



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

## December 2011 CALENDAR

Dec 4 Sun 2-6 pm	Annual Carderock Creates art show & sale at Club
Dec 7 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club (1 <sup>st</sup> Wed)
Dec 8 Th 11:30 am	Men's Lunch at Normandie Farm (2 <sup>nd</sup> Thursdays)
Dec 15 Th noon	Women of Carderock lunch meeting (3 <sup>rd</sup> Thursdays)
Dec 18 Sun 3-5 pm	Annual Winter Holiday Party at Club
Dec 18 Sun 7 pm	Hermon Church - evening service with carols
Dec 19 Mon 7 pm	Citizen Association monthly meeting at Club (3 <sup>rd</sup> Monday of month)
Dec 24 Sat 5 pm	Children's Pageant at Hermon Church

⇒ **OPT IN** Form inside on page 4

If you want to *continue hand delivery* of this newsletter beginning in Jan 2012, then please complete the form.

---

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)

**ANNUAL MEETING AND ELECTION**

The 2012 budget was voted on and approved at the Nov. 28 meeting. Also the new Board was elected (listed on 2<sup>nd</sup> to last page). Many thanks to Michael Nannes for his 12 years of service on the Board!

**WINTER TENNIS NEWS**

All winter programs started November 14 at Potomac Tennis and Fitness Club (across from Bullis) and all programs will be run by Nitin Deodhar, as well as pros from Potomac Tennis & Fitness Club. More info is posted on [www.carderocktennis.com](http://www.carderocktennis.com).

Our Spring 2012 schedule came out November 21. We will be adding classes to both the junior and adult programs.

Nitin Deodhar, Carderock Tennis Pro

Carderocktennis@verizon.net  
<http://www.carderocktennis.com>



**FINAL UNICEF RESULTS 2011**



Including both the Carderock Fall Festival and collecting coins on Halloween night, a whopping \$2,029 was raised in October. We beat last year's results by 40%! Hey kids - your individual efforts DO make a difference! Thanks to the many kids, pre-teens, teens, and adults who helped out this year in so many ways.

**CORRECTION: FAREWELL**

Longtime Carderock resident Dan Lazorchick who passed away in October (see previous newsletter) did not succumb to Parkinson's as initially stated. Rather, he died of natural causes - his aging heart gave out. A graveside service and interment Arlington National Cemetery Columbarium will be at a later date. Memorial contributions in memory of this charming gentleman may be made to our nearby Cabin John Park Volunteer Fire Dept., Station 10, 8001 River Road, Bethesda, MD 20817.

\*\*\*\*\*

This is the last issue of classified advertisements and other topics being included in the Swim/Tennis Club newsletter.  
See alternatives on pages 4 & 5.

\*\*\*\*\*

It's that time of year again -



# Annual Winter Holiday Party

Sunday, Dec 18, 3 - 5 pm



Decorate cookies  
Sing holiday songs  
and be there for a Big Event TBD



---

2012 Changes in this CSSC Club Newsletter: Opt In Form

---

This CSSC swim club newsletter has been online for several years and simultaneously has also been hand-delivered to over 500 households. In an attempt to save trees and printing costs, starting in January 2012 this newsletter will undergo 2 changes: Distribution and Content.

1. DISTRIBUTION: This newsletter will be primarily available online at [www.Carderock.info](http://www.Carderock.info) and [www.CarderockClub.org](http://www.CarderockClub.org) . May and November issues will still be hand-delivered to your home. When new issues are available online the 1<sup>st</sup> of the month, a notice will be sent to the CS-Chat neighborhood email list.



- If you'd like to continue to receive a hard copy hand-delivered to your home, we will be glad to do that but you need to notify the Editor to Opt In for hand-delivery.



I want to Opt In to continue to have a hard copy of this newsletter hand-delivered to my Carderock home each month:

---

Name

Street Address

Complete this form and deliver it to the Club (8200 Hamilton Springs Ct)  
or  
Email this form/information to [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net)

2. CONTENT: Starting in January 2012, this newsletter will focus on swim/dive/tennis activities and other activities sponsored by the Club such as BBQs and holiday parties.

The following will *no longer be included* in the Club newsletter:

Classified advertisements - For Free, Wanted, For Sale, Services Available, Housekeepers Available; For Rent within Carderock or for a vacation; Recommendations; Welcome and Farewell; High School Senior Destinations; non-Club activities in the neighborhood, etc.

Continued on next page → → →

---

2012 Changes in the CSCA Citizens' Association Newsletter

---

The Citizens' Association (CSCA) has discussed upcoming changes in content of the Club's (orange) newsletter and would like to include some items such as Welcome and Farewell and High School Senior Destinations in the Citizens' Association (green) newsletter.

WANTED: someone to periodically provide the CSCA Editor with complete information for Welcome and Farewell, High School Senior Destinations, etc.  
Contact CSCAnewsletter@gmail.com . Contribute to your community!

