



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

April 2008

CALENDAR

Now through 4/18
 Now through 6/7

Recycle Scrap Metal: Carderock vs. Cabin John
 Spring Tennis Program

- | | |
|------------------------|--|
| 4/2 Wed 7:30 pm | ARC monthly meeting on neighborhood renovations |
| 4/6 Sun 2-5 pm | Meet the new Tennis Pro |
| 4/10 Th 11:30 am | Men's lunch at Normandie Farm |
| 4/12, Sat 10 am - 1 pm | Collect household items/used furniture for A Wider Circle |
| 4/17 Th noon | Women of Carderock lunch |
| 4/26 Sat | Earth Day Celebration & Tour of Recycling Depot/Transfer Stn, Rville |
| 4/26 Sat 6:30 pm | CSES Auction: Building Our Kids' Future |
| 4/27 Sun | Spring Kid Activity at Club |
| 4/27 Sun | Recycling Celebration & Awards Ceremony at Clara Barton CC |
| 4/30 Wed 7 pm | Annual Citizen Association meeting at the Club |

Looking ahead - Save the Dates!

- | | |
|----------------|--|
| 4/19 - 5/10 | C&O Canal Pride Days (volunteer for a revitalization project) |
| 5/4, 2 - 4 pm | Swim/Dive Team sign up |
| 5/4 6pm | Womenade Potluck to benefit Women's Microfinance Initiative/Uganda |
| 5/10, 1 - 5 pm | Cabin John House Tour |
| 6/16-7/25 | Summer Fun weekly sessions at the Club |
| 6/16 - 8/22 | Summer Tennis Program |

3 Registration Forms in this issue: Tennis, Summer Fun Kids, Summer Fun Teens

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

Note from the Manager, Meet the Tennis Pro

Hoping you all enjoyed Spring Break and are looking forward to the season opening of the pool with many sunny days poolside while enjoying family and friends.

We will be repairing, repainting and restriping all five tennis courts in the very near future. This process will take about five (5) days to complete weather permitting. The project will be staged so that at least 2 courts will be available at all times. The playing surfaces will be painted stadium blue and all other surfaces will be green.

Additionally the Tennis Committee has proposed and the board has approved a set of revised club rules regarding the use of the tennis courts. These will be posted on the bulletin board near the tennis office.

Counting down to the Memorial Day opening celebration,
Larry



😊😊MEET AND GREET THE TENNIS PRO😊😊

WHEN: SUNDAY, APRIL 6TH

TIME: 2 - 5 pm

Dust off your racquets and put on your tennis togs!

The Tennis Committee and the Club Board invite you to meet at the club to greet and welcome our new Tennis Pro, Nitin Deodhar.

Play games, eat, drink, socialize and be merry as we welcome the start of spring and the beginning of a great season of tennis!

Activities include:

Beat the Pro: Pro feeds the ball, member plays out the point. The member who accumulates the most points wins a prize.

Fastest serve measured by radar to hit the service box will win a prize.

Prizes also awarded for *accurate placement of serves*.

If the weather does not allow for the outdoor activities, the event will be held in the clubhouse.

SPRING KID ACTIVITY

Sunday April 27

It coincides with Earth Day!
Watch for an announcement for the specific time of this fun event.



SWIM/DIVE TEAM SIGN UP

Sunday May 4 , 2 - 4 pm

Come on down to the Club to register for summer swim and dive teams! Bring your checkbook, your calendar (so you can volunteer at swim/dive meets), and your kid(s) to make sure you order the correct size swim suit!

Go Cudas!



SUMMER FUN

June 16 to July 25

Carderock Springs is pleased to present the opportunity for children ages 6 thru 10 to attend our Summer Fun program and for teens to volunteer to be counselors. Each week session includes segments of team building activities, tennis, swimming, and fun related skill-enhancing games. Each daily session is five hours long beginning at 10:00 am and ending at 3:00 pm.

The first session will begin on Monday June 16th and run for six (6) consecutive weeks. The last day is July 25th.

Registration forms are in this newsletter and also online at CarderockClub.org . The Club is accepting Summer Fun Camper forms as well as Teen forms for Student Service Learning hours. Make sure you reserve your weeks for Summer Fun, they fill up fast. Thank you for choosing our Summer Fun program and we hope your children will enjoy their experience!



