

Kenwood

Golf and Country Club



April
2015

President: *Todd Chamberlin*
General Manager: *Stephen E. Smith*
Club Manager: *William Worrell*

We hope to see you Easter weekend!

Kenwood's Annual Children's Easter Egg Hunt & Brunch

Saturday, April 4 • 11:00am-2:00pm

Flashlight Easter Egg Hunt

Saturday, April 4 • 7:30pm-9:30pm

Easter Buffet

Sunday, April 5 • 11:00am-2:30pm

Underwater Easter Egg Hunt

Sunday, April 5 • 2:00pm-3:00pm

Easter Dinner

Sunday, April 5 • 5:00pm-7:30pm



KENWOOD MANAGEMENT AND BOARD OF GOVERNORS



Todd Chamberlin
President, Kenwood Golf & Country Club



Alex Johnson
Chairman, Board of Governors

April 2015

Greetings Members of Kenwood Club:

Now is the time. I know many of your friends, colleagues and family members are considering joining our great community, because of your experience as members of Kenwood Club. They see how much you and your family enjoy the facilities, the programs and most importantly the other members of Kenwood, and they picture all the advantages of joining Kenwood Golf & Country Club and the affect it would have on their family.

Five years ago we offered a unique program whereby members received six months of suspended dues if they sponsored a new member. This program was met with great success and I am pleased to announce its return. The first fifty applications for membership resulting in the candidate becoming a member in 2015, will entitle the sponsoring member to **six months of suspended dues!** The new member will enjoy **two months of suspended dues**, in addition to thirty-six months to pay the initiation fee, interest free. In addition candidates under the age of 40 can be offered a 15% discount off the applicable initiation fee (Young Adult Members are excluded). For many of your friends joining Kenwood is just a matter of time, when they realize that one more summer has come and gone – a summer their family could have been enjoying Kenwood with your family and other members. I hope that you and those friends will recognize that the time is now to join our great club.

If you have friends who are members of other local clubs, have them contact the Club's Membership Director, Doug Levy, to discuss the options for a dual membership. There may be some consideration given for initiation fees previously paid.

The entire Kenwood community has benefited from improvements such as the Fitness Center, the 17th hole and other enhancements to the golf course including the pond project. We have more on the horizon, paddle tennis facilities, an indoor teaching area and driving range, a new pool snack bar and, of course, an exciting vision for changes to the Clubhouse. These are just a few of the priorities we are looking forward to undertaking as the membership grows.

If you have any questions about this opportunity, do not hesitate to contact the Membership Office. I know you have friends who just need it to be the right time. I am looking forward to finally meeting them.

Thank you for your continued support of the Club and its efforts as we move forward together.

Sincerely yours,
Todd Chamberlin, President
Alex Johnson, Chairman – Board of Governors

Bill's CORNER

Spring is here at last! Well I am kind of hoping that will be the case. After writing last month that I was disappointed with the lack of snow, you guessed it – we got a boat load. As I sit here and write we are forecasting another 1-2 inches tomorrow, so winter is not quite over.

After telling my 4 year old son (who on any given snowy winter day is out there at the crack of dawn) that we are going to have more snow he said, “I am so over this – let the sun shine”. I do believe that is the sentiment of many. So April is here and snow or no snow the daffodils and crocus are making their way to the surface.

As I mentioned last month the Restaurant now has a heart, and it has truly become a meeting and gathering place for Members and guests. There is no denying that all aspects in the dining areas are extremely busy and the theme nights we have staged have been an overwhelming success. Thank you to all who attended. St. Patrick's Day had a record turn out with over 200 members and it was a really fun event. We are planning at least 4 events in the

Restaurant a month. When we have theme buffet nights, the full Restaurant menu is unavailable as we focus on the buffet for the evening. We will though offer a very limited menu in the bar. The children's menu will always be available on any theme night as I am fully aware that children just like to have what they always have. On ‘Special’ nights we will be offering a special of some sort steak, lobster and seafood and the full menu is available. Please remember to make reservations as it helps us to plan and ensures that we have a table for you at the time you would like.

We are in the planning mode of preparing for pool season. We have begun to paint and fix areas that have borne the brunt of this winter. I was at the Club Managers Conference in San Antonio this past month, catching up on classes for my certifications. The classes cover all aspects of this business – swim, tennis, fitness, food and beverage and now Yacht Clubs. They have motivational speakers and I was very humbled by the presentation by Navy Seal Leader Jason Redman. If you

have a chance check out his website and read the poster that he put on his hospital room door after suffering unbelievable trauma during his missions in Iraq. He was an amazing speaker and testament to the determination of the survival of wanting to live, survive and the power of the mind to heal and move forward. Also at conference we attended the Worldwide Trade Show promoting everything for clubs. We made a huge purchase of new Patio furniture for this season; it truly is impressive with comfort in the forefront of our needs. I do hope you enjoy the new look, I can't wait to assemble and put it all out for you to see and enjoy. Hopefully we can start Patio season in May, weather permitting.

Not long to go, everything will be up and running and the elusive golfer will be seen after such a long dry spell on the golf course. I think this may have been the longest season that the course has been unplayable.

Happy Spring! See you around the club.
Bill Worrell
Club Manager ★

Young Adult Event

By Matt Blackwelder

On Saturday, February 7, more than 30 young adult members at Kenwood came out for a meet and greet happy hour. It was a wonderful initial event with a great turnout. A special thanks goes out to Polly Havenstein for organizing the event. Please look for future young adult events. If any young adults have ideas for additional events or wish to become more involved, please contact Polly Havenstein at polly.havenstein@gmail.com or Matt Blackwelder at blackwelder33@hotmail.com (and yes the Hotmail address probably disqualifies me from anything related to young adults).



Four of the attendants at the Young Adult Happy Hour from the left Camille Pampillonia, Polly Havenstein, Andrea Ross, and Morgan Branch.