Other items such as Classified Advertisements will be included by the CSCA in a new online feature of the Citizens' Association website. Residents will be able to post advertisements/services themselves on an online form - there may be a nominal fee for each advertisement.

QUESTION: With these changes, if I want to announce something then where do I send what?

ANSWER:

*Email to the appropriate Newsletter editor*

- a. **Club events** to be held at the club: CarderockClubNewsletter@verizon.net (orange newsletter)
- b. **Neighborhood news:** CSCAnewsletter@gmail.com (green newsletter)

*Email to CS-Chat*

- c. **Recommendations:** send email to cs-chat@yahoogroups.com to reach over 300 of your neighbors. With profuse thanks to John Surr, a pdf file of recommendations is updated monthly at the CSCA website CarderockSprings.net, click Recommendations.
- d. **Classified ads** - For Free, Wanted, For Sale: send email to cs-chat@yahoogroups.com to reach over 300 of your neighbors.

*Post it Yourself on the CSCA Website* - stay tuned for an announcement

- e. **Classified ads** - Services Available, Housekeepers Available, Vacation Homes For Rent: post on the upcoming Classifieds link on the Citizens' Association website CarderockSprings.net . There may be a nominal fee for this,

Don't have internet access or email?

Contact a neighbor who does and they'll be glad to email or post it for you.

---

## HOLIDAY ART SHOWS/SALES & EVENTS and Ask the Expert

---

### **CARDEROCK CREATES at the Club**

**Sunday Dec 4, 2 to 6 pm**

Carderock's holiday arts & crafts show! Forget Black Friday, do your holiday shopping for one-of-a-kind gifts on "Happy Carderock Sunday" with us on December 4th. Like last year, we will have unique art, photography, jewelry, handmade accessories, ornaments etc made and sold by creative Carderock talents.

Food/Bake Sale! In the spirit of the holidays, profits from the Carderock food and bake sale will benefit A Wider Circle <<http://www.awidercircle.org/>> this year.

### **HOLIDAY CRAFT SHOW at Clara Barton**

**Sunday Dec 4, 1 to 5 pm**

Admire Cabin John artists and their crafts. Special this year: children's author Ann McCallum will give demonstrations of how to use her new book, *Eat Your Math Homework - Recipes for Hungry Minds*, to teach math to children.



### **Hermon Church Holiday Schedule**

Sunday Dec 18, 7 pm

Lessons and Carols

Saturday Dec 24, 5 pm

Children's Pageant

All Are Welcome!

## **Ask The Experts**

THOUGHTS ON ASYMMETRIES IN OUR BODIES  
*from Physical Therapist Laura Probert, Body Works*

**Q:** When I exercise I always feel like one side of me is tighter or more prone to strain than the other side. Is there a way to balance myself out and help prevent injury?

**A:** Yes! First of all we all have asymmetries in our bodies, some greater than others. The clients who show up in physical therapy have gotten to the point where the asymmetry is so great that it causes dysfunction, compensation and pain somewhere in the system.

There are a couple different assessment techniques to evaluate asymmetries. My favorite is Total Motion Release. TMR helps you test your own body for imbalances, and then treat it using simple exercises. The most important benefit of TMR is that you can test your whole system, not just the tight or hurting part, and find areas of restriction that you did not even know existed. When you treat these areas you will go a long way to preventing further restriction, pain and injury.

---

## Classes and Social Groups

---

### **LAURA PROBERT'S PHYSICAL THERAPY at the Club**

- Therapeutic Exercise class: Tuesdays, starting Nov 29, 12:30 -1:30 pm. Includes Total Motion Release (TMR). For people who really want to start moving and shaking after previous pain/injury but are afraid they might hurt themselves if they begin a regular fitness center class and want professional guidance to start out. \$20 drop in, or \$15 each if purchase 6 or more classes.



A healing coach right in your back yard specializing in healing, recovery and performance. Holistic approach for acute and chronic pain and injury.

Call Laura Probert MPT physical therapist 240 328 6073, email [bodyworkspt@comcast.net](mailto:bodyworkspt@comcast.net), web [www.bodyworksonline.com](http://www.bodyworksonline.com), blog [www.disciplinethemind.blogspot.com](http://www.disciplinethemind.blogspot.com)

### **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](mailto: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**

**Dec 8, Thursday 11:30**

The next Carderock Senior Men's lunch will be on December 8 at Normandie Farm.

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

### **WOMEN OF CARDEROCK**

**Dec 15, Thursday noon**

The December meeting of the Women of Carderock will be a luncheon at the Wild Tomato on MacArthur at noon on Thursday, December 15th. Please arrange to carpool with friends and meet at the restaurant. Hope to see you there.



