

# Carderock Springs Swim and Tennis Club

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



## NOVEMBER 2015 NEWSLETTER

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Swim and Tennis Club  
[www.carderockclub.org](http://www.carderockclub.org)

Carderock Springs Citizens  
Association  
[www.carderocksprings.org](http://www.carderocksprings.org)

### Club Contacts

Manager  
Larry Ondrejko  
301-365-2292  
[carderockclub@verizon.net](mailto:carderockclub@verizon.net)

Tennis Pro  
Nitin Deodhar

### CALENDAR - What's Happening at the Club?

**October 31, Saturday 5:30 pm**  
Halloween Parade at the Club

**November 30, Monday 8:00 pm**  
Annual Club Membership Meeting

**December 12, Saturday**  
Annual Carderock Creates! Art Show & Sale

### ANNUAL CLUB MEMBERSHIP MEETING

**8:00 pm on Monday, November 30**

Carderock Springs Swimming Club, Inc will be conducting the 2015 Annual Membership meeting Monday, November 30th at 8:00PM.

The Board of Directors will be presenting for election the Slate of Officers and the Proposed Budget for 2016.

The following Slate of Officers have agreed to serve as board members for fiscal year 2016:

301-365-1541

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

Membership

Alison Ewing

301-469-0345

[alisonewing@verizon.net](mailto:alisonewing@verizon.net)

Newsletter

Margie Orrick

301-365-6253

[carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)

Swim/Dive Team Information

Visit the [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

### **CARDEROCK CREATES!**

**Saturday, December 12**

Calling all Carderock artists and artisans to exhibit and sell at our annual holiday "Carderock Creates!" show at the club. Any age. No fee, just your talent and a small contribution to the bake sale.

Applications for tables taken now till end of November.

Space is limited.

Explain what you do and sell and send info and pics to

[info@carderockcreates.com](mailto:info@carderockcreates.com) .

Many Thanks,

Anja and Kristina  
CC! Creators

PAUL KISSLINGER	PRESIDENT
MIKE McLAUGHLIN	VICE PRESIDENT
MIKE LINDSTROM	TREASURER
AMIE O'DONOGHUE	SECRETARY
JEN DEMARINIS	SOCIAL PROGRAMS
ALISON EWING	MEMBERSHIP
STEVE GOLDSTEIN	SWIM/DIVE
COLETTE WORLEY	TENNIS
PATRICK ROSE	LONG RANGE PLANNING

The Slate of Officers and recommended 2016 Budget will be posted on the front door of the Clubhouse and on our website [carderockclub.org](http://carderockclub.org) for review by the Membership.

If unable to attend the meeting 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](mailto:carderockclub@verizon.net) prior to the meeting.

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

Looking forward to seeing you there.

- Board of Directors

### **TENNIS**

Please check out our website and see how we have grown! New this year are online payments, sign ups and after school programs. Don't forget to "like" us on Facebook and check out the page for special offers, videos/photos, and quick tips/lessons!



To register for tennis online, go to

<http://www.carderock.tennisbookings.com/>

We'll see you on the courts!  
Nitin Deodhar, Founder  
40 Thirty LLC/Bethesda Tennis Academy  
[nitin@40thirty.com](mailto:nitin@40thirty.com)

### CLASSES AT THE CLUB

#### **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](mailto:Maggie@yogaplus.com)  
[www.yogaplus.com](http://www.yogaplus.com)



#### **Donna Blank's Feldenkrais Awareness Through Movement (ATM)**

Wednesdays 1:00 - 2:15 pm

Movement lessons are gentle yet powerfully effective.

Email [donnahblank@gmail.com](mailto:donnahblank@gmail.com)  
or call 301 469 8665

### 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.

#### **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

Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Club).

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](mailto:SueGreen301@yahoo.com)  
[www.danceintheUSA.com](http://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](mailto:carderockclub@verizon.net) or telephone 301-365-2292

## 2015 BOARD OF DIRECTORS

President  
Vice President  
Secretary  
Treasurer

Paul Kisslinger  
Mike McLaughlin  
Liz Bilbao  
Edward Bird

[pkisslinger@msn.com](mailto:pkisslinger@msn.com)  
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[edward\\_bird@Yahoo.com](mailto:edward_bird@Yahoo.com)

Tennis Committee  
Swim/Dive Teams  
Social/Childrens Prgms  
Bldg/Long Range Plng  
Membership

Colette Worley  
Robin Meyer  
Jen DeMarinis  
Roger Sola-Sole  
Alison Ewing

[interiorsbycolette@comcast.net](mailto:interiorsbycolette@comcast.net)  
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The Carderock Springs Swim and Tennis Club newsletter is available online at [www.carderockclub.org](http://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](mailto:carderockclubnewsletter@verizon.net)

[carderockclub@verizon.net](mailto:carderockclub@verizon.net)



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