KGA

By Greg Bremer

The KGA season is underway and we have several events in April and early May. Please contact the golf shop at 301-320-3605 to sign up or for more information.

Chamberlin Trophy, Saturday April 25, tee times starting at 8:00am

This is an individual event with a Stableford format where players accumulate

points for birdies, pars, bogies, etc. There are prizes in both net and gross divisions.

Thompson Four-Ball, begins May 1

The Thompson Four-Ball is season long, two-player team event. It is best-ball match play with full handicaps, limited to 32 teams. One match is played in May, June, and July, with two playoff matches after that for the flight winners.

Member/Guest, Friday May 8, 1:00 pm shotgun

This is one of our most popular events and a chance to show off our “new” golf course.

Each member can bring 1, 2, or 3 guests. If you bring more than one guest you play as a separate two-player team with each guest. Scoring is better ball of twosome with both net and gross winners. A reception will be held after the event with awards and light dinner.

B-Team Matches

Captain Joe Martin is always looking for players for our “B-team” Interclub matches, which are scheduled throughout the season. If you have a handicap between 4 and 14 and would like to play, please contact the golf shop. ★

JUNIOR GOLF

By Jill Headley

With the harsh winter in our past and spring showing its smiling face, we are excited to kick off the KJGA season this month. Mark the following important dates on your family calendar and join us for some fun!

- KJGA Spring Clinics – 5 week clinics begin week of April 26
- Interclub Qualifier #1 – April 18 at 3pm
- PGA Junior League Registration – Currently ongoing (please contact the golf shop)
- Drive Chip and Putt Championship – Saturday April 25 at 3pm
- Family Golf Kick-Off – Sunday May 3 at 2pm

PGA Junior League – Similar to baseball’s little league, PGA Junior League prepares junior golfers for Interclub and tournament competition. The PGA Junior League is a team competition and all matches are played in a fast & fun scramble format, as opposed to match or stroke play. PGA Junior League participants will have practices and participate in approximately 5 – 6 matches at area clubs. New this year, the PGA Junior League is offering a 16U division for older junior golfers who would like an opportunity to compete outside of the Interclub team.

Drive Chip and Putt Championship – Want to go to Augusta during the Masters without qualifying to play or overpaying for a ticket? This is your opportunity! Each year, juniors from across the nation compete in drive, chip, and putt competitions with the winners qualifying for the national finals.

We will be hosting our own version of this event in April to prepare for local qualifiers in May.

New for 2014 - Weekly Summer Camp – In addition to our traditional, once a week clinics we are adding weekly summer camps which take place Monday – Thursdays. These camps provide additional opportunities for Kenwood juniors to learn and play golf all summer long.

There are many exciting opportunities for kids to get involved in golf this season. Please visit the golf shop to pick up flyers, ask questions and register. Registration for the Spring Clinic Series is open and time slots are in high demand, so please visit the golf shop soon.

I look forward to seeing all of the new and returning Kenwood Junior golfers very soon! ★

Children of non-golf Members are welcome to participate in the Junior Golf Program for an additional fee. Don't let your children miss out on a great opportunity to learn lifelong skills and have fun with their friends!

A background image of cherry blossoms in various stages of bloom, from buds to fully open flowers with pink petals and stamens. The image is framed by a thin pink border.

Cherry Blossom Buffet

Tuesday, April 14, 2015

6:00pm-9:00pm

MENU

Soups & Salads

Miso Soup, Japanese Salad,
Edamame Salad, Soba Noodle Salad

Entrees

Teriyaki Beef, Ginger Hibachi
Mango Shrimp, Sweet Chili Tofu,
Baby Bok Choy, Fried Rice

Desserts

Sundae Bar

Adults - \$38.00+ Children 6 to 10yrs - \$16.95+
5 and Under - Children's Menu Offered

RESERVATIONS ONLY

Reserve your table by Saturday, April 11
Contact the Restaurant 301-320-3000, ext. 1278
or email the Restaurant Manager; Ms. Carol Jones
Restaurantmanager@kenwoodcc.net
No Menu Service Available Buffet Only.
This event can be applied to your food minimum.

*In the Japanese culture, the sakura or
cherry blossom is a beloved symbol of hope.*



By *Richard Dante*

Arise, my love, my beautiful one, and come away, for behold the winter is past. The rain is over and gone. The flowers appear on the earth, the time of singing has come.

This is the first reference to the beginning of the golf season ever recorded. Some may scoff and say it refers to something else because it predates the Scots by several thousand years, but they are wrong as it clearly is referring to the yearning of all golfers after a long hard winter. It expresses their love for their golf clubs, “my love, my beautiful one”, their joy at the end of dark times, “winter is past...the rain is over and gone”, and their happiness that the “time of singing has come”. Like Charlie Brown they believe they will at last succeed, at last kick the football. Let us not disillusion them.

Hopefully all have signed up for Yahoo Groups in order to see online the schedule for 2015, and to record the tournaments they will attend. Please contact Mark Gross at 301-440-7309 if you have not, or if you need help doing it.

If for some reason you do not have the printed schedule I sent out earlier in the year, please email me at rjdante@gmail.com and I will send you one.

I know some KGA members have, over the past year, been lucky enough to have become eligible to join the KSGA. Please let them know we would welcome them. Let them know how much fun and camaraderie

we share as we play the various clubs around Maryland. Encourage them to join us in MISGA (Maryland Interclub Senior Golf Association) and play courses normally off limits to non club members.

We look forward to seeing our returning members on our beautiful course (thank you all who contributed to its success). It promises to be a great season with all the former clubs on our schedule...and with two “fun” Tuesdays included.

Stay alert for the early season clinic on the short game from our pro. ★



Prime Rib Night

Thursday, April 30, 2015
6:00pm-9:00pm

MENU

Garden Salad
12oz Prime Rib
Baked Potato & Asparagus
Apple Pie & Ice Cream
\$32.95+

**Reservations are required. Please reserve your Prime Rib by Tuesday, April 28.
Reservations – 301-320-3000, ext. 1278
This event can be applied to your food minimum.**



By Ann Pelham

Mark your calendars for a full array of KWGA events in 2015! The KWGA leadership team has put together a variety of tournaments and outings, starting with **Opening Day** on Wednesday, April 8, with a 9 am shotgun start. Sign up in the pro shop to reserve your spot.

