



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

February 2008 CALENDAR

- | | |
|---------------------------------|--|
| 2/4 Mon 1-3 pm | Women's Book Club |
| 2/6 Wed 7:30 pm | ARC monthly meeting on neighborhood renovations |
| 2/8 Fri 6:30 pm | Movie Night at the Club; also pre-register for Summer Fun |
| 2/14 Thurs 11:30 am | Men's lunch at Normandie Farm |
| | |
| 2/20 Mon 7 pm | Citizens Assoc monthly meeting at the Club |
| 2/21 Thurs noon | Women of Carderock lunch |
| 2/27 Wed pm | Greenie Kick-Off Presentation at Club w/ Leggett or Berliner |
| 2/27 Wed 7:30 pm | Swim/Tennis Club Monthly Meeting (but NOT at the Club) |
| 2/29 Fri pm | Movie Night at the Club: <u>An Inconvenient Truth</u> |
| | |
| Looking ahead - Save the Dates! | |
| 3/1 - 4/18 | Save Scrap Metal for recycling, Carderock vs. Cabin John |
| 3/9 Sun | Celtic/Scottish music at the Club |
| 3/12 Wed 7 pm | Citizen Assoc monthly meeting at the Club |
| 6/16-7/25 | Summer Fun weekly sessions 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

Notes from the Manager & New Tennis Pro

Hoping everyone had a great holiday season and all of you and your families are well. Hard to believe but here it is the end of the first month of the new year and we're rapidly approaching the beginning of the 2008 season.

Due to the outstanding work of the Tennis Committee, it is my pleasure to announce that we have signed a contract with Nitin Doedhar to be the new Head Tennis Pro. A date for a Meet the Pro event will be announced later.

There will be an opportunity for members only to pre-register your children for the Summer Fun program on February 8th at the scheduled movie night. Registration forms are in this newsletter and also online at CarderockClub.org. For more information please e-mail me carderocksummerfun@verizon.net

The annual budget was approved at the January meeting. A copy of the budget is available online at CarderockClub.org.

Wishing you all a safe and healthy winter and look forward to seeing spring arrive upon us.

Thanks, Larry Ondrejko



As the new Carderock Tennis Pro, I am very excited about the opportunity presented to me at Carderock and hope to serve the community well!

I come to Carderock Springs after being the Head Tennis Pro at Bethesda Country Club. In the past I have also spent time at Columbia Country Club and Bullis Tennis Training Center. My experience includes working with juniors of all levels, from beginners to national level players. I have also spent a number of years coaching and captaining ladies interclub teams. It is my belief that the experience I received at both country clubs and training centers has enabled me to become a well rounded tennis professional. As a player I was a nationally ranked junior and captained the Towson U. Tennis Team. I grew up in the area playing high school tennis for Wootton High School.

It is my plan to use the website (CarderockClub.org, click Tennis) to efficiently communicate to the members of Carderock. In the next month I will be posting the Spring programs for both juniors and adults. I plan to have a number of programs that should be suitable for people of all ages and playing levels. Each month I will also post any upcoming events, socials, and tennis tips.

If you have any questions or would like to schedule lessons and/or clinics, please feel free to contact me: CarderockTennis@verizon.net or 301-365-1541. It is my hope to personally meet many of you within the next couple months and I look forward to a wonderful season ahead.

Thanks, Nitin Doedhar

Membership News

Renewal notices for the 2008/09 season are in the mail - you probably received them Feb 1 or Feb 2. If you did not receive your form, please contact me. If you wish to be an active member this year, please review and update the information on your application form and return it along with your payment to the club before March 1, 2007. **A \$75 late fee is due with payments received after March 1st.**

Even if you do not intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing which our by-laws require for Sustaining Members Type 1 and 2. Once the second mailing goes out you will only have a few days to return it, along with the late fee, before I open membership to our waiting list.

If you know that you will be away during February and March and you want to enroll in the club, please make arrangements with me before you leave town to ensure that you have a membership spot.

