



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

January 2012 CALENDAR

- | | |
|--------------------|---|
| Jan 4 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club (1 st Wed) |
| Jan 12 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursdays) |
| Jan 14 Sat 5:30 pm | Movie Night at the Club |
| Jan 16 Mon 7 pm | Citizen Association monthly meeting at Club (3 rd Monday of month) |
| Jan 19 Th noon | Women of Carderock lunch meeting (3 rd Thursdays) |

Coming Up:

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| Feb 4 Sat 5:30 pm | Potluck & Dance Party at the Club |
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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

2012 Changes in this CSSC Club Newsletter

In an attempt to save trees and printing costs, starting with the January 2012 issue this CSSC swim club newsletter has undergone 2 changes: Distribution and Content.



- 1. DISTRIBUTION:** This newsletter is primarily available online at www.Carderock.info and www.CarderockClub.org. May and November issues will still be hand-delivered to your home. When new issues are available online the 1st of the month, a notice will be sent to the CS-Chat neighborhood email list. If you'd like to continue to receive a hard copy hand-delivered to your home, we will be glad to do that but you need to notify Editor Margie Orrick (CarderockClubNewsletter@verizon.net) to Opt In for hand-delivery.
- 2. CONTENT:** Starting in January 2012, this newsletter now focuses on swim/dive/tennis activities and other activities sponsored by the Club such as BBQs and holiday parties. The following will *no longer be included* in the Club newsletter:
Classified advertisements - For Free, Wanted, For Sale, Services Available, Housekeepers Available; For Rent within Carderock or for a vacation; Recommendations; Welcome and Farewell; High School Senior Destinations; non-Club activities in the neighborhood, etc.

The Citizens' Association will include some items such as Classified Advertisements in a new online feature of the Citizens' Association website. Residents will be able to post advertisements/services themselves on an online form - there may be a nominal fee for each advertisement.

QUESTION: With these changes, if I want to announce something then where do I send what?

ANSWER:

Email to the appropriate Newsletter editor

- a. Club events** to be held at the club: CarderockClubNewsletter@verizon.net (orange newsletter)
- b. Neighborhood news:** CSCAnewsletter@gmail.com (green newsletter)

Email to CS-Chat

- c. Recommendations:** send email to cs-chat@yahoogroups.com to reach over 300 of your neighbors. With profuse thanks to John Surr, a pdf file of recommendations is updated monthly at the CSCA website CarderockSprings.net, click Recommendations.
- d. Classified ads** - For Free, Wanted, For Sale: send email to cs-chat@yahoogroups.com to reach over 375 of your neighbors.

Post it Yourself on the CSCA Website - stay tuned for an announcement

- e. Classified ads** - Services Available, Housekeepers Available, Vacation Homes For Rent: post on the upcoming Classifieds link on the Citizens' Association website CarderockSprings.net. There may be a nominal fee for this.

Movie Night

Saturday, January 14

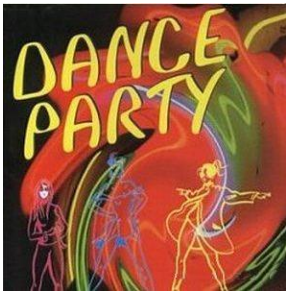
Kids, come in your PJ's
and bring your sleeping bag!



5:30 pm Pizza, Hot Dogs,
Popcorn and Drinks

6 pm Short movie for the younger crowd

6:30 pm Main Feature



Family Potluck/Dance Party

Saturday, February 4

Everyone is invited!

For everyone in Carderock!



5:30 pm Potluck
6:30 pm Dance Party



Classes and Social Groups

HEALING MOVES Workshop

Saturday, Jan 28

Maggie Wong, Carderock Yoga Instructor, will be joined by Laura Probert, Physical Therapist, and Lisa Johnson, Dance and Fitness Instructor, for a 3 hour workshop Healing Moves at the Clubhouse on Saturday January 28 at 1PM. The workshop objectives are to raise awareness of the importance of movement for health and healing, and to inspire you to incorporate exercise and movement into your daily life. The fee is \$70, or \$60 for sign-up by January 14, 2012. Go to www.bodyworksptonline.com and click on "shop" to register. For more information call Maggie at 301-365-2424.

LAURA PROBERT'S PHYSICAL THERAPY at the Club

- 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 and injury.

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

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Club

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

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

MAGGIE WONG'S YOGA/EXERCISE CLASSES at the Club - join any time

- Tuesday and Thursday 9:00-10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind.

Evening classes at Potomac Methodist Church: Tuesdays and Thursdays at 7:30 - 9:00.

Visit www.yogaplus.com or call Maggie 301-365-2424 for more information and to sign up.

Body Massage Ball Workshop

Carderock Springs yoga teacher Maggie Wong also specializes in the use of the Body Massage Ball for achieving deep tissue massage, acupressure release and overall body flexibility. She holds periodic workshops to teach the use of the ball for improved flexibility and pain management. Please email maggie@yogaplus.com for more information.

Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 2012

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robin Meyer	301 365 1370
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	alisonhewing@aol.com
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens' Association.

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

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

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- CS-Chat neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens' Association, it is not part of either of them. To join the email list of 380 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

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



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockSprings.net. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any & every community member to attend, whether you are renovating or not. The next meeting is Wed Jan 4.

CARDEROCK CLUBHOUSE AVAILABLE TO RENT



Looking for a great setting to hold your next special occasion, day long retreat, seminar / training session or business luncheon? Consider the Clubhouse at Carderock Springs Swim and Tennis Club.

A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

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

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