



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

September 2011 CALENDAR

Aug 27 Sat 10:30 am
Aug 29 Mon

Celebration of Life for Seth Tuttle
Fall Tennis programs begin

Sept 3 Sat

Labor Day Celebration at the Club

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

Sept 7 Wed 7:30 pm
Sept 8 Th 11:30 am

Architectural Review Committee monthly meeting at Club
Men's Lunch at Normandie Farm

Sept 11 Sun 8:30 pm
Sept 15 Th noon
Sept 20 Tues 6:30 pm

Pool closes for the season
Women of Carderock lunch meeting
Citizen Association monthly meeting at Club (not Mon 19th)

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

POOL OPERATING SCHEDULE

AUGUST 29TH through SEPTEMBER 11TH

MONDAY through FRIDAY 3:30 - 8:30
SATURDAY and SUNDAY 10:30 - 8:30

SUNDAY SEPTEMBER 11TH

8:30 pm POOL CLOSES for the season

WELCOME

Angela and Alan Raeburn with sons Zeidane 9, Zion 11 and Zachary 16 years old have just moved into 7715 Glenmore Spring Road. Drop by and say hello!



FAREWELL

Carderock sends condolences to Samantha Edwards and Russell Tuttle following the passing in early August of their father Seth Tuttle. A reliable regular on the tennis courts year round, last December Seth had a freak accidental fall and became quadriplegic. Seth was an active Carderock resident for over 40 years, organized the monthly men's lunch, was an avid birdwatcher and gardener, and loved walking in the woods behind the club with a dog. An astronomer by profession, Seth had worked for the National Science Foundation. Seth is survived by his sister, Mary Ann (George) Macinko, son Russell Tuttle, daughter Samantha (Mike) Eriksson, granddaughter Kelsie Tuttle and three step-grandchildren. His wife Dottie predeceased him.

A celebration of Seth's life will be held at his favorite spot, the Carderock Clubhouse on Saturday August 27 at 10:30 am. Come share your memories of him.

Donations can be made to the National Spinal Cord Injury Association www.spinalcord.org in his name or to Carroll Hospice www.carrollhospice.org.

Labor Day Celebration

SATURDAY, September 3

2:30 - 5 pm Tennis Social: tennis, food and drinks!

3 pm Pool Games for the middle pool and big pool.
Noodle and other relays, coin dive, toy toss, and ball games.

6:30 - 9:30 pm Evening Celebration and BBQ
7 to 9 pm Floats in the pool!

Kids!

TENNIS

Just a reminder that fall clinics begin the week of Aug 29th. If you plan on registering please do so as soon as possible as class space is limited. The tiny tots and up and comer programs will be capped at a 6:1 ratio. Also please email Carderocktennis@verizon.net from now on since the yahoo account is not receiving emails.

Hope to see everyone on the courts soon.

Nitin Deodhar, Carderock Tennis Pro



Art Show, Classes and Social Groups

ART SHOW

Sept 10 Saturday, 4 to 7 pm



Carderock resident Gloria Turner is exhibiting contemporary paintings in the Group 93 art show at American University's Katzen Art Center Rotunda, Sept 6 - Oct 9. Reception is Saturday, September 10, from 4 to 7 PM. Free parking on weekends.

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

Sept 8 Thursday 11:30

The next Carderock Senior Men's lunch will be on Sept 8 at Normandie Farm.

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

WOMEN OF CARDEROCK

Sept 15 Thursday noon

The September meeting of the Women of Carderock will be on Thursday, the 15th at the home of Millie Pettipaw 8012 Fenway Road from noon to 2pm. Please bring your lunch and enjoy the company. Newcomers are always welcome.

Recommendations, Free, For Sale and Services Available

RECOMMENDATIONS

Reliable and thorough housekeeper who follows instructions and takes initiative is available Saturdays. Call Patsy 202 246 1172. Highly recommended by Margie Orrick, Cheryl Glaessner and others.

Wonderful nanny available! Candy has worked in Carderock Springs for 2 families for a total of 6 years. Great with kids--very energetic, loving, and patient. She is a legal resident, speaks English and Spanish, and drives her own car. She is looking for a full-time nanny position. Highly recommended by Debbie Stone and Amy Kwak. Contact Candy at 240-672-6219 or ingridmendoza2002@yahoo.com.