Thanks to **Ann Nichols**, chair, and tournament co-chairs **Ellen Schiller** and **Jen Taylor**, for working this winter to plan the year. Appreciation goes also to **Cynda Wilcox**, secretary, who gets extra kudos for the KWGA directory, distributed at the Tee Party on March 24 (and available afterwards in the pro shop for those who miss the event).

Looking for a forgiving format while you're working off the rust in your game? The annual **Chamberlain Tournament on April 22-23** is perfect. Sign up as a two-person team for this 36-hole event and record your team's best **net** score on each hole from the two days of competition. Have a blow-up hole? It doesn't matter! This net

ringer event is a great way to start the season. On Wednesday, April 22, play will start at 8:30am, with tee times. On Thursday, April 23, everyone starts with a shotgun at 9am.

Coming up next is the **Solheim Cup on May 6**, which splits the field into Team USA vs Team Europe. Sign up as individuals for a format that starts with match play on the first nine holes and then switches to alternate shot on the back nine. Play begins with a 9am shotgun. No need to find a partner this time; the pro shop makes the pairings (and splits the field). Perhaps the winners could host the losers at a Solheim Cup watch party on September 18-20, when all eyes will be on St. Leon-Rot Golf Club, Germany, as Europe goes for its third consecutive win.

Invite your guests now for the **KWGA Member-Guest Tournament on June 10**. Favors and prizes add to the festive atmosphere of this popular event, which includes lunch (and a pick-up breakfast). Make your own foursome, either pairing up with another member and her guest, or inviting up to three guests. (Note: KWGA

membership covers participation in most KWGA events, but the Member-Guest has an entry fee of \$80 per person, which includes lunch.)

Club championships, open to all members, not just those in the KWGA, are scheduled in September this year. **The Senior Women's Championship is Wednesday, September 2**, and the **Women's Club Championship is September 16, 19, and 20** (with three days of play only for those in the Championship flight). For a full schedule of KWGA events, visit kenwoodwomensgolf.com.

Keep in mind that every Wednesday without an event offers Open Play for KWGA members, and all are welcome. Available times are affected when Kenwood hosts a match or tournament for one of the area golf associations; those Wednesday dates this year are April 15, May 20, July 22, and August 5. Also on a Wednesday, Kenwood on July 8 also hosts a qualifying round for the USGA Women's Amateur Championship. ★

RESERVATION CANCELLATION POLICY

Kenwood's 48-hours cancellation policy is in effect at all times for "reservation required" club events. Cancellations must be received 48-hours prior to the scheduled event start time. Failure to comply with this policy will result in full charge to your club account.

TAX DAY

Wednesday, April 15

Steak & Wine Night Special

6:00pm-9:00pm

Raise your glass with a great Cabernet, Shiraz or Pinot Noir and say good bye to 2014 tax year. Three great steaks and a glass of wine to choose from!

Reserve your Certified Black Angus Filet, Grilled Angus Ribeye or New York Strip Steak

\$42.95+

Reservations Recommended

**Please contact the Restaurant
301-320-3000, ext. 1278**

**This event can be applied
to your Food Minimum**





By Sharon Stolaroff

Join Us For The 2015 Niners Golf Program

The Kenwood Niners are a friendly group of women golfers who play on Thursday mornings. **We are golfers of all skill levels, from beginners to experienced players, who enjoy the fun and sociability of golf and put less focus on scores and competition.** We play only nine holes, which takes less time than a full round and gives us a chance to enjoy lunch together and get on with our days. Our group provides an enjoyable combination of social, teaching, and competitive events.

We are eager to welcome new members. Membership is open to B, B+, L, W, and YA members. Dues, \$20 a year, are billed to your account each year after you join. Call Accounting or the Golf Shop to join.

Want to volunteer with the Niners? Call Sharon at 301-654-2989 or Natalie at 202-244-6262.

New Events For 2015

- **Three evening Nine and Wine nine-hole events sponsored by the Niners and open to all Kenwood women golfers with handicaps. Guests allowed (see below).**
- **BACK BY POPULAR DEMAND: Six free group practice clinics with a pro at the start of the season, 10:30 – 11:30 a.m., Tuesday and Wednesday mornings. Open to Niners only.**
- **Pete’s Party – A round of fun and surprises with intriguing individual contests at each hole, set up and designed by our Assistant Pro Pete Labourdette. Prizes. Open to Niners only.**

NEW NINERS GUEST POLICY for 2015: You may invite up to three non-Kenwood women golfers to play with you

NINERS SCHEDULE 2015

April

7	10:30 AM	<i>Full Swing Clinic</i>
9	12:00 Noon	Spring Luncheon
14	10:30 AM	<i>Chipping Clinic</i>
16	7:30 – 9:30 AM	Open Play
23	9:00 AM	Opening Day Scramble
29	10:30 AM	<i>Pitching Clinic</i>
30	7:30 – 9:30 AM	Open Play

May

1	Play Begins	Azalea Bowl Begins
6	10:30 AM	<i>Putting Clinic</i>
7	7:30 – 9:30 AM	Open Play
14	9:00 AM	Member/Guest Tournament
21	7:30 – 9:30 AM	Open Play
27	5:00 PM	Women Golfers Nine and Wine
28	7:30 – 9:30 AM	Open Play

June

4	9:00 AM	Pete’s Party
9	10:30 AM	<i>Sand Bunker Clinic</i>
11	7:30 – 9:30 AM	Open Play
17	10:30 AM	<i>Full Swing Clinic</i>
18	7:30 – 9:30 AM	Open Play
18	5:00 PM	Women Golfers Nine and Wine
25	9:00 AM	Beat the Pro Tournament

