



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

May 2011 CALENDAR

- | | | |
|--------|--------------|--|
| Apr 26 | Tues | Citizens' Association Annual Meeting at Club |
| | | <ul style="list-style-type: none"> • 6 pm Social Networking • 7 pm Annual Business Meeting |
| May 1 | Sun noon | Spring Egg Hunt at Club |
| May 1 | Sun 1 - 4 pm | Swim/Dive Team Sign Up at Club |
| May 4 | Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| May 7 | Sat 2 - 5 pm | Carderock Garden Tour fundraiser for Citizens' Association |
| May 12 | Th 11:30 am | Men's lunch at Normandie Farm |
| May 17 | Tues 7 pm | Citizens' Association monthly meeting at Club |
| May 19 | Thurs noon | Women of Carderock Lunch |
| May 21 | Sat | Environmental Cleanup of neighborhood entrances |
| May 22 | Sun 2:30 pm | Gardening speaker for Rachel Carson Council at clubhouse |
| May 28 | Sat | First Day at the Pool ! Yippee!! |
| | | <ul style="list-style-type: none"> • 10:30 am Pool Opens for the Season! • TBD Pool Games • 6:30 pm Evening Celebration • 10 pm Pool Closes on first day |

Looking Ahead:

June 20 - July 29 Summer Fun weekly program for kids at the 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

SWIM/DIVE TEAM SIGN-UPS

Sunday, May 1, from 1 to 4 pm

Sign-ups for the 2011 swim and dive teams will take place on Sunday, May 1, 2011, between 1 and 4 pm at the clubhouse. Bring your check book and your swimmers/divers so they can try on the new team suit. Ordering suits at sign-up will guarantee delivery by the first meet. For more info, see www.carderockclub.org and click Dive Team or Swim Team.

The Pre-Team and Mini Cudas need swim coaches.

Contact Liz Sobrino at lizsobrino@gmail.com or 301-365-3878.

The Dive Team needs an assistant head dive coach.

Contact Robin Meyer meyer80@comcast.net or call 301-365-1370.

Pre-Team practices begin on June 20th and will end on July 15th.

- 9:00 am to 10 am in the big pool
- 4:45 to 5:30 pm in the big pool. Class size limited to the first 10 swimmers to register on May 1, between 1 and 4 pm
- 5:30 to 6:15 pm in the big pool. Class size limited to the first 10 swimmers to register on May 1, between 1 and 4 pm

Mini-Cudas practices begin on June 20th and will end on July 15th.

- 9:15 to 10 am in the middle pool
- 3:30 to 4:15 pm in the middle pool
- 4:15 to 5:00 pm in the middle pool

At the end of each Mini-Cuda lesson the swimmers move to the big pool and practice sit dives and swimming independently to the wall. A parent or caregiver must be on the pool deck at all times during the Mini-Cuda lessons.

Fees

Swim team: \$120 for season (includes official team cap and t-shirt)

Dive team: \$112 for season (includes official team cap and t-shirt)

Pre team: \$150 for season (6/20-7/15)

Mini-Cudas: \$50 per week or \$175 for season (6/20-7/15)

Families with 3 or more swimmers participating in any of the swim/dive programs receive a 10% discount. Additional team caps may be ordered for \$8 each; additional team t-shirts are \$12 each.

Annual Spring Egg Hunt



Sunday May 1
Noon (helpful hint: Be Prompt)



Spring Egg Hunt and Earth Day Celebration!

Come to the club on Sunday May 1st at noon for the Annual Spring Egg Hunt!

Beverages will be provided. Bring your picnic lunch!

We will also be doing some bulb planting in celebration of Earth Day.

Questions? Contact Jen DeMarinis jendrennan@msn.com or Karen Roman karenroman1@gmail.com

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

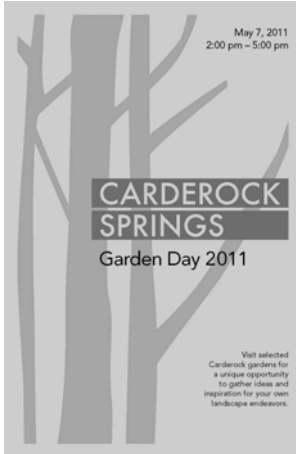


TEENS

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

Garden Tour



Carderock Springs Garden Day Saturday, May 7 2 to 5 pm

Tour seven neighborhood gardens,
Be inspired!

\$10/person, \$15/couple benefits Citizens' Association

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



Tennis News

I am proud to announce **Vlatko Bosevski** as our new Adult Tennis Director. Vlatko comes to us from Boston, Mass. and has taught all over the world, including Macedonia and Serbia to name a few locations. Vlatko has a strong playing and coaching background, including playing on the tour (professionally) and teaching players of all levels from beginners to tour players!

