

Carderock Springs Swim and Tennis Club

8200 Hamilton Springs Court

Bethesda, MD 20817

December 2013 CALENDAR

- | | |
|----------------------|---|
| Dec 4 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Dec 8 Sun 2-6 pm | 4 th Annual Carderock Creates! Art/Craft Show at the Club |
| Dec 11 Wed 7-8:30 pm | Senior Carderock Program: Do It Now! |
| Dec 12 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday of the month) |
| Dec 13 Fri | Holiday Kid Movie Night (instead of daytime Holiday Party)
5:30 Pizza, hot dogs, lemonade and popcorn
6:00 <i>Holiday Sing Along</i>
6:30 Feature Film (TBD) |
| Dec 16 Mon 7 pm | Citizens Association monthly board meeting (3 rd Monday) |
| Dec 19 Th noon | Women of Carderock lunch meeting (3 rd Thursday) |
| Dec 22 Sun 7:30 pm | Carolers meet at Club, Cookies and Hot Chocolate afterwards |

Save the Dates:

- | | |
|-----------------------|---------------------------------|
| Jan 21 Tues 2-3:30 pm | Living Well During Senior Years |
| January 2014 | Movie Night |
| February 2014 | DJ dance |

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

Results of Annual Membership Meeting

The Board of Directors hosted the 2013 Annual Membership Meeting on November 26th, at which time the proposed 2014 Operating Budget and Slate of Officers were presented for discussion and vote. Both the Budget and Slate of Officers were approved.

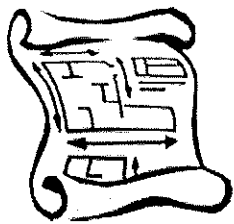
The 2014 Board of Officers elected is:

Suzette Goldstein	President
Paul Kisslinger	Vice President
Edward Bird	Treasurer
Liz Bilbao	Secretary
Alison Ewing	Membership
Robin Meyer	Swim/Dive
Colette Worley	Tennis
Jen DeMarinis	Children's
Roger Sola-Sole	Long Range Planning

The Board wishes to thank Ray Sobrino for his years of service and a warm welcome to Roger. We also want to extend a thank you to the Membership for your support and to wish you all a safe and Happy Holiday Season and look forward to the season opening in the summer of 2014.

Sincerely,
The Board of Directors

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 4.

December Art Show at the Club

4th Annual Carderock Creates!

Arts and Crafts Show at the Club

Dec 8 Sun 2-6 pm

Come support local artists whose incredible talents surround us in Carderock. A win-win for your Holiday shopping!

Exhibitors for this year include a variety of great art and crafts. Some are for sale, some are just for you to admire.

NEIGHBOR	COMPANY	MEDIA	WEBSITE
Anja Caldwell	Knit2Give	Knitting Classes, felt accessories	www.Knit2Give.com
Annie Mealey	Wild Ginger and Spice	cosmetics, lotions and potions	
Caroline Barbeau		jewelry	
Diane Karlik		recycling art	
Faith Moeckel		Prints	
Fatima Medici		Jewelry	
Felisa Federman		Art	www.felisafederman.com
Francesca Springolo + Gloria Turner		paintings, jewelry	
Gabriella Belli		Jewelry	
Kathleen Stevenson		silk and handmade paper	
Kathryn Ewing		Jewelry	
Kristina Valencia		kids art classes	www.fiberfrolics.com
Laurie Morrison		watercolors	www.uatyourbest.com
Maggie Wong	Comfy Comfy	organic pillows	www.comfycomfy.com
Mark Hill	Sommerso	glass art	www.sommerso.com
Phil Brown	Fine Wood Turner	turned wood art	www.fineturnedwood.com
Susanne Shirzad	Lace & Cable	Unique knit designs	www.laceandcable.com

Exercise Classes at the Club

DONNA BLANK'S Feldenkrais AWARENESS THROUGH MOVEMENT @ Classes

- Wednesdays , Sept 11 - Dec 18

Gentle yet powerfully effective classes in freeing yourself from limiting images of yourself and consequent limited patterns of action. Classes are open to every one of all ages and abilities, as you learn to attend to your own experience and pacing, becoming more aware and expert at 'learning to learn' for your own self. \$295.00 for series of twelve classes. Registration: Call 301-469-8665 or email donnahblank@gmail.com. Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer, Wholebody Focusing Trainer and a Laban Movement Analyst.

TRACEY BURDE'S "DRAGON'S WAY = EATING FOR HEALING" CLASS

- Fridays 9:15 - 10:15 am. In this 6 week class you will learn simple stretches that support healing and promote weight loss. The average person loses 12 pounds over the 6 week class. Questions? Contact Tracey 301-537-8868.

LISA MAXWELL LORING'S FORREST YOGA, EVENINGS

- Open Level Tuesdays 8 - 9 pm, Beginners Thursdays 8 - 9 pm

Learn how a mindful yoga practice can bring you back to joy and help you re-connect with your inner confidence, energy, strength, flexibility & overall core awareness. No need to pre-register; just join us 10 minutes early! Bring Your Mat or mats are also available. Pricing: \$18.00 Single Class, \$16.00 Student & Senior Rate; \$64.44 Month/one class per week, \$57.44 Student & Sr Rate; \$104.44 Month/unlimited, \$94.44 Student & Sr Rate. Questions? Contact Lisa Maxwell Loring, E-RYT, Embodyoga, RYT, Forrest Yoga. www.zaantiyogastudio.com, Lisa@zaantiyogastudio.com , 301.801.9230.

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

Swim and Tennis Club Contacts

2014 CLUB BOARD OF DIRECTORS

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
Secretary	Liz 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	Roger Sola-Sole	301 469 9659
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 485 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 pavilion is also available to rent, by itself (or with the pool in summer) and/or with a giant tent and/or the clubhouse, too!

Please contact the manager Larry E. Ondrejko, [.carderockclub@verizon.net](mailto:carderockclub@verizon.net) or telephone 301.365.2292
Visit our web site CarderockClub.org.

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