Greg Bryant of Bryant Home Improvements has served Carderock since 1990, offering bathroom and kitchen remodeling., home repairs and other construction. He has built my 2-car garage and a sunroom addition to my house, a new balcony and done repairs with excellent workmanship and at moderate prices. Recommended by LaRee Simon 301 365 8304. Call Greg 301 926-9004.

FREE

Executive desk, 5 ft x 2 ft 8 inches. 2 small and 2 large drawers. Excellent condition. You Haul. LaRee Simon 301 365 8304.

FOR SALE

Charming Kent Island beach house with Chesapeake Bay sunset views, wrap around porch and large backyard with pool. 3 bdrm 3 bathrm, garage, 2000 sq ft, $\frac{1}{2}$ block from Kentmorr Marina and crab house, near golf and Kentmorr Airpark. \$550K. Please call Fogle family for details: 202 294 4519.

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

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.

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 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 367 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. The next meeting is Wed Sept 7.

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.

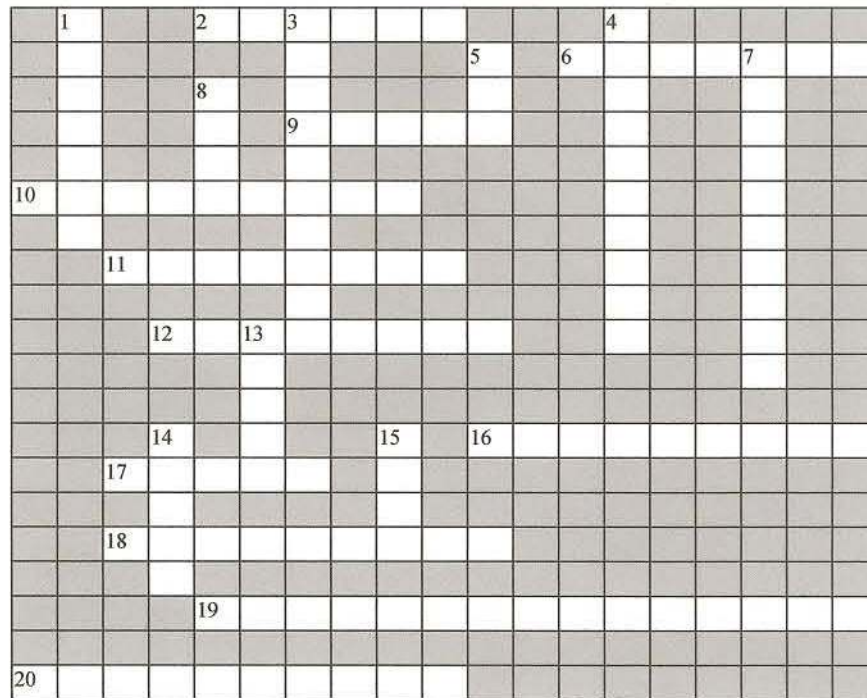
Please contact the manager Larry E. Ondrejko
carderockclub@verizon.net or telephone 301.365.2292

Visit our web site CarderockClub.org

Kids!

Carderock Crossword Puzzle

(Well, the editor had an extra page to fill so whipped this up)



ACROSS

2. first name of builder who created Carderock Springs
6. last name of builder who created Carderock Springs
9. number of pools at club
10. local elementary school
11. city we live in
12. state we live in
16. shortest road in Carderock (not a court)
17. first name of Club Manager
18. last name of President of Club
19. road with speed bumps on it
20. 2 numbers which are the first digit for each Carderock address

DOWN

1. local high school
3. county we live in
4. longest road in Carderock
5. number of elevators at club
7. unusual trembling on August 23, 2011 centered 100 miles away
8. local middle school
13. last name of President of Citizens' Association
14. fiber used in clothing
15. number of tennis courts at club

Answers are on www.CarderockClub.org, click Newsletter.

Website of the week - Make your *own* crossword puzzle! <http://www.crosswordpuzzlegames.com/create.html>

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