July

2	7:30 to 9:30 AM	Open Play
9	7:30 to 9:30 AM	Open Play
16	7:30 to 9:30 AM	Open Play
23	9:00 AM	Easy Peasy Par 3
30	7:30 to 9:30 AM	Open Play

August

6	7:30 to 9:30 AM	Open Play
20	7:30 to 9:30 AM	Open Play
27	7:30 to 9:30 AM	Open Play and Rain Date
28	5:00 PM	Women Golfers Nine and Wine

September

3	9:00 AM	Thompson 4 Ball
10	7:30 to 9:30 AM	Open Play
17	7:30 to 9:30 AM	Niners Championship
24	7:30 to 9:30 AM	Open Play

October

8	7:30 to 9:30 AM	Open Play
15	7:30 to 9:30 AM	Open Play
22	7:30 to 9:30 AM	Open Play
29	9:00 AM	Pumpkin Open

November

12	9:30 AM	Niners Fall Meeting
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on all Niner Open Play days and in some Niner golf events. You must pay the entry fee, nine-hole green fee, and cart fee for each guest, and abide by the Club’s guest policies including that any local guest may

play a maximum of twice each month (the Member Guest event is not included in that count). All clinics, trophy events, Pete’s Party, and Beat the Pro are reserved for Niners only, no guests may participate. ★

Trivia NIGHT

BENEFITTING HEROES INC.

HEROES, Inc.® is dedicated to aid families of law enforcement officers and firefighters who have died in the line of duty in the Washington, D.C. metropolitan area.

FRIDAY APRIL 17

6:30PM - COCKTAILS & HOR D'OEUVRES
7:30PM - TRIVIA BEGINS & BUFFET OPENS

\$45 Per Person for Trivia and a Buffet Dinner
Prizes, Raffles and Auction Items

If You're Ready to play, Email debbie@kenwoodcc.net and sign up now
You don't have to play Trivia to attend and support this great cause!



KIDFIT EVENTS FOR APRIL

For reservations or additional information, please contact Adriane Allen 301-320-0396 or email kidfit@kenwoodcc.net

On The Spot Easter Craft

Wednesday, April 1, 2015

4-6pm at the Lobby of
the Fitness Center
FREE!

PG-13 Movie Night

Friday, April 10, 2015

The Hunger Games: Mocking Jay Part 1
Movie starts at 6pm
\$10 includes Pizza and the Movie

Spring Craft

Saturday, April 11, 2015

10am to 12pm
\$10 includes snacks, craft materials,
and 2 hours of KidFit time

Kidfit Movie Night

Friday, April 17, 2015

The Box Trolls
Movie Starts at 7pm
\$10 includes Pizza and the Movie

TENNIS NOTES

By Matt Blackwelder

Greetings all. With winter hopefully in full retreat (fingers crossed), it is time to turn our eyes to the outdoor tennis season. Head Pro Chris Furnas assures me that, while there is a lot of work to be done, the courts will be ready by early April, although as of the writing of this newsletter snow can still be seen on several courts. I am also pleased to announce that through collaboration between the Tennis Committee, the Board of Governors, and Kenwood Club Management, it has been agreed that beer and wine will be available at the fitness desk for the start of the tennis season. Hopefully, this will enhance the tennis experience and increase the enjoyment of our fabulous deck.

Tennis Season Events

Like last season, the Tennis Committee has put together an action packed tennis schedule, full of a number of events for members of all levels. However, if you have ideas for new events or ways to improve current events, please email me at Blackwelder33@hotmail.com.

Opening Day/Weekend: We hope to see everyone out again this year for the opening day festivities. The weekend of events will commence Thursday April 23 with the annual kick-off party which will feature a fine selection of hors d'oeuvres as well as a number of give-aways for those in attendance. Come learn more about the season's upcoming events, reconnect with old friends, and make new tennis friends. The tennis portion of opening day will occur on Saturday, April 25 with round robin play in the morning, followed by lunch and relaxation. This event is open to participants of all levels of tennis ability.

Kastles

2014 marked the addition of two new events to the Kenwood tennis program in conjunction with the Washington Kastles professional tennis team. Based on the high level of participation and the incredibly positive feedback, the Tennis Committee is pleased to announce that both of those events will be part of the 2015 schedule. The Kastles are the most successful professional sports team in the DC metropolitan area, having won the World Team Tennis

Championships four years in a row. In 2014, the Kastles team was led by three very well-established professional tennis stars: Venus Williams, Martina Hingis, and Leander Paes, who according to Wikipedia, have together won a total of 53 Grand Slam tennis titles, the last of which was the Grand Slam mixed doubles title this past January at the Australian Open. The Kastles are coached by Murphy Jensen, himself a French Open doubles winner and an exuberant celebrity commentator, such as on the Tennis Channel. During 2014, Murphy conducted a free tennis clinic and running commentary at Kenwood in conjunction with the club's tennis pros, and the Kastles also hosted a Kenwood Day at the Kastles, which provided members with the opportunity to attend one of the team's matches with discounted tickets as a group. Kenwood has reached agreement with the Kastles to hold these same events during 2015. Although the exact dates have not been finalized, Murphy's clinic has tentatively been scheduled for May 17. The date of Kenwood Day at the Kastles will be determined after World Team Tennis conducts its player draft for 2015 and a match schedule is determined. Kenwood will also have Kastles ticket giveaways at upcoming tennis events. Please stay tuned for further details.

Interclub

The tennis committee would also like to extend a warm welcome to the new Women's Interclub Representative Mari McDonald. It's time to join a team for the

spring season, which starts the week of April 15th. Sign-up sheets are posted outside the Tennis shop.

Tennis Tip from Head Pro Chris Furnas

Making the change from the indoor hard courts to the outdoor clay can be challenging. It is always nice to finally get back outside after a long winter, especially like the one we just had. There are two primary adjustments one must make to adjust to playing outside: the speed of the ball and the height of the ball.

