



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

July 2011 CALENDAR

July 2 Sat

July 4th Celebration at the Club (on July 2nd not 4th)

- 2:30 - 5 pm Tennis social
- 3 pm Pool Games
- 6:30 pm Evening Celebration/BBQ

July 14 Th 11:30 am

Men's Lunch at Normandie Farm

July 18 Mon 6:30 pm

CSCA monthly meeting at Club AND a Potluck

Looking ahead:

Aug 3 Wed 7:30 pm

Architectural Review Committee monthly meeting at Club
(there is no scheduled July meeting of the ARC)

Newsletter deadline: 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the Club, or deliver to 8212 Fenway Road, or email to CarderockClubNewsletter@verizon.net

Club website www.CarderockClub.org

Tennis social!

2:30 - 5 pm Saturday, July 2



Tip: Having Trouble Volleying? *Think of volleying like catching!*

The main thing players have to realize while volleying is that less is more! The same simple motion you use to catch a ball out in front will be a solid foundation for successful volleying.

1. When catching a ball we don't take a swing we simply put our hand in front to catch the ball.
2. While catching we naturally put our hand in the location where the ball is *GOING TO BE!* We don't FOLLOW THE BALL WITH OUR HAND. We have our hand in the position we have estimated it is going to land in our hand!
3. We do not over think while catching!

Use these 3 tips and translate them to your volley. A good drill would be to have someone hit you a forehand volley and instead of hitting it, first catch it in your dominant hand while stepping in like you would for a volley. Repeat this drill a few times and then add a racket.

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.

Good luck trying out the Tip of the Month and I'll see you on the tennis court,

Nitin Deodhar
Tennis Pro

4th of July Celebration on **SATURDAY JULY 2** (not on the 4th)

3 pm Pool Games for the middle pool and big pool.

Highlights: watermelon relays, noodle relays,
"dive for ice cream challenge", a coin dive, a toy toss,
and ball games.



6:30 pm Evening Celebration and BBQ

WELCOME

As you see new folks in the neighborhood, give them a hearty Carderock welcome!

FAREWELL

After more than 2 decades, active Carderock residents Bridget and Alfredo Zarate have moved to smaller quarters not too far away, just off Mass. Ave. They'll be missed as we remember them on the tennis courts, at swim meets, and driving endless carpools for their 4 boys.

Carderock will also miss Niki Lindwarm of 8200 Stone Trail Drive who has moved to Columbia MD to be closer to family.



Longtime resident Nora Weinraub Schock passed away in May following a lengthy illness. Born in Vienna, Austria, she became a US citizen in 1946, married nuclear engineer Fred Schock, and moved to Bethesda in 1972. She was a Life Member of Hadassah and enjoyed art, opera and the finer things life offered. In Carderock she will be particularly remembered for her gardening and participation in book club.

Exercise Classes and Social Groups

WATER AEROBICS at the Club

- Tues and Thurs mornings, 10:30 am, starting June 28 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 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

July 14, Thursday 11:30

The next Carderock Senior Men's lunch will be on July 14 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 July and August.

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

For Sale and Services Available

FOR SALE

Heywood Wakefield light brown wood dresser , 56" x 19" x 32" with 6 drawers of 3 down and 2 across. Drawers open w/ original iron pulls. Dresser has usual wear-and-tear of life. \$300 or best offer. For emailed photos including Heywood Wakefield emboss, contact call Jen 301-412-1314.



Perception Java 7.8 high performance, swift water kayak creek boat which is a thrill to paddle on most any white water and perfect for the small-to-medium sized paddler (110-220 lbs.). A lowered cockpit rim allows shorter paddlers better reach on braces and when rolling. Excellent condition, \$800. Contact 301-674-0489.

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

"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 , (301) 830-1608, email 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.

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.

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. Contact Paty Franco 301-529-6993, 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 or 240-595-2508.

Services Available, cont.

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

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

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 or call 240-899-4193. Local reference who vouches for Ally's maturity & responsibility: Barbara Feuer 301-365-0113

Experienced 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 .

Experienced babysitter and dog sitter available days, evenings and week-ends. Claire Silverstein is a responsible rising sophomore at the University of Wisconsin. Red cross certified. Please contact claire.silverstein@gmail.com or 301-297-2917 after May 20.

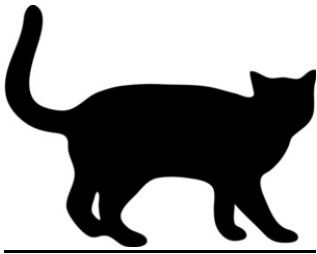
Responsible, hardworking Whitman student is available to babysit. I am happy to play games & sports, do artwork, read & cook for kids & can also help out by emptying dishwashers, folding laundry, straightening up, & doing other household chores. Call Anna Volkov, cell phone 240-997-6539 or home, 301-365-1981.

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

Services Available, cont.

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 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.

Services Available, cont.

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.

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.

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 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.

Vacation Rentals Available

Bethany Beach, DE Beautiful TH, just 200 yds from the dune in Tower Shores. 2010 redecorated. 4 bdrm, 3 ½ baths. 2nd 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, 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 240 535 7907 [new number!].

Cabo San Lucas, Mexico 3 bdrm, 3 bath Penthouse Suite avail March 10-17 at 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



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

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. 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. There's no meeting scheduled in July, so 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 or telephone 301.365.2292

Visit our web site CarderockClub.org



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