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

In addition to this wonderful newsletter, we will occasionally communicate via e-mail with our membership. As you look over your enrollment forms please make sure you **include an e-mail address** so that you can receive early updates about club events and membership news.

The following is a description of the membership categories and how they work, as well as a description of our **Emeritus Guest Privilege**. If you have questions regarding any of these matters, please contact me.

There are three membership categories:

Sustaining Members Type 1

The 404 original homes in Carderock Springs are Sustaining Members Type 1 of the Carderock Springs Swim Club (CSSC). Sustaining Members Type 1 is either active or inactive depending on whether the people living in these homes have paid the annual membership dues. Sustaining Membership Type 1 is only available to the current residents of the 404 eligible houses and does not follow those residents after the sale or rental of one of these homes. However, Club membership (with more limited voting rights) is available to anyone who rents one of these homes. Following the sale of a house eligible for Sustaining Membership Type 1, a \$1000 activation fee must be paid before the new owners can activate their membership. If the owners choose not to activate their membership in the year of purchase, they may choose to do so in any following year.

Sustaining Members Type 2

A limited number of additional Sustaining Memberships have been made available to residents of near-by communities. This class of membership is referred to as Sustaining Members Type 2. Obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 refundable capitol contribution. This fee grants the household limited voting rights, entitles the household to the same annual membership dues as Sustaining Members Type 1, and allows the member to become inactive in one or more years while retaining the right to rejoin the Club as an active member in subsequent years. If a Sustaining Member Type 2 decides to leave the Club, their capitol contribution fee is refunded. Written requests for this type of membership should be submitted to the Board of Directors of CSSC, where they will be considered at their next monthly Board meeting.

Dues for the 2007/08 season for Sustaining Members Type 1 and 2 will be \$695

A reduced rate for a full membership for Senior Citizens (defined as household of 2 or 1 where at least one person is 65 years old or older) is available for both Sustaining Memberships Type 1 and Type 2. This class of membership is for unlimited use of the facilities throughout the season.

Dues for the 2007/08 season for Senior's will be \$590

Annual Members

All members who do not hold Sustaining Memberships Type 1 or 2 are considered Annual Members. Annual Members do not have voting rights and must return to the waiting list if they go inactive for a year. The waiting list for Annual Memberships is made available in the following order or priority: 1) Families who have taken a Guest Preview Privilege in the previous season. 2) residents in neighborhoods in the Carderock sub-division; 3) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 4) residents of the Whitman school district; 5) all others.

Dues for the 2007/08 season for Annual members will be \$840.

Emeritus Guest Privileges

Emeritus Guest Privileges were established in 2006 to encourage the participation of Senior Citizens in the community who are Sustaining Members Type 1 or Type 2 but who do not wish to purchase a full senior membership. This privilege, which will permit the occasional use of the facilities, is limited to Sustaining Members Type 1 and Type 2 households having no more than two persons, each 65 years old or older. Each senior member of the household will be entitled to 15 days use of the club's facilities. Emeritus Guest Privileges are not transferable among family members. Guests (e.g., visiting grandchildren) are still required to pay the regular guest fees. Emeritus Guest Privileges may be purchased for \$100 and must be purchased by the March 1st membership renewal deadline. A list will be kept at the front desk where Emeritus Guests will be asked to sign in when visiting the club.

Emeritus Guest Privileges can be purchased for \$100 per person for 15 days use.

Any questions? Send an email or give me a call: Meris Sparrow

CSSC Membership Secretary, carderockclubmembership1@verizon.net 301-767-9473

At the Club

MOVIE NIGHT Friday, February 8

6:30 pm Land Before Time (Dinosaur cartoons)

7 pm Ratatouille (G)

We will be serving hot dogs, pizza and drinks. \$1 donation requested per child to cover the continued expense of keeping the A/V equipment up-to-date and functioning.

Kids:

Bring your sleeping bags and pillows and enjoy some fun movies with your friends and neighbors!

Adults at Movie Night:

Members Only can pre-register their children for the Summer Fun program.



