



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

January 2011 CALENDAR

Jan 3 Mon 7 pm	Citizens' Association monthly board meeting at Club
Jan 5 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Jan 13 Th 11:30 am	Men's lunch at Normandie Farm
Jan 20 Thurs noon	Women of Carderock Lunch
Jan 29 Sat pm	Kid Movie Night: check out the new flat screen at the Club!

Looking Ahead:

Feb 2 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Feb 7 Mon 7 pm	Citizens' Association monthly board meeting at Club
Feb 25 6 pm Fri	The Great Zucchini entertains kids at the Club (movie afterwards)

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

2010, The Year That Was

The year as we remember started out with record snowfalls and extended power outages. Fortunately the Club did have power and became a refuge for some Community residents, where they could warm up, charge computer and cell phone batteries, have some hot chocolate, tea, coffee, and snacks all provided by a group of Community volunteers.

Then came the warm weather and preparations to get the pool ready for the Summer Season and the opening day Celebration where we hosted member families and their guests to officially kick off the season. All Summer programs were very successful with an increase in participation and as reported by the participants and staff all had a fun time.

Summer also brought us another round of power outages with the Club being not as lucky and forcing us to cease operations for a few days during which time the Pool Management and Staff gallantly fought and won the algae wars of 2010.

At the conclusion of the Swim/Dive season and the day of our Annual Banquet, Mother Nature again tried to defeat and dampen our spirits by launching a powerful storm, with high winds and heavy rains knocking out power. If not for the tenacity of a member who supplied us with a generator, she would have won. Instead the awards presentation and fantastic slideshow went on much to the delight of our Swim and Dive Teams.

The Season concluded with a final blowout on Labor Day Weekend again well attended by Member Families and their Guest.

All Fall activities were very successful, with the Annual Fall Fest activities and Chili competition being a favored highlight.

December brought us the first Arts and Crafts Fair, where some of our very talented Community Members showcased their artistic talents to the pleasure of each other and to those who came by to browse or in many cases purchase some last minute gifts to round out their Holiday purchases. In November at the Annual Membership Meeting the Slate of Officers for 2011 were elected with all Members returning to once again serve. (A huge round of appreciation to those individuals willing to continue their service).

Also at the meeting The Board presented the Proposed 2011 Budget. Included in this budget and unanimously approved were two projects, the expansion of the grassy area by adding a deck and shade structure and the installation of a mechanical lift to assist members and guests with physical limitations gain access to the upper deck area and Clubhouse. These projects will be in part be funded by the approved one time (\$100) 2011 dues increase.

Additionally those of you who play tennis under the lights on courts 1 and 2 will see new and improved lighting as we are in the process of having the current lighting updated. Finally, we have enhanced the Clubhouse by installing a large flat screen TV and new audio equipment.

In closing, I and the Board of Directors wish you and your families a very Happy, Healthy and Prosperous New Year and look forward to seeing you all poolside for fantastic summer filled with sunshine and lots of fun with new and old friends.

THANK YOU, Larry and The Board

Kids

Saturday, January 29



Kids Movie Night -
January 29 -
check out the Club's
new flat screen!



And mark your calendars now for.....

Friday, February 25



The "Great Zucchini" comes to the Carderock Clubhouse! He is DC's best and most famous children's entertainer! The Great Zucchini

will perform from 6 pm to 6:45 pm on Feb 25. We'll show a movie after his show.

Exercise Classes and Social Groups

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.
- Fridays 10:00 - 11:30 am, 4 sessions. Living with Scoliosis

Evening classes at Potomac Methodist Church: 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.

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 for more information.

CARDEROCK SENIOR MEN'S GROUP LUNCH

Jan 13 Thursday 11:30

The next Carderock Senior Men's lunch will be on Jan 13 at Normandie Farm.

Social hour at 11:30 - 12:00, lunch at noon.

- Best Wishes to Seth Tuttle, recovering from a fall while visiting his son in Colorado.

WOMEN OF CARDEROCK

Jan 20, Thursday noon

The January meeting of the Women of Carderock will be on Thursday, January 20 from noon to 2pm at the home of Anne Eason, 8425 Magruder Mill Ct. Please RSVP to her at 301-365-1979. Bring your lunch and enjoy the company. Newcomers are always welcome.

Recommendations & Services Available

RECOMMEND

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. Recommended by Ray, 301-469-0192.

SERVICES AVAILABLE

Tutor Available Janna Haynes, M Ed., previously an elementary school teacher for six years, have been tutoring students 2nd - 8th grade for the past five years in reading, mathematics (up to Algebra and Geometry,) and writing. My rate is \$65/hour and I will come to your home. Please call 202-486-4879 or email janna.haynes@gmail.com.

Experienced Spanish/English-speaking Babysitter/Tutor: Provides a range of services to families with young children between one & eight years of age. Certified to tutor young kids in math, reading, English & Spanish. Can also provide assistance in establishing routines & managing unwanted behavior. Nine years experience with young children; currently working on my B.A. in Early Childhood/Elementary Educ. Reference: KarenRoman1@gmail.com. Contact Paty Franco 301-529-6993, 4infinitehope@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

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 (preferred) or Cell: 301-335-9879, Home: 301-365-1247

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.

Services Available, cont.

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 9th 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.

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.

Services Available, cont. & ARC Meetings

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.

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 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.

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. 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 & every community member to attend, whether you are renovating or not. Next meetings are Wed. 1/5 & 2/2.

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.

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

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, 1st 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

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. 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 301 395 0954.



Swim and Tennis Club Contacts

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