



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

December 2012 CALENDAR

- | | |
|-----------------------|---|
| Dec 5 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Dec 9 Sun 2-6 pm | Carderock Creates art/craft show at Club |
| Dec 13 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday of the month) |
| Dec 16 Sun 12:30-2:30 | Winter Holiday Celebration at the Club |
| Dec 20 Th noon | Women of Carderock lunch meeting (3 rd Thursday) |

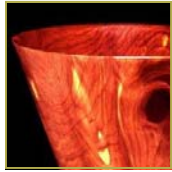
This newsletter is available online at the club website: www.CarderockClub.org
Newsletter deadline: 20th of the month. Address newsletter items to
Margie Orrick and drop them through the mail slot at the Club, or deliver to
8212 Fenway Road, or email to CarderockClubNewsletter@verizon.net

WHERE

Carderock Springs Club House

8200 Hamilton Spring Court, Bethesda, MD

Carderock Creates !



Join local artists and crafters for our 3rd

Holiday Arts and Crafts Show

featuring one of a kind art, photography, jewelry, accessories and much more

TIME

2:00-6:00pm

DATE

Sunday 12/09/12

Finish your holiday shopping for this year with unique gifts for teachers, friends and family - handmade, one of a kind and by local artists.

www.CarderockCreates.com

Winter Holiday Celebration

at the Club

Sunday Dec 16
12:30 - 2:30 pm

Cookie Decorating!



Caroling!



Card Making!



Swim and Tennis Club Contacts

Congrats to the new CLUB BOARD OF DIRECTORS, 2013. Many thanks to Marie Caulfield for her dedication while previously being Secretary.

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
Secretary	Elizabeth Bilbao	301 320 3108
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robin Meyer	301 365 1370
Social/Children's Programs	Jen DeMarinis	301 365 1629
Bldg and Long-Range Planning	Ray Sobrino	301 365 3878
Membership	Alison Ewing	301 469-0345

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Alison Ewing	301 469-0345	alisonewing@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.

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	www.CarderockClub.org	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockCitizens.org	
Overview of CSSC & CSCA	www.CarderockSprings.org	
OTHER/neighbors		CS-Chat@yahoogroups.com

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- www.CarderockSprings.org is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- CS-Chat neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens' Association, it is not part of either of them. To join the email list of 428 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

Exercise Classes and Meetings at the Club

MAGGIE WONG'S YOGA - join any time

- Tuesdays and Thursdays, 9 to 10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind. Email Maggie@yogaplus.com and see www.yogaplus.com

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES

- Mondays and Wednesdays, 8 to 9 am, fee is \$10 per class, drop-in fee \$15

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

LAURA PROBERT'S PHYSICAL THERAPY

- Therapeutic Exercise class: Tuesdays, 12:30 -1:30 pm. Includes Total Motion Release (TMR). For people who really want to start moving and shaking after previous pain/injury but are afraid they might hurt themselves if they begin a regular fitness center class and want professional guidance to start out. \$20 drop in, or \$15 each if purchase 6 or more classes.

A healing coach right in your back yard specializing in healing, recovery and performance. Holistic approach for acute and chronic pain, injury, post-surgical dysfunction, weakness, postural strain and stress related pain.

Call Laura Probert MPT physical therapist 240 328 6073, email bodyworkspt@comcast.net, web www.bodyworksonline.com, blog www.disciplinethemind.blogspot.com



CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockCitizens.org. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any & every community member to attend, whether you are renovating or not. The next

meeting is Wednesday, December 5.

CARDEROCK CLUBHOUSE AVAILABLE TO RENT



Looking for a great setting to hold your next special occasion, day long retreat, seminar / training session or business luncheon? Consider the Clubhouse at Carderock Springs Swim and Tennis Club. A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.



Plus the new pavilion is also available to rent, by itself (or with the pool in summer) and/or with the clubhouse, too!

Please contact the manager Larry E. Ondrejko, carderockclub@verizon.net or telephone 301.365.2292
Visit our web site CarderockClub.org

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