CELTIC/SCOTTISH MUSIC Sunday, March 9

For music-lovers of all ages

Celtic/Scottish music by Katrine Anderson and friends on harp, cello, guitar
(Time and fee to be announced)



SUMMER FUN

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 on the following pages and also online at CarderockClub.org. Thank you for choosing our Summer Fun program and we hope your children will enjoy their experience!

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: _____

DATE	EACH FIVE DAY SESSION FEE IS \$200 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 _____

Social Groups

CARDEROCK SENIOR MEN'S GROUP LUNCH

February 14, Thursday noon

The next Carderock Senior Men's lunch will be on February 14 at Normandie Farm.
Social hour at 11:30; lunch at 12:00.

We always welcome new members. If you would like to attend or be put on our invite list, please contact Seth Tuttle at 301 365-1277 or sltuttle2@verizon.net

WOMEN OF CARDEROCK

February 21, Thursday noon

The February meeting will be at noon February 21 at the home of Irene Redecke 8212 Tomlinson Ave. Please come, bring your lunch and RSVP to Irene at 301 229 4469. Newcomers are always welcome.

Our January meeting at the home of Chris Carpenter was well attended and enjoyable for all.

CARDEROCK WOMEN'S BOOK CLUB

February 4, Monday 1 pm

"The Inferno" By Dante Alighieri

Dante was a poet of bereavement and renunciation and paved the way for modern literature. He created verse in iambic pentameter that remains unparalleled in formal elegance, intellectual depth and emotional grandeur.

Come join us in our discussion. We will meet on February 4, 1-3 pm in the home of Millie Pettipaw, 8012 Fenway Road, 301 469-9521. Newcomers are always welcome.



Swim

CUDA COACHES/SWIMMERS ACHIEVE NATIONAL HONORS

Prepare to root for Carderock Cuda team coaches/swimmers Mark and Adam Meyer in upcoming National Championship swimming competitions. Mark has qualified to swim in the United States' most prestigious swimming meet, the Olympic Trials. His older brother Adam will compete at what many feel is an even more elite meet, the Division I NCAA National Championships.

Whitman senior Mark qualified for the Olympic Trials by swimming 2:02 in the 200 meter butterfly at the 2007 national championship meet in Indianapolis last summer. Olympic Trials, which occur every four years, will be in Omaha June 29th through July 6th. The top two finishers from each event will represent the U.S. in Beijing, China during the summer Olympics.

Adam has been swimming fast as a sophomore for the United States Naval Academy, winning Patriot League Male Swimmer of the Week honors for several weeks so far this season. In addition to qualifying for the NCAA National Championships in the 200 butterfly and 200 individual medley, he has broken the Patriot League record in the 400 individual medley and Navy records in the 200 individual medley, 400 individual medley, and 200 butterfly. Navy coach Bill Roberts is excited about Adam's prospects at the NCAA championships, March 27-29th in the state of Washington. Coach Roberts is also confident Adam will qualify to swim in Omaha this summer at the Olympic Trials in at least 1 and likely 2 or 3 events.

Check the television listings this summer during the trials in Omaha for a chance to share in the excitement by cheering Mark, and hopefully Adam, on. Stay tuned!

??? Kids & Adults: Trivia Question ??? History sure is fun....

Where are (were) the locations of the previous and next summer and winter Olympics?

SUMMER	WINTER
2000:	2002:
2004:	2006:
2008:	2010:
2012:	2014:

9 answers to select from for the 8 spaces above:

Athens, Greece	Beijing, China	Bethany Beach, Delaware USA
London, England	Salt Lake City, Utah USA	Sochi, Russia
Sydney, Australia	Turin, Italy	Vancouver, Canada

First place in each household wins a prize! What's your prize?

It's a yummy dessert prepared by the Last place finisher in your household. Yup.

Answers are online at CarderockClub.org (yes, this is a ploy to get you online

to remind your family yet again to send in your CSSC membership dues by the March 1 deadline).

DONATED MUSICAL INSTRUMENTS REACH UGANDA TEENS

The Nietert/Stevenson family has returned from Uganda and happily report that the donated musical instruments have reached Uganda. The teens at the Mbale Youth Band were thrilled to receive the 50 plus instruments shipped from Bethesda in December. The instruments provided through the generosity of many Carderock families will almost double the band's existing inventory.