When you move outdoors to the clay, the ball will reach you much slower and the bounce will be much higher. This requires you to be patient and keep those feet moving while you wait for the ball to arrive. The strike zone for the ball is often much higher on the clay so an adjustment of the ball contact zone is also needed and often a change in swing style. The other obvious challenges to playing outdoors involve the sun, wind and open blue sky with no ceiling to gauge the height of the ball. Again all of these factors require good footwork with small steps to adjust to the changes in ball movement.

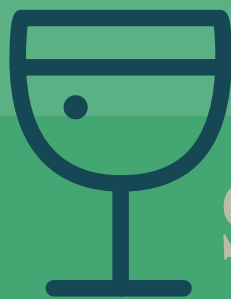
All of these factors make it a challenge to go back outside, but we can all agree that being outside is a delight and the softer courts are a nice change for our bodies. After a couple of weeks on the clay courts the winter indoor season will be a distant memory and your outdoor game will return. Just be patient and fight that slight urge to get frustrated. ★



Participants in last year's Kastles Clinic at Kenwood posing with French Open Champion Murphy Jensen.

Kenwood Tennis

Opening Day Celebration



\$15

Reception

Thursday, April 23rd

6:30 - 8:30 pm

Hors d'Oeuvres

**Member-Signed Bar
Prizes**

Round Robin

Saturday, April 25th

Check-In - 8:30 am

Courtside Refreshments

Garden Roof Deck BBQ - 12:30 pm

Pro Shop Balloon Sale

\$30

**Both
Events
Only \$35!**

Sign Up at Tennis Pro Shop Bulletin Board
or call (301) 320-3491

Round Robin Rain Date - April 26th

Member-Signed Bar Charges Applicable to Food Minimum

Event Fees Not Applicable to Food Minimum

Kenwood Cancellation Policy Applies



KENWOOD GOLF & COUNTRY CLUB
5601 RIVER ROAD
BETHESDA, MD 20816

SUMMER JUNIOR TENNIS CAMP 2015

The Kenwood Junior Camp is a complete program which will introduce your child to this great game or further develop their existing skills. This program will consist of 1½ hours of drills, instruction and game type situations Monday through Friday for two (2) weeks. Each group will be divided up by age as well as ability level. There will be a limited number of juniors in each age group.

SUMMER CAMP SCHEDULE:

1½ hours per day, Monday through Friday, each session two (2) weeks, Members — \$240.00.

SESSION I	JUNE 8 - JUNE 19	AGES 5-10	8:30-10:00 A.M.
SESSION II	JUNE 22 - JULY 3	AGES 5-10	8:30-10:00 A.M.
SESSION III	JULY 6 - JULY 17	AGES 5-10	8:30-10:00 A.M.
SESSION IV	JULY 20 - JULY 31	AGES 5-10	8:30-10:00 A.M.
SESSION V	AUGUST 3 - AUGUST 14	AGES 5-10	8:30-10:00 A.M.

Send to:
Kenwood Tennis Shop
Summer Junior Tennis Camps
5601 River Road
Bethesda, MD 20816
301-320-3491

SESSION

SESSION

NAME

NAME

AGE

AGE

PHONE

PHONE

CLUB #

CLUB #

EMAIL

EMAIL

SWIM/DIVE NEWS



By *Monica Barry*

*H*appy Spring to all Kenwood members, new and old! As this goes to press, I can finally see some green grass after the many snow/ice storms we experienced in February. Everyone is ready for some outside time!

Members should be on the lookout for the annual Swim/Dive Orange Calendar in the mail. This is the "bible" for KCC's summer aquatic programs. It includes the dates of all of the competitions throughout June and July as well as the pool hours of operation, swim/dive practice schedules and the club's rules and regulations. Please keep this handy. Any changes to the posted schedule will be posted on the Kenwood website as well as bulletin boards in the outdoor swimming areas.

Please remember to attend the Parent's Call meeting on Friday, May 15 from 7-9PM in the Ballroom. This is an important informational meeting for all members with children that wish to participate in the programs. This program is in great need of parent volunteers. Parents will have the chance to learn about various opportunities to help run our competitions and sign-up sheets will be available. The coaching staff will be in attendance to answer questions and there will be registration and team apparel forms available. Members may sign up for individual lessons with the coaches on this date. Individual lessons are available all summer long and are scheduled between the swimmer/diver and the desired swim or diving coach. Times are flexible.

It is also important to note that in order to be considered eligible for championship meets at the end of July, a swimmer or diver must participate in at least 3 meets. Please make note of this when planning summer vacations. The Diving Championships are July 23-24 and the Swimming Championships are July 26-27.

The Swimming staff is offering a pre-season conditioning program for those swimmers aged 9 and above on Mondays and Wednesdays from 6-7PM beginning Monday, May 4 at the Indoor pool. This is for swimmers that have been on the summer team previously. This is not for Developmental Team swimmers. The program will run from May 4-May 20. Members may register at the Fitness Center Front Desk.

For those members that may want to bump up their swimming workouts, the club offers a Master's Swimming program on Mondays, Wednesdays and Fridays from June 8 through July 31. The lanes are arranged by ability, with a spot for every level of swimming. The group meets from 6-7:30AM at the outdoor pools. There is a fee for this program. Members should see Aquatic Director, Robert Smith for more information. Give it a try!!!

An American Red Cross Lifeguarding class is offered the weekend of May 29-31 at the club. Students interested in the two-year certification must be 15 years of age by May 31 and able to pass the pre-requisite swimming skills test prior to the start of the

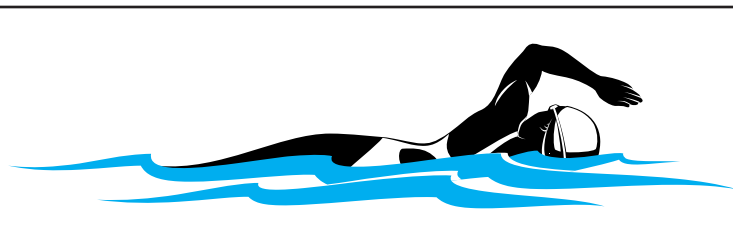
class. The class is being taught by American Red Cross Instructors Monica Barry, Chris Lynch and Robert Smith. Please see Rob Smith to sign up for this class.