Vlatko's main responsibility will be to run current and develop new and exciting adult programs. Some of the new tennis programs offered for adults include Early Bird Round Robin, Lunchtime Cardio, and a Tuesday Night Men's Clinic. Vlatko can be reached at bosevskiv@yahoo.com

Weather policy: If it is raining or weather looks like it may be a factor, please call 301-365-1541. I use this number to relay messages and will post information at least 45 min prior to a clinic IF IT IS CANCELED. Again, I only post a message if the clinic is canceled. If the message does not say class is canceled, then expect class to take place.



A question I often get asked during lessons is about the tension in which the grip should be held. Should it be held tight? Or loose?

The answer to this is LOOSE. I often say that on a scale of 1-10 (10 being the tightest) the grip should be held as a 3 on the ground strokes and the serve. The volley can vary but generally will also be held loose, between a 3 to 5 (depending on the shot).

When players initially try the loose grip they often tense up at contact (leads to framing and/or flying the ball). The key is to stay loose throughout the entire motion (exhaling during the shot helps).

Holding the racket loose enables a player to generate more pace (power) on their shot. A loose grip also keeps our bodies relaxed which is helpful with our footwork during the course of a match, as well as stress relief during pressure moments in a match. Hope to see you all on the court!

Nitin Deodhar, Carderock Tennis Pro

Email: carderocktennis@verizon.net (quickest way to contact me)

Web: www.carderocktennis.com (class schedules for spring/summer and sign ups)

Phone: 301 365 1541 (find out about cancelations due to weather)

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.

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

May 12, Thursday 11:30

The next Carderock Senior Men's lunch will be on May 12 at Normandie Farm.

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

WOMEN OF CARDEROCK

May 19, Thursday noon

The May meeting of the Women of Carderock will be on Thursday, May 19 from noon to 2pm at the home of Marilyn Mayerfeld, 8011 Fenway Rd. You can RSVP to her at 301-469-6004. Bring your lunch and enjoy the company. Newcomers are always welcome.

INTENSIVE JOB SEARCH TRAINING CLASSES

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

Wanted, For Sale and Services Available

WANTED

Recent college grad and New Hampshire resident Brandon Fitts ISO summer housing (room and kitchen privileges), May 22 to Aug 31. Interning at NIH M-F, 9-5 pm, has own transportation. Majored in Therapeutic Recreation, minored in Music, likes children, has done a lot of community service, prefers to live with a family. Needs access to kitchen, especially for weekend meals, or would join the family if invited. Will pay a reasonable rental fee. Contact florencefitts@comcast.net, evenings 603 226 2209.

Summer dog sitter in quiet home 4-5 weeks July/early August for our old but healthy and very friendly Cockapoo Mia. Does not need to be walked. Our daughter Kristina Valencia, is avail for any backup or problems. Food & per diem provided. Ken or Osa Coffey 301-469-8428, or stop by 8326 Still Spring Ct.

FOR SALE

Two US Open golf tickets/parking packages. Each package is \$450 (reduced from \$1800). Daily tickets to practice rounds, 4 days of the tournament and premier parking. Tournament dates are June 13-19 at Congressional Country Club. Please call Jill McClelland 301 767 1649.

Louis Vitton Palermo PM. Great bag. Can be carried by hand, on shoulder or across body. Has four inside compartments. Only used a bit; like new. Authentic. Inside tag "SD2000." New \$1,220. Selling for \$600. Please call Jane 301 412 0750.

Blue Kayak. Perception Java 7.8 high-performance swift water creek boat for the small-to-medium sized paddler, 110-220 pounds. Designed by Clay Wright, is a thrill to paddle on any white water. Innovative safety features with eye-opening performance. 2003, excellent condition, \$800. Call 301 674 0489.

SERVICES AVAILABLE

The Compost Crew provides sealed containers for your organic trash, will pick up it up weekly from your home, take it to an organic farm, and 6 months later deliver high grade compost to you. Keep organic trash out of landfills and incinerators, support the environment and local entrepreneurs (Whitman graduates who are now graduates of Dartmouth and Vanderbilt). <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, (301) 830-1608, email bernard@chef-bernard.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.

Services Available

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

Bass lessons w/ professional w/ 25 yrs performance & teaching experience. Upright & electric bass. Improvisation, theory, ear training. Has prepared students for Conservatory entrance & auditions w/ great success. Flex schedule, will come to you. 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 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.

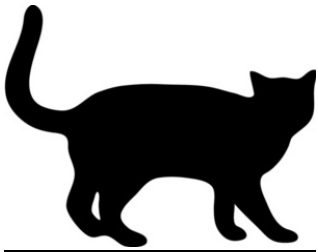
Responsible, hardworking Whitman student is available to babysit. I am happy to play games & sports, do artwork, read & cook for kids & can also help out by emptying dishwashers, folding laundry, straightening up, & doing other household chores. Call Anna Volkov, cell phone 240-997-6539 or home, 301-365-1981.

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 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

- 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 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 354 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

meeting is Wed. May 4.

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8200 Hamilton Springs Court
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