Do you recognize any of these former-Carderock instruments below?



The teens in the junior band all play by ear - which is difficult enough when playing alone - but for an entire brass band to play by ear is remarkable.

Sam Watulatsu, the founder of the Foundation for Development of Neediest Communities (FDNC, fdncuganda.org) which sponsors the band, was elated when the instruments arrived. In a state of eager anticipation, he drove the 4 hours from Mbale to Kampala to pick up the instruments. Upon opening the boxes, he said he could not have imagined how overwhelming it would be

to uncrate 3 shipping containers full of beautifully cared-for instruments, plus reams of sheet music, stands and many other accessories. Through the efforts of Carderock's Collette Worley and her son-in-law Shaun Mann, DHL generously provided free shipping for the instruments.

FDNC is providing in-country support to the Women's Microfinance Initiative loan program, which the Nietert/Stevenson family launched with the placement of 20 loans to women in the rural village of Buyobo, Uganda. Twenty more women were pre-qualified and will receive their loans in 90 days. Hopefully, by the end of the year over 100 women in the Buyobo area will receive microfinance services from WMI. In addition to micro-lending, WMI is building human capacity by training local women to become village co-coordinators so that the loan program can expand to neighboring villages.

Thank you to everyone in Carderock for your support of the musical instrument drive! Also, thank you to the 160 who donated to HUGS (hugsuganda.org), a USA charity that supports FDNC. This caring community's generosity has now reached across the globe to help teens in eastern Africa. This kind of social activism changes lives.

Meanwhile, the Grodman family sends a hearty hello to Carderock! While gorilla-trekking in a small village in western Uganda, the Nietert/Stevensons ran into the entire Grodman family at the Bwindi Orphanage. Randy, Helena, Justin and Maya lived in Carderock for 12 years before they moved to Switzerland in 2000. They are all doing well and Justin is now in the U.S. at the U. of Vermont.

Community: Aging in Place, Greenies

AGING IN PLACE

A county meeting about Aging in Place will take place February 12 from 9:30 to 11:30 a.m. in the Executive Office Building (EOB) Lobby Level Auditorium, 101 Monroe Street, Rockville, MD (parking is available in the County Council parking garage across the street from the EOB).

Speakers include:

- Austin Heyman, who is currently assisting in developing Montgomery County's plan for building a community for all ages.
- Jay Kenney, Chief of Aging and Disability Services, who will summarize the recently completed report on how seniors receive their information on programs and how this can be improved.

"Together, we can accomplish great things." --- County Executive Ike Leggett

GREENIES: GREEN NEIGHBORS UNITE - REDUCE OUR CARBON FOOTPRINT!

METAL RECYCLING is our focus for Spring 2008. Join in the first-ever Community vs. Community Recycling Challenge: Carderock Springs vs Cabin John, March 1-April 18

We are partnering with the nationally recognized Montgomery County Solid Waste Recycling Division in a fun challenge to see which neighborhood can collect the most large and small metals -- everything from old appliances to nuts and bolts. This is a great opportunity to clean out your basement/garage/toolbox, have fun with your neighbors, **and** help the environment. Each household **can** make a difference in the planet's health!

More information is coming soon in the green CSCA newsletter, but the key dates and events are:

- **Feb. 25, Mon.** Canvass Kids training by Solid Waste representative (optional)
- **Feb 27, Wed. pm** Kick-Off Presentation at the Carderock Clubhouse with opening remarks by County Executive Ike Leggett and/or Councilman Berliner
- **Feb 29, Fri. pm**, Movie Night: An Inconvenient Truth at the Club. All adults and children welcome.
- **Mar 1 - 2, Sat/Sun**, Canvass - scouts/others go door-to-door with info on the Metals Challenge
- **April 26, Sat.**, Earth Day Celebration & Tour of Recycling Depot/Transfer Station in Rockville - Activities and demonstrations for all ages
- **Late April:** Celebration and Awards Ceremony at Clara Barton Community Center

Got Green questions? Want to offer your help? Contact Martha Paci Donnelly marthadonnelly@verizon.net

Cabin John already has over 20 volunteers with various assignments and 60 kids involved! Also see Green Help Wanted ad later in this newsletter.

