



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

March 2008

3/1 Sat
 3/1 - 4/18

3/3 Mon 1-3 pm
 3/5 Wed 7:30 pm
 3/9 Sun 4 pm
 3/12 Wed 7 pm

3/13 Thurs 11:30 am
 3/19 Wed 7 pm
 3/20, Th 5-8 pm
 3/26 Wed 7 pm

Looking ahead - Save the Dates!

3/31 - 6/7
 4/6 Sun 2-5 pm
 4/12, 10 am - 1 pm
 4/20 Sun 6:30 pm
 4/26 Sat
 4/27 Sun
 4/27 Sun

6/16-7/25

CALENDAR

Club membership dues should be paid by now!
 Recycle Scrap Metal: Carderock vs. Cabin John

Women's Book Club
 ARC monthly meeting on neighborhood renovations
 Celtic/Scottish music at the Club
 Citizen Association monthly meeting at the Club

Men's lunch at Normandie Farm
 Mid-Challenge Recycling Rally at the Club
 Art Reception, Turner art at Katzen/American U
 Litigation Update from the Citizens Association at the Club

Spring Tennis Program
 Meet the new Tennis Pro
 Collect household items/used furniture for A Wider Circle
 Annual Citizen Association meeting at the Club
 Earth Day Celebration & Tour of Recycling Depot/Transfer Station in Rockville
 Spring Kid Activity (instead of Egg Hunt) at Club
 Recycling Celebration & Awards Ceremony at Clara Barton CC

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

Meet the Tennis Pro!

April 6, 2 - 5 pm (rain or shine)

The Board and the Tennis committee are pleased to invite you to come by the club and meet our new Pro, Nitin Deodhar, on Sunday April 6 from 2 to 5 pm. Come hit a few balls, enjoy a refreshment, and catch up with neighbors after the long winter. It's a great way to start the season.

Our New Tennis Pro, Nitin Deodhar, comes to us from Bethesda County Club. Nitin has wonderful experience with all levels of tennis players, is committed to developing a great kids program, and has a true love of the game. He is a wonderful addition to our club and our community, and we hope you will help us to enthusiastically welcome him.

Helping Nitin to get started is our newly formed tennis committee. The Board's tennis representative, Seung-Kyung Kim, has organized a group of 4 folks to serve as a tennis committee. The tennis committee will help to organize events, coordinate with Nitin, and be your conduit to the Board. The Board is very grateful for the contribution of those who have volunteered. If you'd like more information please contact Seung-Kyung or Nitin.

Suzette Goldstein

President



MEMBERSHIP NEWS

Thank you! Thank you! to all of you who have returned your dues or have notified me of your inactive status. Membership renewals were due March 1. A late fee of \$75 should accompany any dues payments sent in after that time.

If you have recently purchased a "Bennett" home in Carderock, a \$1000 activation fee, in addition to your annual dues, must be paid before you can activate your club membership. Please contact me with any questions regarding membership.

I will be sending out "invitations to join" to those on our waiting list on March 15, so if you do still plan on joining then send your dues along with the late fee before that date.

Dues for the 2008/09 season: Senior \$590
 Sustaining 1 and 2 \$695
 Annual \$840

Checks should be made payable to CSSC. And don't forget to include the \$75 late fee.
See you this summer!

Meris Sparrow
Membership Secretary
301-767-9472
Carderockclubmembership1@verizon.net

Music at the Club & Spring/Summer Kid Events

CELTIC/SCOTTISH MUSIC

Sunday March 9, 4 pm

For music lovers of all ages:

A concert of Scottish songs and music
with Katrine Anderson and Friends

On Sunday March 9, 4 pm, come and hear outstanding Celtic singer Katrine Anderson and musicians Zan McLeod on guitar and mandolin, Sue Richards on celtic harp, and Robert Spates on fiddle.
Web: KatrineAnderson.com



Admission for adults is \$10, children \$5 and family \$25.

Wine, cheese, cookies, coffee and a chance to meet the artists!

RSVP: This event is sponsored by the Women of Carderock and we'd love to have an idea of how many people plan on coming! Marilyn Mayerfeld 301 469 6004.

