stone from Virginia and are getting used to This side of the river!

Caroline Walsh and Greg Rosenberg with Julia (8) and James (6) have bought 7909 Park Overlook Drive and call this move from NY City to Carderock "our move to the country".

## **FAREWELL**

Carderock sends a fond farewell to David Sweet of 8009 Glenmore Spring Rd who will be retiring and moving to California.

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## Classes and Social Groups

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### **WATER AEROBICS at the Club**

- Tues and Thurs mornings, 10:30 am, through August 18 with Karin Baker.  
\$56 for once a week, \$105 for twice a week, \$8 for drop-in classes. It is not necessary to be a Club member to take Karin's water aerobics classes. Call 240 207 or email Karin1047@aol.com.

### **AEROBIC DANCING at the Club**

- Tues and Thurs mornings 8:45 am, Jacki Sorensen's Aerobic Dancing taught by Karin Baker.  
8 weeks of class: \$48 for once a week, \$96 for twice a week.

### **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**

**Aug 11 Thursday 11:30**

The next Carderock Senior Men's lunch will be on August 11 at Normandie Farm.

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

### **WOMEN OF CARDEROCK**

There will be no meetings of the Women of Carderock for August.

Enjoy your summer and we'll hope to see you in September.

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## College Plans 2011

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Geez, we remember them in the baby pool not too long ago, we cheered for them at swim meets, their first jobs were at the Club and now nearly 2 dozen of our teens have graduated from high school and are heading off to their next adventure, some near and some far.

We wish all our teens good luck. Each one of you has got a lot of support here in the neighborhood rooting for you!

Emily Acker: Tulane U, New Orleans, LA  
Ben D'Elia: U of Alabama, Tuscaloosa, AL  
Rainey Brown: Santa Clara U, Santa Clara, CA  
Lee Cary: Pennsylvania State U, State College, PA

Dylan Collins: Goucher College, Baltimore, MD  
Emily Deyo: Elon U, Elon, NC  
Madeline Holland: Harvard U, Boston, MA  
Christian LoBuglio: U of South Carolina, Columbia, SC  
Michael Mandler: Georgetown U, Washington, DC

Colin Mealey: Trinity U, Dublin, Ireland  
Rachel Norris: U of MD, College Park, MD  
Eliza Orrick: Hobart William Smith, Geneva, NY  
Julieta Osella: Universidad Austral, Buenos Aires, Argentina  
Alex Rosen: Oberlin College, Oberlin, OH

Dmitri Schill: Lincoln Technical Institute, CT  
Natasha Schill: Shepherd U, Shepherdstown, WV  
Peter Volkov: Beacon College, Leesburg, FL  
Dillon Vural: U of MD, College Park, MD  
Aaron Weiss: U of Alabama, Tuscaloosa, AL

Many thanks to many folks who collected this information. If you've got a *rising* high school senior and would like to help compile this college/gap year list for August 2012, I'd sure like to hear from you!  
Email Margie at  
[CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net) .



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## For Sale and Services Available

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### RECOMMENDATIONS

Suburban Nursery School Opening. A few spots are available in the Fall 3 and 4 year old classes. Early childhood learning through play-based centers at 7410 Hidden Creek Rd, Bethesda. Parents co-op in the classroom. Contact Membership Admissions chair Katie Brebbia at [katiebrebbia@gmail.com](mailto:katiebrebbia@gmail.com) ; visit online at [www.suburbannurseryschool.org](http://www.suburbannurseryschool.org). Recommended by Suzanne Dritschilo.

### FOR SALE

Men's black Schwinn bicycle, Voyageur Sport XL, about 23" high at seat tube. \$99. Ridden only a few times since was new in 1999. Curtis Shively or Susan Burkhalter at 301-469-8728 or e-mail Susan, [scastlekep@aol.com](mailto:scastlekep@aol.com)

### SERVICES AVAILABLE



The Compost Crew provides containers for your organic trash, will pick up it up weekly from your home, take it to an organic farm, & 6 months later deliver high grade compost to you. Keep organic trash out of landfills, support the environment & local entrepreneurs (Whitman graduates who are now graduates of Dartmouth & Vanderbilt). [www.TheCompostCrew.com](http://www.TheCompostCrew.com)

"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 Carol Stevens, M Ed., recently retired MCPS English teacher has been teaching for 20 years and is available for tutoring in reading, writing, study, and organizational skills for grades 6 - 12. Will come to your home, \$65/hour. Please call 301-229-5994 or email [Carolnstevens@aol.com](mailto:Carolnstevens@aol.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)

Need live music for your next party, BBQ, family reunion, wedding or anniversary? Carderock member Peter Beiser has a Beatles Cover Band "Seltaeb Eht" (Backwards Beatles) - you may have seen them perform at Haagen Dazs in Bethesda. For a demo CD contact [peter.beiser1@gmail.com](mailto:peter.beiser1@gmail.com) or 240-595-2508.

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### Services Available, cont.

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Bass lessons w/ 25 yrs performance & teaching experience, upright & electric. Improv, theory, ear training. Has prepared students for Conservatory entrance & auditions w/ great success. Flex schedule, will come to you. Recommended by the Todd family. Sal Deraffele 301.933.4622, 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

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

For K through 2<sup>nd</sup> grade: Sharpen skills before school starts this fall! While I am babysitting, we'll play fun games to teach & reinforce vocab, reading & math skills. CIT experience, have assisted in kindergartens. \$15/one hour session, \$12.50/session for 5 one hour sessions. Whitman sophomore Sylvia Deyo, 301-365-1247 or 301-385-2736, sylviadeyo96@gmail.com .

Experience babysitter home from Reed College is available for any age, any time of day/night through late August, has a car. Has worked with children through mentoring and tutoring. Please contact Sammie Massey 301-787-4806 or masseys@reed.edu .

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 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.

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 & not lonely while you're away 10<sup>th</sup> grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247 .

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### Services Available, cont.

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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

Whitman Sophomore T.J. McPhaul does it all for your vacation needs. Many years of experience in Carderock feeding and caring for small pets (bunnies, cats, birds, fish), walking dogs, watering plants, mowing lawns, picking up mail, etc. I'd appreciate if you gave me a call at (301) 767-9747.

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

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. Many references available. If you suspect that your child is having some difficulty in reading and would like help, please call 301 365 7530 or email cmglaessner@yahoo.com

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

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

Jose Luis will help with any and all chores, in and around the house, including power washing, indoor repairs, gardening and yard cleanup, lawn mowing and mulching, garage cleaning, painting or any kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor 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@gratzlawncare.com to schedule an estimate.

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

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



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### House Cleaning Services Available

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- Reliable, trustworthy, efficient housekeeper with excellent references is available 2 days a week. Call Sonia 240-381-3572 . Recommended by Margery Sellinger.
- 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 for a reasonable fee. Dependable, honest, efficient. Use their own supplies unless you specify otherwise. 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 available M-F for 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. 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.

Cabo San Lucas, Mexico 3 bdrm, 3 bath Penthouse Suite 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 367 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. The next meeting is Wed Aug 3.

## 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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