---

## Recommended, Wanted, For Rent, For Sale and Services Available

---

### RECOMMENDED

- Gutter for Less 1-800-973-5377. Came promptly and worked quickly and satisfactorily at a lower price than other estimates. Recommended by Willie Sanderson
- Fame Painting, Ali Nesvaderani, 301-906-8994, [www.famepainting.com](http://www.famepainting.com). Good price, excellent workmanship, very nice to have around. Recommended by Willie Sanderson.
- My wonderful babysitter is looking for a new full time position. Tan speaks English and drives her own car. She worked for the last 2 families for 18 and 8 years respectively. Tan has moved back to this area to live with her extended family. Recommended by Barbara Holtz. Call Tan 240-838-4999.
- Lifestyle consultant to make changes in your lifestyle. Organizes home projects/rooms, makes a workable daily schedule, helps you select what's right for you, helps with diets and exercise. Donna Youdin MSW, 301 202 4062, [lifewdonna@gmail.com](mailto:lifewdonna@gmail.com).
- Bryant Home Improvement, Greg Bryant, 301 926 9004. Through the years he has built a garage, 2<sup>nd</sup> story addition, etc for me. Also available to remodel kitchens and bathrooms, all at prices almost 25 percent below other bidders. Recommended by LaRee Simon, 301 365 8304.

### WANTED



Part needed for original Carderock electric range. If you are moving/remodeling the original Frigidaire Compact 30 Carderock range, I need the burner part (or parts) that control the large top front burner. Generous payment for the right part. Call LeRee Simon 301 365 8304.

### FOR RENT

- Furnished Carderock house for rent. Available December for short term or long term rental. Hillcrest model, 4 bedrooms, 3 baths, garage. Contact Uri Yokel [uyokel@lsyarchitects.com](mailto:uyokel@lsyarchitects.com).
- Cul-de-sac house for rent (7621 Edenwood Court), 4BR, 4BA ( 2 full, 2 half), 2-car garage, Library, Basement, Rec Rm., excellent condition. \$3,900/mo. Call 301/365-6786.

### FOR SALE

Pillows by Carderock's Maggie Wong available from [Comfycomfy.com](http://Comfycomfy.com). One type is filled with organic flax seeds and may be heated in a microwave for comforting and therapeutic warmth. Free delivery to Carderock! 10% discount if purchased directly, contact [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or call 301-365-2424.

### 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)



---

### Services Available, cont.

---

Experienced tutor available, specializing in research, writing & editing, organizational & test prep skills. Teaches all ages a variety of topics, from paragraph construction to college essay prep/editing. Has background in journalism and honors B.A. Jessie Sobrino 240 505-3243 or [sobrinoja@gmail.com](mailto:sobrinoja@gmail.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.

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](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)

Are you moving or downsizing? We help with running estate sales, choosing what to keep, what to sell and what to donate. We make every aspect of your move pleasant and work-free for you. Nancy Malphrus 301 873 0795 and 301 320 4733.

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.

Cabin John Dog Walking: Mid-day walks to keep your pets happy and healthy. Carolyn 301 257 1076.

---

### Services Available, cont.

---

Eric Bruestle is available Dec. 1-14 for gutter cleaning for \$85 or a bit more if there is an extension. Please email [elbruestle@gmail.com](mailto:elbruestle@gmail.com) or call 240-688-8180 to set a date for him to do the work.

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.

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. Whitman 10<sup>th</sup> grader Sylvia Deyo: [dragonsister424@gmail.com](mailto: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](mailto: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.

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.

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.

Jose Luis will help with any and all chores, in and around the house, including snow shoveling, 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.

---

## Services Available, cont., and House Cleaning Services Available

---

**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.

### **HOUSE CLEANING SERVICES AVAILABLE**

- 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 Millie directly (240-462-5453 ) or Lois Kramer (301-758-8088)
- 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.
- Experienced house cleaner with Carderock references. Avail Friday. 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 Thurs for housecleaning, laundry-ironing, has own car, good work and references. Call Sod 240 676 4344.

---

## Vacation Rentals Available

---

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](mailto:lisatippins@verizon.net)

Corolla, NC - Outer Banks beach house rental. Beautiful waterfront home. Enjoy romantic sunsets over the water. Private pier on the water with screened gazebo and hot tub. Professionally decorated. Gourmet granite kitchen. 6 Bedrooms & 5 1/2 baths. Call Barbara 301-469-9292

Pawley's Island, SC 3-Bdrm, 2-bath resort condo 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 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>

Longboat Key, FL. 2 -Bdrm, 2 ½ bath tennis resort condo 100 yards fr ocean. Resort w/10 prime quality Har-Tru courts, Olympic pool, bikes, kayaks, etc & restaurant. Internet w/wifi, cable TV, nearby golf. Winter \$2,000/wk; off season \$950/wk. Louis/Nancy Goodman 301-365-1021 or [nrgoodmanphd@gmail.com](mailto:nrgoodmanphd@gmail.com)

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 [p mrbthmd@yahoo.com](mailto:p mrbthmd@yahoo.com)



---

**Swim and Tennis Club Contacts**

---

**CLUB BOARD OF DIRECTORS, 2012**

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
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
Social/Children's Programs	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 374 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 Dec 7.

## 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)

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