The Sunday Clinic and the Tuesday/Thursday clinics are still in session and the swimmers are improving and fine-tuning their skills in preparation for a very successful summer. The hard work is sure to pay off as we head into the 63 year of competition in the C.C.S.D.A!

Outdoor pools open in a month!!
HUBBA HUBBA! ★



Sean Keeley with Monica Barry



**SWIM AND DIVE
PARENTS CALL**
Friday, May 15
7:00 pm

Earth Day Buffet

Wednesday, April 22

6:00pm-9:00pm



Organic and All Natural Buffet

SALADS

Artichoke Salad, Fingerling Potato Salad, Quinoa Salad, Lentil Salad
Grilled Vegetable Bruschetta

ENTREES

Free Range Roasted Chicken, All Natural Beef Meat Loaf,
Organic Scottish Salmon with Sweet Corn Sauce,
Grilled Vegetable Skewers, Braised Southern Green Succotash

DESSERT TABLE

Adults – \$39.95+ Children 6 to 10yrs. – \$16.65+
Children 5 and under Children’s Menu Offered

Reservations Only

Contact the Restaurant 301-320-3000, ext. 1278
or email the Restaurant Manager; Ms. Carol Jones at
restaurantmanager@kenwoodcc.net

Please reserve your table by Sunday, April 19. No Menu Service
Available – Buffet Only. This event can be applied to your food
minimum.

We do not inherit the earth from our ancestors, we borrow it from our children.



FROM THE FITNESS CENTER

By Laila Linden

PERSONAL TRAINING now available on weekends!
To schedule an appointment please contact, Laila Linden at laila@kenwoodcc.net or call 301-320-0397, ext. 1237.

There have been questions about the new pieces of equipment, specifically the AMT (one with the blue and gray foot pedals) and the StepMill (the one that looks like a staircase ☺). So I thought I would explain some of the differences and benefits from working out on this equipment. The staff is ready to help anyone who would like a mini tutorial on the equipment. I also have sample workouts for the Stepmill if you are interested.

The AMT Elliptical vs regular Elliptical

The Adaptive Motion Trainer (AMT) is an *elliptical* and *stepper* combined in one machine. You can switch between the elliptical and stepper seamlessly. It allows you to ‘adapt’ your stride both in motion and speed without manually altering the settings & then waiting for the delay (like on most ellipticals) – allowing every workout to be completely unique. It offers dual action (legs and arms), providing your body with total body engagement and you can track the muscles being worked through the **stride dial**. Another nice feature of the AMT is the contra-lateral arm movement that ensures a natural motion of your arms and legs working in unison.

Open Stride is the name Precor gave to the feature which allows you to alter the stride height from 6.8”-10” and the stride

length from 0”-36”. The ability to adjust the stride length and height allows people of all sizes to be comfortable on the AMT. It may take you a bit of time to get used to the “new” motion of the machine, but once you get it you will have a great workout!

The Stepmill

The Stairmaster Stepmill offers a range of workouts for a variety of fitness goals. Because the moving staircase puts you through a full range of motion, it works your entire leg from your calves to your glutes. Stepmill workouts also improve balance as they increase core strength. Beginners should use the handrails and get used to balancing on the moving stairs before increasing speed and duration. If you are

new, a 5-15 minute workout is sufficient. Don’t expect to do a 30 minute workout first time out!

Correct form is important on this machine to get a full workout. Once you have achieved a good balance on the machine, you want to stand upright with a slight forward lean at the hips (do not lean on or “clutch” the rails). A slight forward lean helps maintain your knees from locking and protects your lower back from overarched. You can rest your hands or fingertips lightly on the bars in front or on the side rails to help maintain your balance. If you are hanging on for dear life....you are going too fast! ☺ Final tip, try to maintain your whole foot on the pedal so you work out the entire leg.★

FITNESS FLOOR POLICY FOR TEENS

You must be 18 years or older to be on the Fitness Floor.*

*Members ages 16 – 17 that would like to utilize the fitness floor MUST attend a fitness center orientation before being authorized to workout. This orientation will explain fitness center rules, policies and gym etiquette as it relates to Kenwood Country Club. This will not be a personal training session or an equipment orientation. Equipment orientation and training must be coordinated individually with a Personal trainer upon completing the Fitness Center Orientation.

The orientation is done on a one to one basis with a personal trainer and takes about 15-20 minutes. To schedule an appointment, please contact Laila Linden at Laila@kenwoodcc.net or call 301-320-0397, ext. 1237.

PLEASE NOTE: Those under 16 are NOT allowed on the fitness floor for any reason, with or without a parent, unless they are being instructed by a personal trainer or as part of a special age specific training program. (such as the Teen conditioning classes).

Guests under the age of 18 are NOT allowed to use the Fitness Floor.

FITNESS CENTER RENTAL LOCKERS NOW AVAILABLE!

Lockers available are located on the Main Floor in Men’s and Women’s locker rooms.

If you are interested, please contact Laila Linden, Fitness Director. Come by my office located up on the Fitness Floor or call 301-320-0397 ext. 1237 or email Laila@kenwoodcc.net.

SPRING GROUP EXERCISE PASSES

New Group Exercise Passes for the April-June 2015 on sale NOW.