Yoga Exercise Classes

*** ADULTS ***

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

Yoga classes for *adults* are offered at the Club by Carderock resident Maggie Wong. It's her tenth year! 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

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.

First two classes free for new students. In addition to the traditional 1 hour stretch and tone program, there is also an *optional half an hour for those students who would like to enjoy a longer class with additional stretching and breathing exercises with soothing relaxation at the end of the class.* Fee is \$2 for the extra half hour. 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:

- Teens (ages 11-16) Thursdays 5 - 6:00 pm
- Pre-teens (ages 6-10) Wednesdays 4:30 - 5:30 pm

The fee is \$15 per class for the session, which runs through late February. Please visit www.yogaplus.com or call/email Maggie at 301-365-2424, maggie@yogaplus.com for registration or more information

KID'S YOGA at Potomac Tennis Club:

A *Kid's Yoga* class, taught by Carderock Mom Ela Rohde, is ongoing at the Potomac Tennis Club. The class is designed for boys and girls ages 6-10. Young people's yoga is often useful for improving poise, concentration and reducing stress. The class combines physical exercises and relaxation practice. Fee: 10 classes, \$150.

- Wednesday's 4:30 - 5:30 pm

Potomac Tennis Club is located at 10800 Potomac Tennis Lane, Potomac. For more information or registration call or email Ela, 301-767-8927; elarohde@yahoo.de.

Wanted and For Sale

WANTED

Greenie Metal Recycling assistance wanted for Carderock vs. Cabin John metal recycling. Could be adults or could be teens, possibly for Student Service Learning credit. Could be organizing canvass teams, could be contacting media for publicity, could be making brownies for movie night, could be creating a mascot or logo, writing a poem or song, organizing potlucks, etc. You can make a difference in your community! Contact Martha Paci Donnelly marthapaci@comcast.net or marthadonnelly@verizon.net

Adult Musicians: Did you use to play in a band? Do you miss jamming with other rock musicians? Carderock Springs Dad looking to start rock band to jam a couple of times a month. This is very casual, no audition is necessary. I need drummers, singers, guitar, and base guitar players. Previous band experience would be nice, but not necessary as this is just for fun and we will not be performing. This band will play music from 70's classic rock, eighties rock and 90's grunge music. Synthesizers need not apply. Please call and leave a message for Greg at 301-365-1709

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 .

Kids to fill **Nursery School Openings.** Bannockburn Nursery School, 6314 Bannockburn Drive, Bethesda, has a limited number of openings for 4-5 year olds in our pre-K class for the 2008/09 year. Bannockburn Nursery School is a cooperative nursery school providing quality education for over 50 years. We have a legendary pre-K program run by a former kindergarten teacher. For more information, see www.bannockburnnurseryschool.com, or call Sara Love, Membership Chair, at 301.365.7836.

FOR SALE

Antique Furniture For Sale: Downsizing and selling two precious pieces of antique furniture. One is an original antique wood carved Chinese wedding bed (not a contemporary replica), which is too large and too tall for our low ceilings but would look fabulous in a more generously proportioned space. The other is a beautiful early 20th century English mahogany desk with green leather top. Details and photos available on request. Call 301-469-0192 or e-mail rivanraalte@cs.com.

For Rent, Services Available including House Cleaning

FOR RENT

Beach House with Swimming Pool. A new 5 bedroom 4 1/2 bath fully furnished (with fully equipped kitchen) townhouse three blocks from the beach and walking distance to the towns of Rehoboth and Dewey. Two Master Bedrooms and four additional twin beds make it ideal for adult couples and/or families. Two decks, garage and three parking places. Sleeps 8. Amenities include central air, microwave, washer-dryer, cable TV/ DVD. No pets or smoking please. Weekly Rate: \$1900 (June 16 - September 8); \$1000 off season; Memorial Day weekend \$700. 20924 Coastal Highway, Rehoboth Beach, DE 19971 Please email Art@yogaplus.com or call 301-365-6237.

