



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

March 2011 CALENDAR

Mar 1 Tues	*** DEADLINE *** to pay \$\$ SWIM CLUB ANNUAL DUES \$\$
Mar 2 Wed	<i>Dang, I forgot to pay my dues on time so now I owe \$75 more</i>
Mar 2 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Mar 7 Mon 7 pm	Citizens' Association monthly board meeting at Club
Mar 10 Th 11:30 am	Men's lunch at Normandie Farm
Mar 17 Thurs noon	Women of Carderock Lunch
Mar 27 Sunday 5:30 pm	International/Adult Potluck Supper at Club
Mar 28 Monday	Tennis programs begin

Looking Ahead:

Apr 6 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Apr 9 Sat 8 pm	Carderock Casino Night (Elementary School fundraiser)
Apr 17 Sun	Citizens' Association Annual Meeting at Club
	<ul style="list-style-type: none"> • 6 pm Social Networking • 7 pm Annual Business Meeting
May 1 Sun 1 - 4 pm	Swim/Dive Team Sign Up at Club

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

Swim/Dive News & Clubhouse Available to Rent

SWIM/DIVE NEWS

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

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

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

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

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

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.

Carderock Springs Swim and Tennis Club (CSSC) Membership News

Renewal notices for the 2011/12 season have been mailed. If you did not receive your envelope and form, please contact me at alisonhewing@aol.com. **If you wish to be an active member this year, please review and update the info on your application form and return it along with your payment before March 1, 2011.** A \$75 late fee is due with payments received after March 1.

Even if you don't intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing, which our by-laws require for Sustaining Members Type 1 and 2.

For those who missed the Annual Membership Meeting in November, the Board presented the proposed 2011 budget. Included in this budget and unanimously approved were two projects: 1) The expansion of the grassy area by adding a deck and shade structure and 2) The installation of a mechanical lift to assist members and guests with physical limitations in gaining access to the upper deck area and clubhouse. These projects will in part be funded by the approved one-time \$100 dues increase in 2011. **This increase is reflected in the 2011 rates.** See www.CarderockClub.org for more info.

NEW TO CARDEROCK?

If you are new to the Carderock Springs Community, Welcome! The membership renewal forms are mailed out to every house that is eligible for Sustaining Membership Type 1 (see below). If you have moved into a home in Carderock Springs - either bought or rented - since last spring and you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have. The enrollment letters will include information about the \$1,000 initiation fee for purchasers of Carderock Springs homes.

Thank you!

Alison Ewing alisonhewing@aol.com
CSSC Membership Secretary

CARDEROCK CLUBHOUSE AVAILABLE TO RENT

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



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.

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

Mar 10, Thursday 11:30

The next Carderock Senior Men's lunch will be on Mar 10 at Normandie Farm.

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

WOMEN OF CARDEROCK

Mar 17, Thursday noon

The March meeting of the Women of Carderock will be on Thursday, March 17 from noon to 2pm at the home of Pat Encarnacion, 7507 Hamilton Spring Rd. Please RSVP to her at 240-505-0984 or at patenki@verizon.net. Bring your lunch and enjoy the company.

INTENSIVE JOB SEARCH TRAINING CLASSES

beginning Mar 7, Apr 4, May 9

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

Contact Jewish Council for the Aging University, 301-255-4200, JCAUniversity@AccessJCA.org

TENNIS PROGRAMS BEGIN MARCH 28 !!!



The tennis website (www.carderocktennis.com) has now been updated for the 2011 season. All junior and adult tennis programs begin the week of March 28th. Most program days and times remain the same.

Thank you to everyone for their early registration. As of February, the Friday Tiny Tots is full for Friday. The Saturday program has one spot remaining! As for the Up and Comers program, there are 2 spots available for each day.

Also a reminder: This season the tennis office will carry all your racket needs. Wilson rackets, grips, strings, re-stringing, re-gripping, vibration dampeners, tennis balls and more. Credit cards are now accepted!

I look forward to my 4th season at Carderock and seeing everyone on the courts in late March!

Thanks,

Nitin Deodhar
Carderock Tennis Pro



Casino Night! & Wanted & Services Available



Carderock Casino Night Saturday, April 9



Elementary School Fundraiser

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

Who: CSES parents, staff, neighbors, and friends

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

Where: Adat Shalom, Persimmon Tree Road, Bethesda

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

Check out our newly-designed website for the Education Foundation: www.csesef.org

Also check out the website for our Casino Night:

www.CarderockCasinoNight.com

WANTED

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

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.

Services Available, cont.

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.

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

Services Available, cont.

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.

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 snow shoveling, gardening and yard cleanup, garage cleaning, painting or any kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor Ray, 301-469-0192.

Lawn Mowing, Reseeding, Leaf Raking, Snow Shoveling - all your yard and lawn care needs. Energetic high school senior. Dmitri Schill H: 301-469-4973 C: 240-361-7769

Our company provides the following services at reasonable rates: Mulching, Bush Trimming, Lawn Mowing and Maintenance, Leaf Cleanup, Rototilling, Aerating/Dethatching/Seeding and more! Please call 301-840-9509 or e-mail aaron@gratzlawncare.com 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

- 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

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.

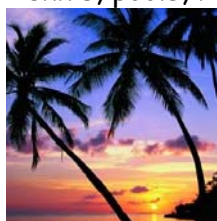
Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking Inlet. Shopping & golf greens nearby. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

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 348 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. Next meetings are Wed. 3/2 and 4/6.

SUMMER FUN

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

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



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

WEEK 1: 6-20 THRU 6-24

WEEK 2: 6-27 THRU 7-01

WEEK 3: 7-04 THRU 7-08

WEEK 4: 7-11 THRU 7-15

WEEK 5: 7-18 THRU 7-22

WEEK 6: 7-25 THRU 7-29



TEENS

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

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