

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292
carderockclub@verizon.net



OCTOBER 2017 NEWSLETTER

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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

Tennis Pro
Nitin Deodhar
301-365-1541
<http://www.bethesdatennisacademy.com/>

CALENDAR

Sun 10/15, 3 - 5 pm **Fall Fest**

Sat 10/21 4 to 6 pm **Adult Tennis Social**
Sign up carderock.tennisbookings.com

Sat 10/21 6:30 to 8:30 pm
Oktoberfest Beer and Brats
Click [RSVP Oktoberfest](#) to reply by Oct 16

Sun 10/22, 8am - 2 pm
**Community Yard Sale and Hurricane Relief
Bake Sale**

Tues 10/31, late afternoon
**Halloween Parade & Trick-or-Treat for
UNICEF**

Fall Tennis (online registration)

MEMBERSHIP

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

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

SWIM/DIVE TEAMS

www.CarderockSwimDive.org



Thanks for a great summer - We'll see you in the pool next summer!

Visit the [swim/dive team website](#) next spring for 2018 updates..

We are accepting requests for placement on the **wait list** for the 2018 season. Spread the word!

ANNUAL FALL FEST

Sunday Oct 15, 3-5 pm

- Chili Cook-off**
- Rock Climbing**
- Pony Ride**
- Face Painting**
- Raffle with Prizes**
- Kids' Micro-Fundraising Projects**



Come to the Club for a fun afternoon, enjoying a chat with your neighbors, a cup of delicious chili, watching kids smiling under the warm autumn sun and show your love to our earth village by supporting UNICEF.



Our neighborhood has a long tradition supporting UNICEF. Once again Carderock Kids come up with creative ways to help and be UNICEF Ambassadors. Come out and support their unique UNICEF Micro Fundraising Projects at the annual Fall Fest! All the income will be donated to UNICEF.

COMMUNITY YARD SALE & BAKE SALE

Sunday Oct 22, 8 am to 2 pm

The Community Yard Sale will be in individual yards and also, if there's enough interest, centrally at the Club. There's also a Bake Sale for Hurricane Relief. Contact Diane Karlik dianekarlik@verizon.net by Oct 15 if you'd like to participate.

TENNIS

FALL REGISTRATION NOW OPEN

ONLINE REGISTRATION



BethesdaTennisAcademy.com

Please visit the Tennis Link for full schedule.

To register for tennis courts 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



Bethesda Tennis Academy

IN SEARCH OF:

Club Members who would be open to being contacted by other members as a hitting partner or to fill-in for a missing player.

If interested please contact Darrell Tanno directly at darrell82666@yahoo.com for information on how to sign up. Here's the current list of **hitting partners**:

Carderock Tennis Hitting Partner List (send your info to Darrell Tanno)						
First Name	Last Name	M/F	USTA Level	Email	Phone (optional)	Comment (17Sep16)
Darrell	Tanno	M	3.8	darrell82666@yahoo.com	202-640-3932	Eves & wkends. OK to ask on short notice.
Larry	Groner	M	3.3	lgronerlaw@gmail.com	202-744-8379	
Paul	Tysvaer	M	3.5	paultys@outlook.com	202-450-8275	Mornings, lunch, evenings
Al	Zeitoun	M	3.5	alzeitoun@aol.com	202-215-9809	Early mornings, lunch, evenings, weekends
Deniz	Cirivello	F	3.0	dcirivello@gmail.com	240-750-4167	Eves & wkends. OK to ask on short notice.
Eliana	Vera	F	2.0	eliana.vera@verizon.net		Weekdays, anytime
Caroline	Walsh	F	3.0	cr.walsh@hotmail.com	301-767-9824	Morn & wkends. Ok to ask on short notice.

Men's Tennis Team Seeks Additional Players

The Carderock Men's Team plays in a 4.0-level league (USTA NTRP) between May and July and is seeking to expand the player pool. If you're interested, please contact Darrell Tanno (darrell82666@yahoo.com) for more details.

CLASSES AT THE CLUB

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

5Rhythms Dance
 1st, 3rd and 5th Fridays, 8 pm.

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). Contact Terry Bowers terry.bowers@gmail.com for any questions.



"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.

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

2017 BOARD OF DIRECTORS

President
Vice President
Secretary
Treasurer

Mike McLaughlin
Jen DeMarinis
Amy O'Donoghue
Mike Lindstrom

Spike.McLaughlin@gmail.com
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Tennis Committee
Swim/Dive Teams
Social/Childrens Prgms
Bldg/Long Range Plng
Membership

Colette Worley
Steve Goldstein
Bei Wu
Flavio Rasetto
Alison Ewing

interiorsbycolette@comcast.net
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The Carderock Springs Swim and Tennis Club newsletter 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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