Junior Tennis Program Spring 2008



I am very excited to announce the following junior programs for the Spring Session here at Carderock Springs. As a tennis professional I have worked extensively with juniors of all levels and age groups, ranging from beginners to national and collegiate players. I am confident that the junior programs listed below will not only increase each player's skill level, but also their confidence and fitness levels.

Tournament Training (Advanced Clinic):

This clinic is designed for the tournament player. Each clinic will include a warm-up, specialized drilling (live-ball), match play, and intense fitness. My method of conducting the Tournament Training Program has led to many juniors becoming highly ranked in both the section and the nation. Juniors must be actively participating in Mid-Atlantic Tournaments in order to join.

Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players whose goal is to become a tournament player, or a more serious player. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program the student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

Programs	Days & Times	Dates	Semester	Cost
<u>Tournament Training</u>	M & W 330- 530pm Sat 11-1pm	3/31- 6/7	Full 10 weeks(3 days/wk)(60hrs)	\$900
			Full 10 weeks(2 days/wk)(40hrs)	\$650
			Full 10 weeks(1day/wk) (20hrs)	\$350
			Weekly (6hrs)	\$114
			Drop-In (2hrs)	\$45
<u>Players on the Rise</u>	M,W,F 530-7pm	3/31- 6/7	Full 10 weeks (3 days/wk) (45hrs)	\$675
			Full 10 weeks (2 days/wk) (30hrs)	\$490
			Full 10 weeks (1 day/wk) (15hrs)	\$265
			Weekly (4.5hrs)	\$86
			Drop-In (1.5hrs)	\$34
<u>Up and Comers</u>	F 4-5pm Sat 10-11am	3/31- 6/7	Full 10 weeks (2 days/wk) (20hrs)	\$300
			Full 10 weeks (1 day/wk) (10hrs)	\$175
			Weekly (2hrs)	\$38
			Drop-In (1hr)	\$22
<u>Tiny-Tots</u>	F 5-530pm Sat 1-130pm	3/31- 6/7	Full 10 weeks (2 days/wk) (10hrs)	\$150
			Full 10 weeks (1 day/wk) (5hrs)	\$85

Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

Make-ups for missed classes can be done on any day a clinic is scheduled.

Make-ups for inclement weather can be done by attending another day's class.

If signed up for full semester then make-ups will be available the week of 6/9.



Adult Tennis Program Spring 2008



Ladies Team Practice:

Exclusively for members who are on the club tennis team. Team practice will include live ball drills, doubles strategy, and overall play to help improve performance in matches. Each practice will include a 15 minute warm-up, 45 minute specialized live ball drilling, and an hour of match play.

Players must sign up in advance for class to be held. Sign-up sheets will be posted on the tennis bulletin board.

Cardio Tennis:

Get your workout in for the day while playing the game you love. Clinic will be fast paced and fun. It will include a series of drills designed to get your heart pumping, while improving your tennis game at the same time!

Minimum of 2 players needed for class to be held. Registration sheets will be posted on tennis bulletin board or may call at least a day in advance to register.

Play with Confidence (Advanced Beginners/Intermediate):

This class is held to help stroke production and basic strategy. Class will consist of warm-up, fed ball drills, and match play. Excellent class for players who are looking to improve their strokes while learning to understand the game of doubles.

Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.

Stroke of the Week:

Clinic designed to focus on a particular stroke for that week. In depth technical instruction will be given for the particular stroke. Great way to fix or develop a specific stroke that may need help!

Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.

After Work, Workout (Advanced Intermediate/ Advanced):

Clinic designed for the working player. Clinics will include fast paced drilling for first 30 minutes, followed by doubles for 30 minutes. Excellent class for advanced players to receive a workout, as well as receive solid competition.

Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.

Early Bird:

Great way to start your day! Clinic will consist of a 30 minute warm-up, 30 minutes of fed drills, and 30 minutes of match play. Hope to see you bright and early!

Minimum 2 players needed each week for class to be held. Registration available through tennis bulletin board or by phone.