SPRING KID ACTIVITY

Sunday April 27

to coincide with Earth Day
(no chilly Egg Hunt this year)

More info coming later on the website and in the April Newsletter.



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.



**TENNIS PROGRAM REGISTRATION FORM
Spring 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!

Art Exhibit and Social Groups

ART EXHIBIT

ACRYLIC, PRINTS, TEXTILES Reception: Thurs Mar 20, 5 - 8 pm, in Rotunda of Katzen
Open Daily: Tues Mar 11 - Th April 7, 10 am - 6 pm @ Katzen

Gloria Turner, long-time resident of Carderock, will show her acrylics with Group 93 American University Art Department alumni, whose prints and textiles are also in the show. Free parking available at Mass. Ave. entrance of Katzen Art Center, American University, 4400 Mass Ave NW, DC



March 13, Thursday

CARDEROCK SENIOR MEN'S GROUP LUNCH

noon

The next Carderock Senior Men's lunch will be on March xx 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

Music on March 9, 4pm at Club

In lieu of the regular monthly Women of Carderock meeting, the March meeting will be a concert of Scottish music and song at the Carderock Springs Club house on Sunday, March 9 at 4 pm. sponsored by the WOC.

The February meeting was at the home of Irene Redecke. There was further discussion about "Aging in Place" for Carderock's seniors and what facilities would be useful. Those interested may contact Marilyn Mayerfeld at 301-469-6004.

CARDEROCK WOMEN'S BOOK CLUB

March 3, Monday 1 pm

"Middlemarch" by George Eliot

The story is set in a fictional provincial town in early 19th century England. Come join us for a spirited discussion of the first half this most delightful book. We will meet on March 3, 1-3 pm at the home of Erika Schantz, 7008 Barkwater Ct, 301 229-1947. Newcomers are always welcome.



WIDER CIRCLE Furniture/etc Collection

4/12, Sat 10 am - 1 pm



Save the date! 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 item 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 to families in need. We have a long list of families waiting for goods. More information is available at www.awidercircle.org

Thanks in advance!

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

WELCOME

To new neighbors Anita and Scott Spear Brikman with Alec, Lilly and Teddy. They have moved from Philadelphia into 8300 Comanche Court.

METAL RECYCLING CHALLENGE: Carderock vs. Cabin John

March 1 - April 18

The 7 week scrap metal recycling competition has begun and the news media is watching! Much more info in special yellow newsletters and in info handed out the first weekend of March to all neighborhood homes. The point is to reduce your carbon footprint by recycling scrap metal.

What's scrap metal? Examples are unwanted/unusable metal objects of any size - bent paper clips, rusty nails, old keys, screw tops of jars, coat hangars, old cooking pots, busted irons or toasters, rusty grills, old air conditioners, bent gutters, leaky water heaters, clunky washing machines, metal sheds. Keep them out of the landfill! Collect smaller items in your home to recycle in a special container at the club, and call the County 240-777-6410 for a free special pick-up for large appliances and other large items.

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.

Kids - This is also a real life example of applied math...and Math is Fun. Our County has an impressive and progressive goal to recycle 50% of our waste - and last year we were already at 43%. Wow. Scrap metal is thought to be 8% of our waste. During this challenge the County will weigh our scrap metal to see if it's 8% of our waste or much more or much less. They'll also compare the weight of scrap metal from Carderock and Cabin John - whichever neighborhood recycles the most scrap metal will win the recycling award, but actually both communities are winners by increasing the awareness of recycling!

If you missed the late Feb Green events at the club, there's an online Green Concerns Survey to gather your thoughts 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 (**CarderockClub.org**, click **Green Survey**) so the Citizens Association can focus topics in future newsletters! 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

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

Energy Savings save you \$\$\$!
Visit CoolCapital.org to calculate your carbon emissions and learn how you can reduce your carbon footprint.



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 pm (This successful class of 12 mature and committed young ladies has room for 3 more people)
- Pre-teens (ages 6-10) Wednesdays 4:30 - 5:30 pm (lots of room in this class)

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.



