

We hope you enjoy our new format for the monthly Carderock Springs Swim and Tennis Club newsletter. It's easy to read in e-mail!

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292



NOVEMBER 2014 NEWSLETTER

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Quick Links

Swim and Tennis Club
www.carderockclub.org
Carderock Springs Citizens Association
www.carderocksprings.org

Club Contacts

Manager
Larry Ondrejko
301-365-2292
carderockclub@verizon.net

CALENDAR - What's Happening at the Club?

Tuesday Nov 18
7 pm
Phil Brown's Wood Turning Discussion and Demonstration

Monday Nov 24
8 pm
[Annual SWIM & TENNIS CLUB Election Meeting](#)

Saturday Dec 6
2 - 6 pm
[Carderock Creates](#) Arts & Crafts Show

Tuesday Dec 16
2 pm
Mary Lou Shannon's Clutter Clinic

ANNUAL MEMBERSHIP ELECTION MEETING

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Tennis Pro
Nitin Deodhar
301-365-1541
carderocktennis@verizon.net

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Membership
Alison Ewing
301-469-0345
alisonewing@verizon.net

.
Newsletter
Margie Orrick
301-365-6253
carderockclubnewsletter@verizon.net

Swim/Dive Team Information



Next Spring 2015 visit the new [Carderock Team Unify](#) website to get all the information you need about the Swim, Dive, Pre-team and Mini Cuda Programs:

- Contact information
- Cuda Handbook
- Practice schedules
- Swim meet schedules
- Volunteer signups
- Rules/regulations
- Directions to swim meets
- Registration
- Swim/dive apparel

CLASSES AT THE CLUB

**Donna Blank's
Fall into Winter Feldenkrais
Awareness Through
Movement**

Donna's classes continue

Carderock Springs Swimming Club, Inc will be conducting the 2014 Annual Membership meeting **Monday November 24th at 8:00PM.**

The Board of Directors will be presenting for election the [Slate of Officers](#) and the Proposed Budget for 2015, both of which are posted on the front door of the Clubhouse for review by the membership. In addition, the Slate of Officers is on our website [carderockclub.org](#).

If unable to attend and you are a voting household, you may cast your vote by [Proxy Statement](#). Your assigned Proxy may bring the completed Proxy Statement to the meeting or you may personally deliver it to either the Board Secretary Liz Bilbao or the Club Manager Larry Ondrejko prior to the scheduled meeting. Your completed Proxy Statement may also be faxed to 301-469-8809 or scanned and e-mailed to the Club Manager at [carderockclub@verizon.net](#) prior to the meeting.

We also encourage you to attend and offer your thanks to SuzetteGoldstein who has served selflessly as Board President for the past several years and has decided it is time to hand over those duties.

There will be light refreshments served at the conclusion of the meeting.

Looking forward to seeing you there,

Board of Directors

CARDEROCK CREATES Arts and Crafts Show

Fourth Annual [Carderock Creates Arts & Crafts Show!](#)

Saturday Dec 6, 2-6 pm at the Clubhouse.
Meet local artists and makers and shop for unique gifts - handmade in our neighborhood and one of a kind.

TENNIS

Winter clinics begin Dec 1 We are offering multiple programs for every age!



through Jan 17, **Wednesdays**
1-2:15 pm.

The movement lessons are gentle yet powerfully effective in freeing yourself from limiting images of yourself and consequent limited patterns of action.

Questions on schedule etc?
Contact Donna Blank
301-469-8665 or
donnablank@gmail.com

Maggie Wong's Yoga

Join any time
Tuesday and Thursdays
from 9-10:30 am

Yoga and light hand weights
for flexibility, strength and
peace of mind.

Email Maggie@yogaplus.com
www.yogaplus.com

To register for tennis, go to

<http://www.bethesdatennisacademy.com/>

We'll see you on the courts!

Nitin Deodhar, Director of Tennis, Bethesda
Tennis Academy LLC



More CLASSES AT THE CLUB

Terry Bower's **Strength & Stretch Exercise Classes**

Mondays and Wednesdays, 9 - 10 am

Fee is \$15/class

Improve body strength, flexibility and balance while firming all major muscle groups using free weights and exercise. Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Club).

5Rhythms Dance

1st and 3rd Fridays, 8 pm.

"Everybody needs a moving experience!" Come join in 5Rhythms©, a form of "conscious dance" -- a moving meditation to a wide array of music, from tranquil to energetic. No experience is necessary. It is freestyle movement motivated by the music and your own heart, with gentle guidance by the certified teacher. Every dancer's movement is unique in this fun and freeing experience.

Questions?

Email SueGreen301@yahoo.com
www.danceintheUSA.com

CLUB RENTALS



Looking for a great setting to hold your next special occasion, day long retreat, seminar/training session or business luncheon? Consider our Clubhouse.

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

The pavilion is also available to rent during the off season.

Please contact the manager Larry E. Ondrejko at carderockclub@verizon.net or telephone 301-365-2292

2014 BOARD OF DIRECTORS

President	Suzette Goldstein	sv_goldstein@yahoo.com	301-460-7597
Vice President	Paul Kisslinger	pkisslinger@msn.com	301-767-0850
Secretary	Liz Bilbao	bilbaolizabeth@yahoo.com	301-320-3108
Treasurer	Edward Bird	edward_bird@Yahoo.com	301-365-1953
Tennis Committee	Colette Worley	interiorsbycolette@comcast.net	301-469-0876
Swim/Dive Teams	Robin Meyer	meyer80@comcast.net	301-365-1370
Social/Childrens Prgms	Jen DeMarinis	jendrennan@msn.com	301-365-1629
Bldg/Long Range PIng	Roger Sola-Sole	rdsolasole@gmail.com	301-469-9659
Membership	Alison Ewing	alisonewing@verizon.net	301-469-0345

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The Carderock Springs Swim and Tennis Club newsletter is distributed to the snail mailboxes of all Carderock residents in May and November and is available online at www.carderockclub.org. Prior months are also available online.

Newsletter deadline for submissions is the 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the club or deliver them to 8212 Fenway Road, or email to carderockclubnewsletter@verizon.net

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