Program	Days & Times	Semester	Cost
<u>Ladies Team Practice</u>	Th & F 9-11am	TBA	4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	M 7-8pm Sat 2-3pm	3/31 to 6/7	**check member rates for cost**
<u>Play with Confidence</u>	W 1230-2pm	3/31 to 6/7	**check member rates for cost**
<u>Stroke of the Week</u>	F 11-12pm	3/31 to 6/7	**check member rates for cost**
<u>After Work, Workout</u>	W 7-8pm	3/31 to 6/7	**check member rates for cost**
<u>Early Bird</u>	Tu & Th 7-830am	3/31 to 6/7	**check member rates for cost**

Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

Make-ups for missed classes can be done on any day a clinic is scheduled.

Make-ups for inclement weather can be done by attending another day's class. If signed up for full semester then make-ups will be available the week of 6/9.

Summer 2008 Junior Programs. The summer sessions begin June 16th and the tennis at Carderock Springs will be in full swing! This summer there will be some new programs available along with some that were here last year. Hope to see you on the courts!

Tournament Training

This clinic is equivalent to the former World Class Academy conducted last year. The clinic is designed for ranked USTA players or High School Team players. Clinic will feature warm-up, stretching, live-ball drills, fitness, and matches. This intense three hour a day program is a sure way to improve tremendously over the summer months.

Players on the Rise

The Players on the Rise camp is a full day clinic designed to help make a player more tournament ready. This clinic is intended for those players who want to become tournament players or high school players. This 5 hour clinic includes warm-up, stretching, fed-ball drills, live-ball drills, swimming, lunch (bring own lunch or snack bar), and matches. A perfect camp for players who want to go to the next level while having fun and enjoying other activities at the same time!

Up and Comers

A great camp for players to master the basics of tennis. Clinic is designed to develop a proper understanding of rules, scoring, technique, and etiquette. This camp will also feature other activities such as swimming, basketball, and soccer. However a large majority of the 5 hour camp will be placed on tennis!

Tiny Tots

This one hour clinic is a great way for children to learn or continue to learn the core basics of the game of tennis. Children ages 4-7 will learn proper stroke technique, footwork, as well as rules of the game. This clinic is a great way to begin the lifelong sport of tennis! Tiny tots runs from 9-10am, Monday-Friday, therefore the 6 and 7 year olds can jump right into the Summer Fun program which runs from 10-3pm!

Program	Dates	Times	Session Fee
<u>Tournament Training</u>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-12pm	One week; \$230 10 weeks; \$1400 *week of July 4 th \$185*
<u>Players on the Rise</u>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm	One Week(30hrs); \$375 10weeks(294hrs); \$2750 *week of July 4 th ; \$300*
<u>Up and Comers</u>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	1030am-330pm	One Week(30hrs); \$375 10weeks(294hrs); \$2750 *week of July 4 th ; \$300*
<u>Tiny Tots</u>	6/16-6/20 6/23-6/28 6/30-7/3 (4 day) 7/7-7/11 7/14-7/18 7/21-7/25 7/28-8/1 8/4-8/8 8/11-8/15 8/18-8/22	9am-10am	One Week(5hrs); \$90 10weeks(49hrs); \$700

**TENNIS PROGRAM REGISTRATION FORM
Spring or Summer 2008**



PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W/Cell) _____

If a minor:

Parent's Names: _____

Email Address: _____

Programs: Days & Time:

Total Amount Enclosed: \$ _____ (*Please do not send cash in the mail*)

Make checks payable to:
Nitin Deodhar

Bethesda, MD 20817

◦ FOR PRIVATE & SEMI-PRIVATE INSTRUCTION CALL 301-365-1541◦

Thank you for your early registration!

Social Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

April 10, Thursday noon

The next Carderock Senior Men's lunch will be on April 10 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

Wives and significant others are invited to our April Lunch. Unaccompanied men and widows of former members are also welcome. If you would like to attend or have any questions, please let me know at sltuttle2@verizon.net or 301 365-1277.

Mary Lou Shannon will give us a report on the status of a "Seniors helping Seniors" program for our neighborhood.

WOMEN OF CARDEROCK

April 17, Thursday noon

The next WOC meeting will be on Thursday, April 17 at noon at the home of Margit Meissner, 8323 Still Spring Ct. Bring your lunch and RSVP to Margit at 301-469-6740.

