

Kenwood

Golf and Country Club



July
2012

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



Happy 4th of July

**Wednesday, July 4
Independence Day Celebration
Hours of Operation**

Restaurant-Terrace Room and Bar Only

Early Closure

Restaurant – 11:00am- 2:00pm
Outdoor Pool Lounge Area – 2:00pm
Outdoor Pool – 2:00pm
Pool Snack Bar – 2:00pm
Patio Service-11:00am – 1:00pm
Golf Range – 1:00pm
Golf Course – Play ceases on the
18th hole at 3:00pm
Fitness Center – 6:00am-4:00pm

Evening Festivities

Band "Gold Heart" 5:30pm-8:30pm
Member Bar – 5:00pm
Children's Activities – 5:00pm
Buffet – 6:30pm-8:30pm
Fireworks begin at approximately
9:30pm-9:45pm

Coming Events

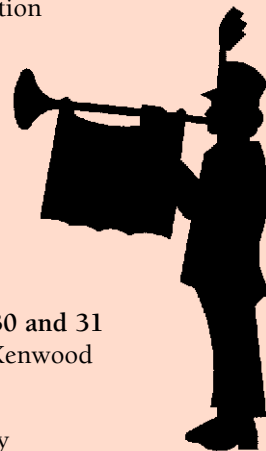
Wednesday, July 4
Independence Day Celebration

Tuesday, July 17
Kenwood Social Bridge

Saturday, July 21
Camp Out on the Course
Wednesday, July 25
BBQ Night

Monday & Tuesday, July 30 and 31
CCSDA Swim Champs at Kenwood

Monday, August 13
Employee Appreciation Day
Outdoor pools closed until 4pm



In Memoriam

*Our sympathy is offered to the families of the
following deceased members:*

Cdr. Robert Lee Ghormley, Jr.
Mr. Joseph Vasapoli, Sr.

**2012 BOARD OF GOVERNORS'
JUNIOR ACHIEVEMENT AWARD**

The Junior Achievement Committee of the Kenwood Board of Governors invites all members to bring forward outstanding Kenwood "juniors" as candidates for the Board's JUNIOR ACHIEVEMENT AWARD. **The winner will receive a \$2,000 U.S. Savings Bond, to be presented at the Board of Governors' Dinner in December.**

To be eligible, the candidate must be a junior or senior high school student and must not have reached his or her 19th birthday before December 31, 2012. The winner is selected based on participation in Kenwood activities, academic achievement, and school and other extracurricular activities and awards.

In order to be considered, candidates must complete a short application form by September 17. The form is available at the front desk of the clubhouse, as well as in the tennis, swim, and golf areas, or can be downloaded from the Kenwood web site (www.kenwoodcc.net, under the tab "What's New"). Please submit the form to Elizabeth Kaplan, Chair of the Junior Achievement Committee, no later than September 17.

If you have any questions about the award, please contact Elizabeth Kaplan at Kaplanes@verizon.net, or Patsy Weaver in the membership office.



Bill's CORNER

If June is any type of measure, we should be in for a perfect summer; the weather has been unbelievable for May and June. The weekend weather for opening the outdoor pool weekend was perfect, as was the water temperature in addition to plenty of sun worshipers! Memorial Day pool picnic was a great family day, hot but fun; thank you for joining us that day.

So here we are, half way through the year already, and we start July off with a bang! literally; July 4th celebrations on the 4th. This year, we have something for everyone, a live Bluegrass Band, Carnival, great 4th Buffet and to end the evening, the "best firework show in the area" member quotes and with whom I agree!

Campout on the Course is on Saturday July 21, we have just a few reservations left so book now to avoid disappointment.

The Club is in full swing and everyone is out and about; wonderful to see all aspects of the club busy. It's during this time family members are back in town and school is about to end. Although summer is a very relaxing time, there is a dress code requirement for the club. Please make sure you, your family members and friends are aware of the Dress Code; as we do enforce the standards set forth for us by the Board of Governors. A reminder of the Dress Code is available on line and in this issue of the magazine. Please remember for club events jeans are not appropriate attire.