© 2009 Yoga Plus, Inc.
All rights reserved.



© 2009 Yoga Plus, Inc.
All rights reserved.



© 2009 Yoga Plus, Inc.
All rights reserved.

Recipe of the Month

Did you know that in the 1960's this newsletter featured Recipes of the Month?
This month's Heart-Healthy Recipe of the Month:

CARDEROCK ROASTED ROOT VEGETABLES

A variety of root vegetables, such as:

4 large sweet potatoes

3 parsnips (they look like large beige carrots)

2 baking potatoes

1 turnip (looks similar to a roundish, off-white baseball)

$\frac{1}{4}$ cup olive oil

Several sprigs fresh rosemary

salt to taste (approx 1/2 teaspoon or more)

pepper to taste, freshly ground (approx 1/2 teaspoon or more)



Start with root vegetables.....

Wash & peel vegetables, then chop into 1-inch chunks and place in a bowl.

Add olive oil, salt, pepper and toss until well coated.

Spread coated vegetables on a cookie sheet.

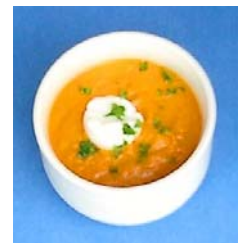
Tuck rosemary sprigs under some vegetables.

Bake at 425 degrees for 45 minutes or until outside is browned.

Serve as a side dish or snack.

SOUP ?! (leftover roasted vegetables + leftover rosemary + milk + yogurt)

If any roasted vegetables are left over, puree with 1 cup milk for every 1 cup vegetables. Sprinkle leftover roasted rosemary leaves (but not the twigs) on top, heat and you've got homemade soup! Serve with a spoonful of vanilla yogurt in the middle of the bowl.



.....End with soup!

If you've got a heart-healthy recipe that you'd like to share with neighbors, submit it to CarderockClubNewsletter@verizon.net. It could be a sophisticated adult recipe or an easy kid-prepared recipe.

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 _____

Wanted

WANTED

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

Searching for a Pyle (8th grade) or Whitman student who has an interest/hobby in digital photography for a paid short- term job photographing inventory for my consignment business. Hours are flexible. Digital camera and tripod provided, but if you already have your own equipment brand that you prefer, I can provide a memory card for it. Please call Suzanne Dritschilo at 301-767-3931. We live on Lilly Stone toward Seven Locks.

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 .

Rambler home wanted in Carderock Springs. Could exchange for a Sumner Village Bethesda condo with 2,128 square feet, top floor, end unit or buy private sale. 301 263 9074.

For Sale, For Rent, Services Available

FOR SALE

Five-in-One power tool, a real oldie, precursor to the Shopsmith of the 60's. It is a bench-mounted power saw, lathe, grinder, sander and drill press. It works, but I have not used it in years. It comes with turning tools, saw blades, and grindstones. Good for a guy or gal who likes to tinker with wood and light metal but is not too serious about it. \$150. Please email Art@yogaplus.com.

FOR RENT

Beach House with Swimming Pool. A two year old 5 bedroom 4 1/2 bath fully furnished townhouse with pool and gourmet kitchen just three blocks from the beach and walking distance to Rehoboth and Dewey. Two Master Bedrooms with full baths and four additional twin beds make it ideal for families with kids and grandparents. Patio, two decks, garage and three parking places. Amenities include central air, microwave, washer-dryer, cable TV & DVD. No pets or smoking please. Weekly Rates: \$1900, Memorial Weekend \$700. (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.

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

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; Recommended

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.

RECOMMENDED

If your New Year's resolution is to finally get organized, Jackie Hoffman (www.simplifyandenjoy.com , jackiesemail@verizon.net , 301-641-9811) 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., 301-365-0113 [these are corrected phone numbers]

Young Guatemalan will help will 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.

Miguel Construction Services LLC. Miguel is a nice guy, reliable and able to handle large and small jobs. Contact Miguel at 301 370 0157. Recommended by Bill Todd.

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



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

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 178 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 March 5.

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