The March meeting was a presentation of Scottish music and song with Katrine Anderson and friends at the club house. The program was well attended and enjoyed by all. Congratulations to Marilyn Mayerfeld and Nwanganga Shields who arranged the concert and provided wine and cheese.

WOMANADE:International Potluck Fundraiser Sunday May 4, 6pm at the Club for the Women's Microfinance Initiative

Please join us for a potluck fundraiser!

- Share some good food, wine and company
- Hear about WMI's experience in Uganda and future plans
- Support woman-to-woman international outreach



Many of the residents of Buyobo, Uganda are AIDS widows who care for dozens of young children orphaned by the disease. They survive through a combination of entrepreneurial ingenuity and mutual support. WMI offers credit assistance to these remarkable women.

Potluck RSVP: rgnietert@aol.com or staudaher@verizon.net
Last names A-R bring appetizer/main dish and S-Z bring dessert

If you can't join us but would like to support WMI, contributions may be sent to Betsy Gordon, Treasurer, WMI, 8617 Fenway Rd. Bethesda, MD 20817.

Potluck Host Committee:

Robyn Nietert Mona Yacoubian Barb Feuer Trix Vandervossen Deb Smith June Kyakobyee
Betsy Gordon Terry Ciccotelli Sue Baglien Kathy Staudaher Jane Erickson

Green Neighbors

METAL RECYCLING CHALLENGE: Carderock vs. Cabin John

Collect scrap metal: March 1 - April 18

Recycling Celebration and Awards Ceremony: Sunday April 27, Clara Baron CC

Recycle Man will make another appearance, this time at the Recycling Celebration April 27!

Already Carderock Springs and Cabin John families are changing their daily habits and recycling more in the kitchen and other areas of the home. The scrap metal challenge ends April 18 - what an incentive to clean out your garage and attic and also keep scrap metal out of the landfill!



Collect smaller items (bottle caps, metal lids, coat hangers, microwaves) to recycle in a special container at the club, and call the County 240-777-6410 for a free special pick-up for larger items (washers, dryers, refrigerators, gutters).

But NOT metal food cans: keep on recycling them normally as you have been in your blue recycling bin. This challenge is for metal items which do not normally go in your blue recycling bin.

If you haven't already, complete the online Green Concerns Survey to let your voice be heard about what topics to include in future Green newsletters from the Carderock Citizens Association. Some topics include specific conservation (energy audits, Energy Star appliances, lighting efficiently), building materials (paint, caulk, roofing), and assistance and information sources (architects, builders, new technology). Complete the survey so the Citizens Association can focus topics in future newsletters!

CarderockClub.org, click **Green Survey** or

CarderockSprings.net, click **My Community**, scroll down to **Green Survey Link**

To get paper copies of the survey and/or add your name to the new Green Neighbors email list, contact Sonja Fogle, sopho1@verizon.net

You can help slow down global warming. How? Here are 10 things you can do:

Change a light (use compact fluorescent), drive less, recycle more, check your tires, use less hot water, avoid products with excessive packaging, adjust your thermostat, plant a tree, turn off electric devices, be a part of the solution (see ClimateCrisis.net).

Got other Green questions? Contact Martha Paci Donnelly marthadonnelly@verizon.net

GOING GREEN AT HOME

4/30 Wed 7 pm White Oak Middle School, Silver Spring

Carderock architect Anja Caldwell will be giving a presentation "Going Green at Home" for the MCPS Parent Academy on April 30th at the White Oak Middle School in Silver Spring. Learn easy ways to significantly reduce your utility bills and environmental footprint. To register: <http://www.montgomeryschoolsmd.org/departments/parentacademy/>

Also, tour Great Seneca Elementary School, Germantown: Maryland's first LEED (Leadership in Energy and Environmental Design) certified school. 2008 dates and registration are through Montgomery County's Green Building Program, <http://schools2green.eventbrite.com>. More info at Schools2Green.org

Community

WIDER CIRCLE Furniture/etc Collection

April 12, Saturday 10 am - 1 pm

Saturday, April 12th, from 10AM-1PM, A Wider Circle will be holding a collection of household items and furniture. We ask that all items be in very good condition and be of use to our clients



transitioning from homelessness and shelters into more permanent housing. Beds and dressers are the items most often requested but we accept all kinds of furniture and household items, including dishes, pots and pans, small appliances, TVs, linens, lamps, toys and baby clothes and equipment. Adult clothing and adult books are *not* accepted; we simply don't have the storage space.