Although Summer Camp at Kidfit is underway, it is still not too late to take advantage. Each week has a different theme and is under the guidance of Adriane Allen, Kidfit Director and her Summer Camp team. I can guarantee that your children will have a safe and fun-filled week/summer; we have half day camp and full day camp. Please do not hesitate in contacting Adriane Allen, 301-320-3000, ext. 1234 with any questions regarding camp and summer camp activities for the 2012 program.

Have a great summer!

See you around the Club.

Bill Worrell

Club Manager ★



BBQ Night in the Restaurant Wednesday, July 25 6:00pm-9:00pm

MENU

Sliced Texas Style Brisket ... 19.95+

Hickory Smoked BBQ Ribs ... 23.95+

Half Rack of Ribs ... 19.95+

Pulled Pork BBQ ... 16.95+

Sample Platter of all 3 ... 24.95+

Coleslaw, Macaroni and Cheese, Baked Beans

Contact the Restaurant for Reservations

301-320-3000, ext. 1278

Reminder from the General Manager . . .

All guests must be registered, "signed in," at the sport/activity facility which he or she will use and be in the company of the sponsoring member. It is mandatory that members and their guest(s) sign in clearly. Members must remain on the club property at all times while their guest(s) are physically present on club property. This policy applies to the entire club and all of its sporting and/or activity facilities. **A copy of our Dress Code is on page 4. Please review to ensure that you, your family and your guests are in compliance at all times when on club property.**

Kenwood Dress Code

As approved by the Board of Governors and Kenwood Management

Effective September 1, 2008

Kenwood members, their families and guests are expected to wear appropriate and tasteful attire in the Clubhouse and on the Club grounds. This is both a courtesy and a requirement.

Any member or guest not properly attired will be advised by Club Management and requested to either comply with the dress code or leave the premises. Management is authorized to refuse service to those who will not adhere to the dress code. Their names will be submitted to the chairman of the House Committee.

CLUBHOUSE (Includes the lobby, Cocktail lounge, Family Dining Rooms, and Bowling alley)

Acceptable Attire

Gentlemen:

Collared shirts with long pants, acceptable JEANS or Bermuda shorts. Collared shirt golf attire. Banded or collared shirts with tennis attire as sold in Golf and Tennis Pro shops.

Ladies:

Comparable attire

DINING ROOM (and the Fireside Room when open for general seating)

Acceptable Attire

Gentlemen:

Collared shirts with long pants, NO JEANS

Ladies:

Comparable attire

Age requirement of 18 years

The following are prohibited attire in all inside areas of the clubhouse:

- Bare or sock feet—shoes or sandals must be worn at all times.
- Untied shoes
- Shorts no more than 5" above the kneecap
- Clothing with words or graphics over 5" in diameter, including schools or teams (Kenwood logos are allowed)
- Jocular, distasteful words or graphics on clothing
- Torn, ragged, soiled clothing or shoes
- Bathing suits
- Gym, jogging, sweat suits or biking shorts
- Jams, tank tops, spandex, muscle shirts, body suits, tube or halter tops
- Sports caps or knit caps in the Clubhouse

RESTAURANT PATIO

On the patio, shoes must be worn. A shirt and shorts or cover up must be worn over a bathing suit.

GOLF (Including the Halfway House)

The Kenwood Golf Committee believes a successful golf program requires tastefully dressed golfers; therefore, conventional golf attire is required on the golf course and practice areas at all times. The dress code applies to members and guests of all ages. Examples of attire considered in violation

of the dress code include: swim trunks, bathing or tennis attire, sweat suits, JEANS, cut-off or ragged pants of any length, mini-skirts, tank tops (sleeveless tops with straps less than 2" wide and a scooped neckline reaching 3" below the sternum) halter or tube tops, tie-dyed pants or shirts, clothing displaying improper language or images, and men's shirts without sleeves or collars. Men's shirts must be tucked in at all times. In accordance with these Kenwood Golf Committee Guidelines, the dress code will be strictly enforced by the Kenwood golf staff.

