



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

October 2012 CALENDAR

Oct 3 Wed 7:30 pm Architectural Review Committee monthly meeting at Club

Oct 7 Sun 2-5 pm Annual Fall Fest at the Club - Kid Games! Soup/Stew Contest! Unicef!
Oct 11 Th 11:30 am Men's Lunch at Normandie Farm (2nd Thursday of the month)

Oct 15 Mon 7 pm Citizen Association Fall meeting at Club (3rd Monday)
Oct 18 Th noon Women of Carderock lunch meeting (3rd Thursday)

Save the Date!

Nov 4 Sun 6:30 pm Citizen Association Fall meeting at Club

Dec 9 Sun 1-5 pm Carderock Creates art/craft show

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

Annual Fall Festival at the Club



Carderock's Annual Fall Fest October 7, 2- 5 pm

Fun for all ages -
Rock Wall

Mechanical Bull

Creative Games designed by kids
Bake Sale and more!



Questions about the Fall Fest? Contact Jen DeMarinis jendrennan@msn.com

SOUP/STEW CONTEST



This year the annual cook-off competition will be **soup and stews** instead of chili. Time to bring out your grandmother's recipe! Will clam chowder, chicken soup be the crowd pleaser, or will a gumbo steal the show? Come taste, vote, and see who becomes a local legend, a soup star, a chowder champion.

Interested in entering your succulent soup/stew in the Third Annual Carderock cook-off? Contact Susan Smith-Pinelo sspinelo@yahoo.com

UNICEF



UNICEF returns again this year! There will be many games with prizes, a raffle, and balloons. Please come and support this important charity which helps children in need all over the world. Remember: even the smallest amount of money will buy clean water, school supplies, food, medicine, etc. for children. Also, you may pick up your UNICEF box to collect donations when you trick-or-treat on Halloween. See you there!

Theres Kellerman and Cheryl Glaessner

Carderock FLICKS



Carderock kids Charlotte and Ella Caldwell are collecting your **unwanted Video Tapes and DVDs** to resell at the Carderock Fall Fest. All profits will go to UNICEF. Clean out those overstuffed drawers of movies for children and grown ups, exercise tapes, documentaries etc. To donate tapes/DVDs by Oct 5, contact ecoipso@me.com

Carderock Creates coming in December

3rd Annual "Carderock Creates!" Arts and Crafts Holiday Show



SAVE THE DATE: December 9, 1 pm to 5 pm at the club

Photos from last year/2011:



Creative Carderockers: ready-set-go! Interested in selling/participating? Jewelry, glass, wood, painting, fiber arts, food, u-name-it! Contact Anja Caldwell Anja@FiberFrolics.com or Kristina Valencia Kristina@FiberFrolics.com

Interested in buying holiday gifts? This is THE event to buy local art and presents for friends, family and teachers!

Tennis and Exercise Classes at the Club

TENNIS

The Fall junior and adult tennis programs have begun. See the schedule posted on www.deodhartennisacademy.com

You can now get info, pics, and more by visiting our Tennis Facebook page www.facebook.com/pages/Deodhar-Tennis-Academy/305650312857183 and don't forget to "Like" us after visiting! I look forward to seeing you all on the courts.

Nitin Deodhar

Director of Tennis, Deodhar Tennis Academy , www.deodhartennisacademy.com

DONNA BLANK'S FELDENKRAIS Awareness Through Movement

- Wednesdays, 1 - 2:15 pm, 9/19 - 12/12 (no classes 9/26, 10/24, 11/21). \$250 for 10 classes. Open to all ages and abilities. Experience natural ease in action, a more relaxed presence, and more embodied living. Free yourself from limiting images of yourself and consequent limited patterns of action. Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and a Laban Movement Analyst. Call Donna 301 469 8665 or email donnablank@gmail.com

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, 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

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.bodyworksptonline.com, blog www.disciplinethemind.blogspot.com



Carderock's Wellness Day at the Club in September



Some of the representatives encouraging us to take better care of ourselves included:

www.bodyworksptonline.com

www.yogaplus.com

www.nutrihealing.info

www.synergytrainingsolutions.com

www.wellspringclassicalacupuncture.com

www.taekwondospirit.com

www.lisajohnsonyoga.com

www.artofathleticstherapy.com

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	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

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, Oct 3.

Classified Ads

Yippee! The Carderock *Citizens' Association* is now accepting Classified Ads in the Community News (green) newsletter. While ads placed by college-age and younger students are free, there is a \$10 monthly fee for other ads. For information, contact Phil Rider: cscapres@gmail.com. Previously, classified ads were in this *Club* (orange) newsletter.

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

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

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