Bring all items that are portable to the clubhouse. If you need items picked up that day, call Anne Thompson (cell 301-461-1332) for scheduling. If you would like to volunteer to help at the truck or to go out with the pick-up truck, please let Anne know. Student service learning hours are available. Tax receipts will be available on site that day.

A Wider Circle is a local non-profit agency dedicated to ending poverty in our area. This collection will be part of our Neighbor-to-Neighbor program to distribute items directly with no charge to families in need. We have a long list of families waiting for goods. More information is available at www.awidercircle.org

C&O CANAL PRIDE DAYS: Your Park in Your Hands

April 19 - May 10



Individual volunteers or scout/etc groups are needed to work outside for 1 or multiple days to complete revitalization and stewardship projects in the C&O Canal National Historical Park during C&O Canal Pride Days. Volunteers will paint lockhouses, repair and paint visitor signs, cut back overgrown vegetation, plant trees and flowers, and much more. C&O Canal Pride Days is made possible, in part, through the generous sponsorship of Minkoff Development Corporation and Potomac Paddlesports (Potomac Paddlesports are residents of Carderock!). To volunteer, complete an application at www.canaltrust.org or call 301 714-2233.

CABIN JOHN HOUSE TOUR

May 10, Saturday, 1 - 5 pm (rain or shine)

Get a rare look at 8 nearby Cabin John homes. Tickets for this event are \$15 per person and are limited to persons over the age of 12. Purchase tickets on the day of the tour any time after 12:45 pm at the Methodist Church, 77th Street and MacArthur Boulevard. Proceeds from this event will benefit the Cabin John Citizens Association. For more info, please contact Susan Roberts (320-4451) or Clare Amoruso (320-2685).

CLARA BARTON COMMUNITY CENTER: Montgomery County has allocated money for improvements to the center including new exterior lighting, tables for the social hall, a much-needed storage shed, and a partial roof replacement. This is good news!

Carderock Springs Citizen Association annual meeting
April 30, Wed 7 pm at the Club
Come vote for the 2008 CSCA officers!

WELCOME to

- Anthony and Jennifer **Demarinis** with Drew who have moved into 8428 Magruder Mill Court
- Juan **Botero** and Angela **Pinzon** who have moved into 8 Carderock Court
- Jeremie and Prasana **Krishnan** with Raki and Meera Lily who have moved into 8308 Still Spring Court
- Cecilia Escobar **Rau** to 8405 Carderock Drive (glad she stayed in Carderock, even if she doesn't cook swim team spaghetti dinners anymore!)

Our newcomers are almost "tailor made" for Carderock. They all came for the sense of community, the Club, the schools, abundant nature and an easy commute to downtown. We are very fortunate to attract families like this again and again!



Don't miss the 3rd annual fundraising auction for Carderock Springs Elementary School -
All Carderock residents and their friends are invited!
You can find the invitation and reply form on our website at www.csesef.org

What: Auction to raise money for Carderock Springs Elementary School

When: Saturday, April 26, 2008

Where: The BCC Rescue Squad, 5020 Battery Lane, Bethesda, MD 20814 (2nd floor)

Time: 6:30pm to 11:00pm



New Carderock Springs Elementary School, coming 2010

SUMMER FUN 2008

TEENS

COMMUNITY SERVICE/VOLUNTEER APPLICATION

(Return completed form to the Carderock Club,
8200 Hamilton Springs Ct, Bethesda, MD 20817)

NAME _____

ADDRESS _____

AGE (_____) DATE OF BIRTH _____

TELEPHONE HOME (_____) (_____) (_____) _____

TELEPHONE CELL (_____) (_____) (_____) _____

E-MAIL _____

PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.

NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)

_____ 6/16 - 6/20/08 _____ 6/23 - 6/27

_____ 6/30 - 7/04 _____ 7/07 - 7/11

_____ 7/14 - 7/18 _____ 7/21 - 7/25/08

PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH CHILDREN AGES 5 THRU 10.

**Registration for SUMMER FUN 2008
Carderock Springs Swim and Tennis Club, Bethesda, MD**

KIDS

REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF AUGUST 31, 2008, ENTERING FIRST GRADE AND NO OLDER THAN (10).

