



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

January 2013 CALENDAR

- | | |
|---------------------|-----------------------------------------------------------------------------------------------------------------|
| Jan 2 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Jan 10 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday of the month) |
| Jan 17 Th noon | Women of Carderock lunch meeting (3 rd Thursday) |
| Jan 26 Sat 5:30+ pm | Kid Movie Night at the Club 5:30 Pizza, Hot Dogs, Popcorn, Lemonade. 6:00 Short Film 6:30 Main Feature |

Tentative Future Dates:

- | | |
|-------------------|------------------------------------------------------------------------------------------------|
| Feb 9 Sat 5:30 pm | Family Potluck & DJ at the Club - bring a dish to share |
| February | Registration begins for Summer Fun |
| March 1 Fri | Dues deadline for Swim & Tennis Club 2013 membership (you'll be getting a form in the mail) |
| March 17 Sun | Spring Egg Hunt |

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

Swim and Tennis Club Contacts

2013 CLUB BOARD OF DIRECTORS

| | | |
|------------------------------|-------------------|--------------|
| 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 433 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

DONNA BLANK'S FELDENKRAIS Awareness Through Movement CLASSES at the Club

Carderock resident Donna Blank offers Feldenkrais Awareness Through Movement classes to experience natural ease in action, a more relaxed presence, and more embodied living which translates to whatever you do - working at the computer or smiling with your whole self.

- Wednesdays through March 27 (no class Feb 13), 1 pm to 2:15 pm. \$275 for 11 classes.

Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and Laban Movement Analyst. She has taught in schools and universities as well as privately throughout the world for 35 years. For more information, call 301 469 8665 or email donnahblank@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, 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 & want guidance to begin. \$20 drop in; \$15 each if 6 or more classes.

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



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, January 2.

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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