UNLIMITED QUARTERLY PASS – This is your best deal! This pass allows you to go to any class on the group exercise schedule as much as you want for 3 months for \$250

UNLIMITED MONTHLY PASS – This pass allows you to go to any class on the group exercise schedule as much as you want for the current month for \$90

SINGLE CLASS PASS – \$13.00

*You must have a group exercise pass to participate!!
You can purchase a pass at the Fitness Center Front Desk.*

NEWS FROM THE SPA

By Carrie Corey, Spa Director

Even though spring seems to have finally arrived, our bodies are probably not ready to jump right back into our spring activities. If you had joined the Golf Fitness class you have a better understanding of what it means to get prepared physically for the Golf season, and based on the sore bodies that limped out of the building or came in for a massage after the class, it is important to respect the demands of different activities and properly prepare the body for them. Whether you golf, run, garden, hit a fuzzy yellow ball over a net or yank out fuzzy yellow weeds from your garden, it is important to prepare your muscles to engage in your chosen activities. It may sound a bit silly to some, but if you have ever been sidelined by an annoying ache or pain, you might want to re-think your approach to your activities so they remain enjoyable.

I've been asked many times about if and how one can improve flexibility, so I thought I would share our current understanding of when and how best to stretch and prepare for activities that allow enjoyment of our wonderful Washington Spring.

The sport performance world is continually researching the best approach to stretching and the following are the current recommendations.

1. **Never stretch a cold muscle**, start with brisk walking or slow jogging for about five minutes, rather than stretching before exercise. Warming up increases blood flow, which increases the temperature in the muscle, which makes the collagen fibers more elastic like a rubber band and more receptive to being stretched.
2. **After warming up, do dynamic (not static) stretches**. Dynamic stretching means slow, controlled movements rather than remaining still and holding a stretch. They should emphasize different aspects of stretching and movement: forward/backward movement, lateral movement and multi-directional movement. They may include simple movements like arm circles and hip rotations, flowing movements as in yoga, or walking or jogging exercises like lunge walking, high stepping or butt kicking. Increasing numbers of experts agree that dynamic stretching is the best stretching routine before a workout or competition, however proper technique is imperative. Poor technique that is not anatomically correct puts you at higher risk for injury.
3. **Do static stretches after your workout or competition**. Too many people do static stretching before and then nothing after, when the best time to lengthen muscles and improve your flexibility is after activity when the muscles are most receptive. Static stretching after playing or practicing will help a player maintain flexibility and joint range of motion, decrease muscle soreness and may lower the risk of injury. Hold static stretches for about 30 seconds.
4. **Learn warm-ups and stretches particular to your activity**. Because different activities use different muscle groups, it is important to stretch accordingly. This will streamline your stretching routine and help target the most important muscles.
5. **Know your body**. This is where your massage therapist can be a tremendous help. I have heard many people receiving massage comment "I never knew that was tight" or "that muscle is really sore". These are indications that there are underlying issues that could make you more susceptible to injury, or that you already have an injury or overuse strain pattern.
6. **Be Proactive and come into the Spa**. Don't wait until you hurt and can no longer play the sport or do the activity you enjoy. Let us work with you to help discover what may be keeping you from playing your best or enjoying the many activities that keep you happy.
 - a. We evaluate your posture and assess levels of tension in muscles.
 - b. Through massage and stretching we help to create better blood flow and waste removal from tissue and allow for better range of motion and recovery from activity.
 - c. We work closely with the personal trainers to help you address muscle weakness or imbalances that can lead to less than optimal performance, pain or injury.
 - d. We encourage utilization of Pros in Tennis, Golf, Swimming, Running, etc., to help you perfect technique and make sure your equipment is fitted properly.
 - e. Our in depth understanding of the body coupled with many years of experience in soft tissue work helps us to customize an approach that best serves your needs.

We offer many ways for you to try us out in the Spa.

1. Come in with your workout clothes on and we will take you through a 30 minute personalized stretch for \$45
2. Schedule a 30 minute table session where we can combine massage and stretching to target a specific area for \$55.
3. Come in for a 1 hour session for \$85 which is the best way to discover any problems in the whole body that you may not have been aware of while having time to address any specific issues you may have.

Our therapists love what we do, are well trained, and have a tremendous amount of experience.

In the words of Tom Cruise in *Jerry Maguire*, "help me help you", I know you probably thought I was going to say Cuba Gooding's line, "show me the money" but seriously get yourself in for an appointment or just stop by to talk with us about how we can help you feel your best.

Call the Fitness Center Front Desk TODAY to schedule a massage or stretch session!

(continued on page 18)

Skincare News – The Importance of a Professional Facial

1. An Esthetician is trained to correctly analyze skin. Proper skin analysis is crucial for proper product selection to avoid damage and to keep skin healthy and looking it's best.
2. The thorough cleaning process done during a professional facial, rids the face of debris and dirt as well as environmental factors so that the skin of the face and neck are better able to absorb products that nourish, exfoliate and protect. In addition this deep cleansing allows the skin to maintain a healthy balance to fight off aging and disease.
3. The professional massage done during a facial helps to bring nutrients and moisture to the deeper layers of the tissues. This process helps to rid the skin of the toxins and wastes produced during every day cell metabolism. This gentle rhythmic massage of the skin also produces a long-lasting healthy glow to the face and can temporarily lift the muscles of the face.
4. An esthetician is also well trained to perform extractions which are actually toxins that build up on the surface of the skin. Extractions are done only when needed in the safest and most effective manner to avoid scarring.
5. The products used by an Esthetician have a higher percentage of performance ingredients than products found in drug stores and even beauty outlets such as Sephora or Ultra. These ingredients go a long way in helping the skin to be as healthy and radiant as possible.
6. And finally, having a professional facial can be a rejuvenating and relaxing experience that greatly relieve stress and promote relaxation and will go a long way in helping you feel at your best.

Springtime is a great time to get an Acupuncture tune-up

Acupuncture has been used to treat allergies for centuries, and studies have confirmed that it can be helpful for allergic conditions including allergic rhinitis, asthma, eczema, hives and food allergies.

Spring is traditionally the main season when allergies blossom because of new growth on trees and weeds. Fall ushers in a whole different set of blooming plants, and is also a time of increased leaf mold, so is the second-worst season for allergy sufferers. Airborne mold spores can be found almost year round, along with other common allergens such as dust, dust mites, and animal dander.

