



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

October 2011 CALENDAR

Oct 2 Sun 10 am -4 pm	Blood Drive at Clara Barton Center in Cabin John
Oct 5 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Oct 13 Th 11:30 am	Men's Lunch at Normandie Farm
Oct 16 Sun 2 - 5 pm	Annual Fall Fest and Chili Cook-Off at Club
Oct 17 Mon 7 pm	Citizen Association monthly meeting at Club
Oct 20 Th noon	Women of Carderock lunch meeting
Oct 31 Mon 5:30 pm	Halloween at the Club: parade and hot dogs

Coming soon:

Nov 5 Sat 7 pm	Fiesta Latina at Club: Dinner, Drinks and Dancing (adults)
Nov 28 Mon 8 pm	Swim/Tennis Club Annual Meeting

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

Annual Meeting, Blood Drive, and Farewell

SWIM/TENNIS CLUB ANNUAL MEETING

Monday Nov 28, 8 pm

The annual club meeting will be Nov 28, 8 pm at the Club. Come participate in your community!

BLOOD DRIVE

Sunday Oct 2, 10 - 4 pm

The Red Cross Blood Drive is on Sunday, October 2nd from 10am to 4pm at the Clara Barton Center in Cabin John. Less crowded times are later in the morning and early afternoon. Blood supplies are extremely low because the two rain storms that came through our area a couple of weeks ago caused a lot of blood drives to be cancelled.



FAREWELL

Carderock sends condolences to Uri, Yael and Ben, the children of Susanne Yokel who passed away in early September while vacationing with Uri in the National Parks in Utah. She had wanted to see these beautiful places while she could still navigate under her own power, and navigate she did despite her decreased mobility! Born in Vienna, Austria, in 1923, Susanne's life spanned three continents including the onset of the European holocaust, the struggle for independence of Israel, and a new life in the USA. Through her fascinating life she served as a weapons specialist and nurse for the Israeli army, founding member of Kibutz Kfar Blum, and a foreign language teacher in the Montgomery County school system. She dearly loved Carderock where she lived for more than 40 years with her now deceased husband Felix. She is survived by three children, nine grandchildren and one great grandchild. Donations in Susanne's memory can be made to the National Park Service.

Carderock sends condolences to Peggy, Lauri and Paul, the children of our longtime neighbor and friend Rene Daniel who passed away in late September. (There's more to come about Rene in the next newsletter). In lieu of flowers, donations can be made in Rene's name to: Montgomery Hospice, 1355 Piccard Drive, Suite 100, Rockville MD 20850.

FALL FESTIVAL

Sunday Oct 16, 2 to 5 pm

Rock Wall and Mechanical Bull !
Pony Rides !!
Arts and Crafts !!!
Pumpkin Decorating !!!!
Bake Sale !!!!!
Hot Dogs and beverages will be provided !!!!!

Third Annual Chili Cook Off - come sample and vote on Carderock's best chili!!!!!!



On Oct 16, Pick up your Unicef boxes for Trick or Treating on Oct 31.

HALLOWEEN

Oct 31, 5:30 pm

Annual meet-at-the-club for hot dogs and a Halloween parade before Trick or Treating.

Bring your Unicef box which you picked up at the Fall Fest.

(Sorry, no DJ dance on Halloween night because this year the kids have school the next day.)



TENNIS

FALL CLINICS AND MAKE-UPS

Call 301-365-1541 about 45 min to 1 hour prior to a clinic. I will leave a message if the clinic is cancelled due to weather. Make-ups can be scheduled. There is already a make-up week November 14-19.

WINTER PROGRAMS

The junior program schedule, dates, and costs for the winter 2011-2012 season are posted on www.carderocktennis.com. All programs will be at Potomac Tennis and Fitness Club (across from Bullis) and all programs will be run by me, as well as pros from Potomac Tennis & Fitness Club. Due to limited court availability, I can only conduct programs for the Elite, Tournament Training, and Players on the Rise programs. Each of these programs will run one day a week. Tournament Training will be Tuesday from 4-6p, Elite will be Wednesday from 4-6p, and Players on the Rise Thursday from 4-6p.

To register for the winter, send me a registration form and check made payable to Potomac Tennis and Fitness Club and I will personally deliver the payment to Potomac Tennis Club. There are 2 sessions as noted on the website, please make checks separate for each session. Space is limited.

Nitin Deodhar, Carderock Tennis Pro
Carderocktennis@verizon.net
<http://www.carderocktennis.com>



Ask The Experts

STRETCHING ADVICE

from Physical Therapist Laura Probert, Body Works

Q: I have read and heard so many different things about how long to hold a stretch. Which is it, ten seconds, twenty, a minute?"