CHILDS NAME: _____

ADDRESS: _____

AGE: (_____) **DATE OF BIRTH:** (_____)

PARENT'S NAME _____

PHONE NUMBERS: HM (____) (____) (____) **WRK** (____) (____) (____)

E-MAIL ADDRESS: (_____) **CELL** (____) (____) (____)

EMERGENCY CONTACT: 1 (_____) (____) (____) (____)

EMERGENCY CONTACT: 2 (_____) (____) (____) (____)

FOOD / OTHER ALLERGIES OR SPECIAL CONCERNS: _____

EACH FIVE DAY SESSION FEE IS \$200		
DATE	CHOICE	FEE
6-16 THRU 6-20	_____	\$200
6-23 THRU 6-27	_____	\$200
6-30 THRU 7-04	_____	\$200
7-07 THRU 7-11	_____	\$200
7-14 THRU 7-18	_____	\$200
7-21 THRU 7-25	_____	\$200

PAYMENT IN FULL REQUIRED AT TIME OF ENROLLMENT. IF YOU CANCEL CHILD'S ENROLLMENT TWO WEEKS PRIOR TO START OF CHOSEN SESSION YOUR FEE LESS \$75 WILL BE REFUNDED. LESS THAN TWO WEEKS NOTICE WILL RESULT IN NO REFUND.

The club assumes no liability for injury or damages arising from participation in the program.

I hereby approve my child's participation in the program activities and consent to the emergency treatment of my child on my behalf. To the best of my knowledge, there are no physical or other limitations, which will interfere with my child's participation.

Parent / Guardian Signature

Date

Payment Received: Amount (_____) **Date** (_____) **Ck #** (_____)

MEMBERSHIP NUMBER _____

Yoga Exercise Classes

*** ADULTS ***

MAGGIE's ~ YogaPlus ~ YOGA CLASSES at the Clubhouse:

Yoga classes are offered at the Club by Carderock resident Maggie Wong. It's her tenth year at Carderock! The session fee is \$16 per class, the drop-in fee is \$20.

- Tuesdays (yoga with weights) 9 to 10:30 am
- Thursdays (yoga and weights) 9 to 10:30 am

The Spring 2008 session runs from April 15 to June 6. Evening classes throughout the week are also offered at the Potomac Tennis Club, Falls Road. Please visit www.yogaplus.com for a complete schedule or call/email Maggie at 301-365-2424, maggie@yogaplus.com

ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES at the Clubhouse:

Stretch, strengthen and tone every muscle group in your body.

- Mondays and Wednesdays, 9 to 10 am, \$10 per class.
- Additional half hour on the same days 9 to 10:30 am, \$ 12 per class
- Drop ins: one hour class \$ 12; one and half hour \$ 14.

First two classes free for new students. For more information call Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher, at 301 770 7994 or 301 412 5432 or email alexercise@comcast.net.

*** KIDS/TEENS ***

KIDS AND TEENS YOGA at the Clubhouse:

Yoga is an excellent form of exercise for young people, both from a physical and mental standpoint. It stretches and tones the body, improves posture and helps with concentration and relaxation. Maggie Wong offers yoga classes at the clubhouse for teens (ages 12-17) & preteens (ages 8-12):

- Teens: Thursdays 5 - 6 pm. This class has been very successful with the participation of 12 mature and committed young ladies.
- Pre-teens: Wednesdays 4:30 - 5:30 pm. This class is taught by Shauna, an elementary school music teacher who has studied yoga for many years.

The Spring session (seven classes) starts the week of April 2 and runs through May 22. The fee is \$15 per class. Please visit www.yogaplus.com or call/email Maggie at 301-365-2424, maggie@yogaplus.com for registration or more information.



© 2008 Yoga Plus, Inc.



© 2008 Yoga Plus, Inc.



© 2008 Yoga Plus, Inc.

Wanted

Person to compile neighborhood recommendations of contractors into one online location and hopefully maintain the list. Could be an adult or could be a teen for Student Service Learning credit. Should be familiar with technology such as cutting, pasting & formatting in Word or Excel. Sources of info are already online, including previous Carderock Club newsletters and CS-Chat archived mail. Contact Margie 301 365 6253 or CarderockClubNewsletter@verizon.net .