While there are many medications to treat the symptoms of seasonal allergies, these treatments can cause unwanted side effects, such as drowsiness and immune system suppression as well as an over-reliance on medications. These side effects have motivated many people to search for alternative approaches like acupuncture. When treating with acupuncture, underlying imbalances within the body are addressed. A treatment plan is developed to relieve the acute symptoms of allergic rhinitis while also treating the root problems that are contributing to the body's reaction to allergens.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems. If you experience seasonal allergies, now is the time to schedule an appointment. ★

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During April, we are offering 20% off any Ageless Skincare products. Remember, whatever your skin type, our esthetician will provide a customized facial treatment with recommendations for follow-up skincare. Please check out our Skin Care brochure with a detailed list of all of our spa offerings. Appointments for skincare are available Wednesday and Saturdays from 10 am to 4 pm and at least one Sunday each month from 12 noon to 5 pm. Please call the Fitness Center Front Desk to schedule your appointment. It is never too late to capture that youthful glow!

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 <h1 style="margin: 0;">Senior Movie Matinee</h1>	<p>Friday, April 24</p> <p><i>The Theory of Everything</i></p> <p>Movie begins at 5:30pm</p> <p>Complimentary!</p> <p>Reservations: kidfit@kenwoodcc.net or 301-320-0396</p>
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FREQUENTLY USED EXTENSIONS AND E-MAIL ADDRESSES:

MAIN # – 301-320-3000

**PRESS “0” FOR FRONT DESK – GUEST HOUSE
RESERVATIONS AND INFORMATION**

DEPARTMENT	Name/E-Mail	EXTENSION#
ACCOUNTING	Tae Rhim, Controller.....	1212
	tae@kenwoodcc.net	
	Ling Liu	1208
	ling@kenwoodcc.net	
	Trinh Lam.....	1213
	Monica Sheehy.....	1207
	monica@kenwoodcc.net	
AQUATIC DIRECTOR.....	Robert Smith.....	(Indoor) 1238
	robert@kenwoodcc.net	(Outdoor) 301 320 2540
BOWLING LANES	bowling@kenwoodcc.net	1293
CATERING OFFICE	Debbie Lamb, Director	1216
	debbie@kenwoodcc.net	
	Lauren Preer, Assistant	1214
	lauren@kenwoodcc.net	
CHEF'S OFFICE	Martin Billenstein	1270
CHILD CARE (KIDFIT).....	Adriane Allen	1234 or 1235
	kidfit@kenwoodcc.net	
CLUB MANAGER	Bill Worrell.....	1318
	bill@kenwoodcc.net	
DINING FACILITIES MANAGER	Mike Salzman	1215
	beveragemanager@kenwoodcc.net	
FITNESS DIRECTOR	Laila Linden.....	1237
	laila@kenwoodcc.net	
FRONT DESK.....		1001
GENERAL MANAGER	Stephen Smith	1211
	stephen@kenwoodcc.net	
GOLF	Lynne Hunter, Head PGA/LPGA Professional	1221
	lynne@kenwoodcc.net	
	Scott Shapin, First Assistant PGA Professional	1223
	scott@kenwoodcc.net	
	Pete Labourdette, Assistant PGA Professional	1204
	peter@kenwoodcc.net	
	Robin Beach, Apprentice Professional	1204
	robin@kenwoodcc.net	
MEMBERSHIP DIRECTOR.....	Doug Levy	1217
	membership@kenwoodcc.net	
POOL SNACK BAR.....		1271
RESTAURANT MANAGER.....	Carol Jones	1205
	restaurantmanager@kenwoodcc.net	
RESTAURANT – RESERVATIONS.....		1278

Todd Chamberlin, President, ext. 1220 tdcinfla@aol.com

DIRECT LINES

CHILD CARE.....	301 320 0396
FITNESS & SPA.....	301 320 0397
GOLF SHOP.....	301 320 3605
TEE TIME	301 320 4653
TENNIS SHOP	301 320 3491
FAX.....	301 320 3006

APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 KidFit On The Spot Easter Craft	2	3	4 Children's Easter Egg Hunt & Brunch Flashlight Easter Egg Hunt
5 No Brunch Easter Buffet Easter Dinner in the Restaurant Underwater Easter Egg Hunt	6 Clubhouse Closed	7	8 KWGA Opening Day	9	10 PG-13 Movie Night <i>The Hunger Games: Mocking Jay Part 1</i>	11 KidFit Spring Craft
12 Brunch	13 Clubhouse Closed	14 Cherry Blossom Buffet	15 Tax Day Steak & Wine Night Special	16	17 Trivia Night KidFit Movie Night <i>The Box Trolls</i>	18
19 Brunch	20 Clubhouse Closed	21 KSGA Opening Day Kenwood Social Bridge	22 Earth Day Buffet	23 Niners Opening Day Tennis Opening Weekend Reception	24 Senior Movie Matinee <i>The Theory of Everything</i>	25 Tennis Opening Weekend Round Robin
26 Brunch	27 Clubhouse Closed	28	29	30 Prime Rib Night		

RESTAURANT HOURS		BAR HOURS			
Monday	Closed	Monday	Closed	Main Line	301-320-3000
Tuesday	11:30 am-9:00 pm	Tuesday	11:30 am-10:00 pm	Fitness Center	301-320-0397
Wednesday, Thursday	11:30 am-9:00 pm	Wednesday, Thursday	11:30 am-10:00 pm	Golf Shop	301-320-3605
Friday	11:30 am-9:30 pm	Friday, Saturday	11:30 am-11:00 pm	"T" Time	301-320-4653
Saturday	11:30 am-9:30 pm	Sunday	11:00 am-9:00 pm	Tennis Shop	301-320-3491
Sunday	11:00 am-9:00 pm			Fax	301-320-3006