TENNIS

All players must wear tennis attire that is in good taste. This means shirts, skirts, shorts, dresses, and warm-ups that are designed for tennis. Examples can be seen in the tennis shop.

The dress code applies to members and guests of all ages. Examples of attire considered in violation include cutoff JEANS or pants, biking or jogging shorts, jams or surfing shorts, bathing suits, leotards or other aerobic attire, exercise tights, tee shirts with printed messages unrelated to tennis, or exposed underwear.

FITNESS CENTER

1. Tank tops, JEAN shorts and cut offs are not permitted.
2. Sport bras without a shirt are not permitted.
3. Fitness shoes must be worn while working out.
4. Golf shoes are not to be worn inside the facility.
5. Clothing with offensive language or pictures is not permitted.
6. JEANS are not allowed in the workout areas.
7. Swim suits are not permitted beyond the pool and locker rooms.

CLUB SPONSORED EVENTS

The dress code for these events will be country club casual as posted by the club. Country club casual is defined below.

Gentlemen:

Collared shirts, casual or dress slacks or Bermuda shorts, no JEANS, jackets optional

Ladies:

Comparable attire, no JEANS

CELL PHONES

Cell phones must be in the silent mode when carried on Club grounds and in the Clubhouse. Please, out of courtesy to other members, use discretion when using your phone.



By Greg Bremer

The Board of Governors championship was won by Jack Read, who defeated Dave Markey in the final match. The championship consolation flight was won by Bill Hall. The event was well-subscribed, and the flight winners were:

First flight:

Doug Free, runner-up John Livingood, consolation winner Bill Maher

Second flight:

Mike Urquhart, runner up Ken Bachman, consolation winner Archie Alexander

Third flight:

Eric Branfman, runner up Mark Eigenbrode, consolation winner Chris Holmes

Fourth flight:

Guy Gargour, runner up George Donkin, consolation winner Sam Stoleru

In state-wide competitions, Sam Boyd advanced through local qualifying to the Maryland Open next month. Sam joins Quinton Saum and Scott Shapin representing Kenwood in the event. In the Middle Atlantic PGA Pro-Am, Scott Shapin and Greg Bremer tied for 10th with a four-under score of 68 at Green Spring Valley.

Our only July event is the Ryder Cup with limited signup on July 21. By the time this goes to print the field may be full but call the golf shop at 301-320-3605 to see if there are any spots remaining. We have no August events, so enjoy your summer.

As we reach the halfway point of the season I'd like to thank Lynne Hunter and her staff for their good work running the golf program and John Casady and his staff for keeping the golf course in good condition. ★

2012 KGA BOARD OF GOVERNORS CHAMPIONSHIP



Championship Flight
PGA/LPGA Head Professional Lynne Hunter
with Champion Jack Read



First Flight Winner
Doug Free



Second Flight Winner
Mike Urquhart



Third Flight Winner
Eric Branfman



Fourth Flight Winner
Guy Gargour



KWGA

KWGA BIG MEMBER/GUEST JUNE 6

By Betty Churchill

Greetings to all players and results and news from the intense (and fun) May and June packed periods follow.

The interclub results for the District teams and for the two MPG teams are in, most good, and surely we all gave it our all and the results ran the gamut. We look forward to the next season's play and let us remind all members to check the possibility of playing this format – we welcome players with the appropriate handicaps to join either group – it is competitive and you have a chance to play at the areas finest courses.

The intra club events continue and we have results to report on several major fixtures. Here goes – the WOW (Women on the weekend) event played May 20 – the event was well organized by Camilla Rothwell and Susan Peterson, and drew a good field of players. The winners are the following – in 1st place with a 130 score were team Catherine Picken, Jennifer Taylor, Carrie Lin and Joan Perrin; in 2nd place also with a 130 score, were team Carolyn Clewell, Ann Cullen, Ellen Schiller, and Alice Dewys. The third place winners with a score of 133, were Ann Nichols, Sue Shapiro, Joyce O'Brien and Livia Johnson. Congrats to all!