Can't get enough of tennis and the regular Carderock tennis league? POTWELL, a women's evening league, is looking for women to join their tennis league. Begins in early May and ends in July. The matches are Thursday nights at 6pm and it's a fun atmosphere with food and drinks after the matches. Questions? Contact Joanna Dewolfe jazawolfe@yahoo.com .

Do you have a good experienced and reliable maid who would like to work an extra half day every other week? Call Fran at 301 469 6282.

Martin and Amanda Carcamo are looking for a sublet in the Carderock community. They have relatives in Carderock, and Martin works as a re-modeler for Carderock homes. This is a great opportunity for a senior looking for assistance with shopping and cooking in the home, or for anyone looking for some extra income. Martin is an excellent handyman, as well as skilled with paint, tile and plumbing, and is willing to trade work for rent if you are looking for an inexpensive way to remodel your home. They have an adorable one year-old daughter, Lyra, who will win your heart in a flash. Call Scott Cameron at 301-233-0927 for references and Martin at 301-767-7133.

The Carderock Swim Team has an Assistant Swim Coach opening for the 2008 summer swim season. Job requirements: Applicants must be at least 16 years old and lifeguard and CPR certified. Must possess excellent swimming skills, have ability to teach all strokes, be mature & able to work with children of all ages. Must be available for all A meets (Saturday morning) and B meets (Wednesday evenings) as well as both morning and afternoon practices (including Stroke and Turn after regular morning practices). Must be full of energy to lead team cheers at meets. Will also be required to arrange B meet line-ups and participate in Friday evening pizza and poster-making. Season practices begin with tune-up clinic the week before Memorial Day in the afternoons. Salary commensurate with experience. Please send resumes to: Scott Reed, Head Coach at reedypolo2000@gmail.com

Office Assistant Needed. Part-time work in a home-based office off Seven Locks Road in Bethesda. Requirements: excellent English grammar and telephone manner, basic office skills, basic computer skills (Word and Excel). Tasks included receiving, processing, selecting and mailing children's books to reviewers. Other duties based on applicant's skills which can range from editing to basic web page maintenance. Must be self motivated. Hours are flexible -- 15 to 20 per week, no benefits. Call 301 469 2070 or e-mail resumes to marilyn@childrenslit.com .

Free, For Sale, For Rent, & House Cleaning Services

FREE

Anyone interested in 33 1/3 record albums from the 40's and 50's? Please call 301-365-7756

FOR SALE

Stationary exercise bike. Good condition. Original instructions. \$35. Please call 301-365-7756

FOR RENT

Rehoboth Beach House Rental - Spring Weekend Getaway. Our wonderful two year old 5 bedroom 4 1/2 bath fully furnished townhouse with swimming pool and gourmet kitchen just 3 blocks from the beach and walking distance to Rehoboth and Dewey is ideal for extended family or 2 families. No pets or smoking please. Available April - June weekdays and weekends (weekly rate: \$950 or \$165 per night, minimum 2 nights). Available summer weeks July 1 - 26, Aug 23 - 30 (weekly rate \$1850). Not available for Beach Week. 20924 Coastal Highway, Rehoboth Beach, DE 19971 For more info and pictures, please email Art@yogaplus.com or call 301-365-6237.

HOUSE CLEANING SERVICES AVAILABLE

- Wonderful housekeeper has some free hours to help with light housekeeping, laundry, organizing, and babysitting or pet care. She currently works part-time for several Carderock families and has her own transportation. Conscientious and reliable. Call Amporn ("Nan") at 240-423-6314.
- My Thai househelper has some hours available for light housekeeping, ironing, laundry, and kitchen duties. Please email me at smarnell55@aol.com for more information.
- Enthusiastic, with excellent references and own transportation. Available Mon-Fri. Call Gisela 301 622 2897.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- Experienced with Carderock references. Available Mon, Wed, Fri. Call Bertha 301 309 2302.
- 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.

Services Available

Rebecca Hughes, 14 years old and a Pyle student, is ready to babysit. She's taken the Safe Sitter course at Pyle and has volunteered for the last two summers at Summer Fun. If you need a responsible, fun sitter call her at (301) 469-4803.