SERVICES AVAILABLE

Gutter Cleaning. Any standard house in Carderock \$75. A bit more if there is an extension and more gutters to clean. We also do odd jobs: yard cleanup and small jobs around the house. Please call Dan or Eric at 301-365-6237.

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.



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. Contact Amporn (also known as "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.

Recommend

Looking for the perfect **baby gift**? Gift certificates are available for "Following in Your Footsteps". These fabulously unique custom picture frames include your baby's birth information as well as **their precious tiny footprints** permanently etched into a luxurious **suede mat** as a forever keepsake. The baby's name, birthday, height, weight and footprints are permanently sealed for generations to enjoy. Recommended by Charlene, call her at 301 469 0432 for more info.

If your New Year's resolution is to finally get organized, Jackie Hoffman (www.simplifyandenjoy.com, jackiesemail@verizon.net) is a **professional organizer/clutter-buster** who can help make calm from chaos in your office or home. Jackie's just what the doctor ordered if you're feeling overwhelmed, stressed out and paralyzed by the mess around you! Recommended by Barbara Feuer 301-641-9811.

Great Electrician. For almost a year, we tried unsuccessfully to get a fixture with a low voltage dimmer working. Three electricians and many \$\$ later, a friend recommended Josh Becker, owner of **Patriot Electrical** (240-388-8653, arcforyou@verizon.net). Where others gave up, Josh was determined to make the dimmer/fixture work. He succeeded, and we couldn't be more relieved and pleased. He's a real pro--patient, persistent and experienced. His prices are reasonable, and when it comes to electrical work--big or small--we recommend him highly. Don't hesitate to tell him we recommended him. Maarten Rietveld & Barbara Feuer 301-641-9811.

Tax help is on the way - Excellent **Tax Accountant/CPA/Financial Advisor.** **Peter Levine** has a proven track record with friends, family and me for 10+ years. He is up on the latest tax requirements and can offer various legal options to assist you meeting your objectives; very knowledgeable financial planner with experience advising clients of all ages. Peter is easy to work with, provides sound advice, and accommodates your schedule. To top it off, his rates are reasonable. Peter can be reached at 301-598-7705. Highly recommended by Jane 469-0750.

Organic farmer delivers produce to Carderock. Join a Community Supported Agriculture (CSA) farm - Fresh and Local CSA, from West Virginia. Pay now for weekly produce for 20 weeks Summer/Fall 2008. Wonderful food is picked fresh Thursday morning, delivered to Carderock, and on your dinner table Thursday night. Wow. Emailed recipes included. This CSA is limited to 100 families and last year about 30 were from Carderock. Recommended by Margie Orrick, Betsy Brach and many more neighbors. More info at www.freshandlocalcsa.com



Please send recommendations for reliable contractors to carderockclubnewsletter@verizon.net

AIRCRAFT NOISE

Are you hearing more aircraft noise? The Metropolitan Washington Airports Authority (MWAA) is sponsoring a committee of airline pilots to fine tune the north *arrival*/flight path over the Potomac River into National Airport using Global Positioning navigation System (GPS). A north *departure* flight path from National Airport to the American Legion Bridge is next on their agenda. Give your input! If you have questions, contact South Carderock resident Annette Davis, Aircraft Noise Rep, at 301 229 0754.

Citizens for the Abatement of Aircraft Noise (CAAN, website www.caan.org) is updating its mailing list. If you are interested in following aircraft noise issues and would like to be included, please respond with your email and mailing address to nonoise@caan.org .

While you're thinking about air travel:

Did you know that Reagan National airport has real time parking information online? To find out how many spaces are empty/available in each lot, go to metwashairports.com and click on "Reagan National Airport" then click "Parking & Transportation". Updated frequently so it's live info.

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.



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



Don't forget to write your check by March 1 to join the Club this year.
If you do it now, then there's one less item on your To Do list!



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