A: There are different stretching techniques for different goals. Here is a basic guideline you can follow depending on what you are up to.

Before an exercise class, run or sporting event:

Use dynamic stretching: These are quicker movements geared toward pumping blood to the muscles and getting them ready for action without over stretching them. Over stretching before an event can leave the muscles feeling weaker, and can cause injury.

For long term improvement in flexibility:

Use static stretching and myofascial release: These are long (up to two minutes or more), slow holds done with care and mindfulness. Over time the tissues can release and elongate and you will achieve a more permanent improvement in flexibility. Yoga is a great example of this kind of activity.

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. The next

meeting is Wed Oct 5.

Classes and Social Groups

LAURA PROBERT'S PHYSICAL THERAPY

- Next Workshop Nov 5: Couples Restore and Release

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

Call Laura Probert MPT physical therapist 240 328-6603, email bodyworkspt@comcast.net, web www.bodyworksptonline.com, blog www.disciplinethemind.blogspot.com



TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Club

- Mondays and Wednesdays, 9 to 10 am, fee is \$10 per class, drop-in fee \$15

Improve body strength, flexibility and balance while firming all major muscle groups using free weights & exercise. Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Clubhouse). Tanya has certifications as a Lifestyle Fitness Coach, ACE Personal Trainer and in CPR/AED. Tanya Neider 301 365 2338, tjneider@juno.com



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

Oct 13, Thursday 11:30

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

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

WOMEN OF CARDEROCK

Oct 20, Thursday noon

The October meeting of the Women of Carderock will be on Thursday, the 20th from noon to 2pm at the home of Patricia Encarnacion, 7507 Hamilton Spring Rd. Please RSVP to her at 240-505-0984. Bring your lunch and enjoy the company. Newcomers are always welcome.

Free, Wanted, For Sale and Services Available

FREE

7-8 foot Ficus tree. We can no longer care for this beautiful potted indoor/outdoor tree and would like to find a nice new home for the tree. The new owner must be able to move the tree from our balcony. Please contact the Casper's at 301-365-4683 or martachas@aol.com.

WANTED

High school junior or senior to do light yard work including weeding, pickup up fallen branches, etc. Call Mrs. Simon at 301 365 8304



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

FOR SALE

Complete 300 pound Olympic Set and Bench. Get ready for your New Year's resolution! Very reasonable, best offer. Call 301 229 1717 after 5 pm or email burkesnonnie@yahoo.com

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.

Services Available, cont.

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.

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

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 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.

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

Pet-sitting, dog-walking, or any other pet-related activities. 14 year old Shoshana, an experienced pet owner, is responsible and available to walk/play/care for your pets. Call Shoshana Leventhal at 240-715-2826 or Maureen at 240-498-4887 or Penny at 240-899-3954.

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy & not lonely while you're away. Whitman 10th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

Services Available, cont.

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

Whitman Sophomore T.J. McPhaul does it all for your vacation needs. Many years of experience in Carderock feeding and caring for small pets (bunnies, cats, birds, fish), walking dogs, watering plants, mowing lawns, picking up mail, etc. I'd appreciate if you gave me a call at (301) 767-9747.

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

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.

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

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 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>

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

Santa Fe, New Mexico Santa Fe Casita nestled in the Eldorado Community with views of the surrounding mountain ranges. This house is perfect for a honeymoon, romantic getaway, mother/daughter-father/daughter (son) vacation, or healing journey. For more info call 240 535 7907.

Cabo San Lucas, Mexico 3 bdrm, 3 bath Penthouse Suite at PuebloBonitoSunsetBeach.com . Suite also includes LR & DR, kitchen, full veranda over-looking the Pacific, hot tub, daily maid service. Tennis, pools, restaurants on premises. Contact Phil Rider 301-469-0231 or p mrbthmd@yahoo.com



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

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



“FIESTA LATINA”

Venga a bailar “salsa”, “merengue”, “bachata”, “cumbia” y mucho mas...

Let’s dance “salsa”, “merengue”, “bachata”, “cumbia” and more...

Where: Carderock Spring Swimming and Tennis Club

When: November 5th, 2011

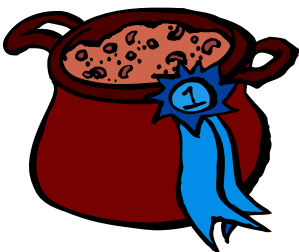
Dinner: 7 to 8 pm

Dancing and drinks: 8 pm to sunrise!

Who: “ADULTS ONLY” EVENT

What do I need to bring: This is a Potluck party. Bring some food to share with friends and **BYOB**.

Questions: Lupe lupemarks@yahoo.com or Maria acostamate@hotmail.com



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Bethesda, MD 20817