Petsitter available. We have lived in Carderock Springs for over 20 years, and I have had pets all my life. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. Please call Dan or Eric at 301-365-6237.

Having trouble with your computer? Desperately need an upgrade to your machine (RAM, Hard Drive, new Optical Drive, etc.)? Just want to solve some problems with your PC or Mac? Call Nick Fernandez-Arias, part of PanaCea Computers, a group of technically-oriented Seniors at Sidwell Friends School, and get your issue resolved. Drop off your computer or have us come by and take a look for a fraction of the price offered by other "geek" services. For pricing information, services offered, and everything else you might need, call (301)-648-9081 or e-mail panaceacomputers@gmail.com

Hello! My name is Augusto Tono. I live in Carderock and am currently a student at UMD-College Park. I went to Walt Whitman High School and am now enrolled in the Robert H. Smith School of Business. I am running my own painting business this summer with a national company called Collegiate Entrepreneurs. My objective is to get an intense hands-on business experience. This summer my crew and I will be doing everything from small interior paint jobs to large Victorian exterior re-paints. I also specialize in deck staining and power-washing. As a matter of fact, I have already signed up a number of Bethesda residents as my customers for the summer.



At this time I am looking to fill my summer production schedule. I carry full liability insurance and workman's compensation insurance. All of my painting services are backed with a warranty and I can provide references within the area. Please call now for your free, no obligation estimate and take advantage of my low everyday prices! Local: (301) 592-7951, Toll Free: (877) 626-9904, or email me at atono@umd.edu

I Paint Inc. Reliable home remodeling work fairly priced for the Carderock community. Kitchen, bathroom and basement remodeling, custom decks, interior exterior painting. Free Estimates with references in the community. Call Dan Mendelsohn to set an appointment. Email ipaintinc@gmail.com or call 301-221-7462.



Recommended

Young Guatemalan will help with any and all spring cleaning chores, e.g. raking, mulching, sawing, pruning, mowing, fertilizing, garage cleaning, and any kind of heavy work, on a reasonable hourly basis.

Recommended by Ray 301-469-0192.

Was "exercise more" one of your New Year's resolutions? Learn a new sport and get in shape while sitting down! Ever notice people in those impossibly long skinny boats on the Potomac? A DC boathouse is just 20 minutes away and offers lessons in sweep rowing (8 people per boat) and sculling (1 person per boat). It's incredibly fun and a fantastic way to start your day! Recommended by Margie Orrick, Lisa Deyo and Linda Stocker. To register for a class: ThompsonBoatCenter.com



Have a recommendation? Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net

Need a contractor? Ask a neighbor for a recommendation, look through old newsletters (online at CarderockClub.org, click Newsletter), or search CS-Chat archived mail (directions below). Generally *avoid hiring people who simply knock on your door.*

CS-Chat Q&A

Q. Since CS-Chat has had contractor recommendations on it, how can I find contractors who my neighbors have previously recommended online in email?

A. [Here's how to search CS-Chat's archived email \(to find a previous recommendation\)](#)

1. Yahoogroups.com
2. On the right side, login using your Yahoo userid and password
3. On the left side, click CS-Chat then on the left side click Messages
4. In the Search box, type the word you are looking for (electrician, roofer, woodpecker, etc) then click Search
5. All emails which include your search term will be shown

CLUB BOARD OF DIRECTORS, 2007 - 2008

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301-365-3675
Treasurer	Pablo Molina	301 365 3474
Tennis Committee	Seung-Kyung Kim	301-365-0190
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Caroline Barbeau	301 767 0214
Bldg and Long-Range Planning	Paul Barton	301 365 1491
Membership	Meris Sparrow	301 767 9473

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Meris Sparrow	301 767 9473	carderockclubmembership1@verizon.net
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 (green newsletter).

Group	Website	Email
SWIM & TENNIS CLUB	CarderockClub.org (no password required)	
NEIGHBORHOOD CITIZENS ASSOC.	CarderockSprings.net (create a password to see archived info)	
OTHER/neighbors		CS-Chat@yahoogroups.com

In addition to those 2 websites for the Club and Citizen Association, there is a 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 184 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, 7:30 pm. If you are considering an addition or exterior modification of your home, bring your plans for review. 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 and every community member to attend, whether you are renovating or not.



The next meeting is Wednesday April 2.

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