The next event was the Solheim Cup on May 23 – with two teams competing – the Orange and the Black team. The Black team which was made up of Kerry Murray, Ellen Roche, Carolyn Clewell, Jennifer Taylor, Jennifer Snow, Carrie Lin, Livia Johnson, Iola Abood, Joan Perrin, and Pat Browne, won with a score of 48.5. The Orange team scored 59.5.

The big event of the 18 hole player events is the big M/G played on June 6 – the annual extravaganza took place on a brilliant summer day, and it was described as being “fabulous and spectacular” – the

(continued on page 7)



*1st Net Winners
Jill Headly, Harriet Moss and guests*



*2nd Net Winners with 129
Jennifer Snow, Cathy McGarrity and guests*



*3rd High Net with 129
Shakuntala Dhir and guests*



*4th Net Winners
Theresa Shingler and team*



*5th Net Winning Team with 132
Livia Johnson, Barb Umdenstock and guests*



*Winners of 1st Gross category
Carrie Lin, Sally Seawright and guests*



The whole Pro team in appropriate attire and ready to serve

(continued from page 6)

theme was “Fiesta” and the whole pro team were out there, dressed appropriately – it was set in a scenario with balloons and pinatas on the tees. If you think that little “Diamond Jubilee” thing that the Queen had in London was a spectacle, our event was in an entirely bigger category! We salute our organizer/producer team made up of Jill Headley, Jennifer Snow and Cathy

McGarrity, the best description of this team was “you girls rock”! See photos of winners on page 6.

The next upcoming events to sign up for and look forward to are the Chamberlin two day competition, June 19 and 20 and the Nine and Dine event on June 26.

In the “eat your heart out” department , we have learned that Joyce O’Brien and

Joan Perrin are really stringing those pars together – and Sue Shapiro is able to place a ball in the middle of pine trees on hole seven! A photo will appear.

We are sad to know that our fellow longtime member and excellent golfer, Louis Koffsky died on May 20. We will remember her fondly. ★

KSGA

By Dick Crone

In late May and early June, the Kenwood Seniors’ schedule rolled on.

On May 22, the Kenwood Seniors traveled to a MISGA MIXER at the well-maintained LAKEWOOD course. The Kenwood Seniors on the winning teams were:

6TH – MIKE URQUHART and ART ZEIZEL, net 126
(This may be the first time ever that no Kenwood golfers finished in the top five!)

On May 23, the Kenwood Seniors crossed the Potomac to the beautiful WASHINGTON GOLF AND COUNTRY CLUB, for a round with a view of the Washington Cathedral (you aim for it on one hole) and lunch at the magnificent clubhouse. The stellar Senior finishers were:

1ST – MIKE MAHONEY, BILL O’BRIEN, net 122

2ND – MORTY MOSS, DICK BROWNE, 122

3RD – CRIS SMITH, EARL GAYLER, 123

4TH – RAY THEIM, 125

Closest to the Pin – #11 – KERRY STOLTZFUS

On May 28, the Kenwood Seniors made the long trek to the magnificent

rolling hills west of Frederick for a MISGA MIXER at beautiful MUSKET RIDGE. The Seniors whose domination of this challenging course let their teams to the winners’ circle are:

1ST – WARD BARMON, net 113

2ND – JIM KASAB, 114

5TH – BILL HALL, 118

9TH – MIKE CONLON, CRIS SMITH
(The mixer had 120 golfers; so they paid nine places!)

On May 31, the Kenwood Seniors traveled to the challenging MANOR course for a MISGA MIXER. The following Seniors met the challenge and drove their foursomes to the top of the leaderboard in this two-net-best-balls event:

1ST – ART ZEIZEL, net 129

1ST – JOE MARTIN, 129

1ST – PAT PELLERIN, 129
(The pro shop didn’t bother to break the ties, so all three were in first place.)

4TH – MIKE CONLON, TONY ROTHWELL, 130

5TH – BOB BERISH, 131

7TH – JOHN FINLEY and DERWIN KIM, 63

On June 5, the Kenwood Seniors held their LIPPITT TROPHY TOURNAMENT for the KSGA TWO-MAN CHAMPIONSHIP.

The Trophy is named after T. Perry Lippitt, a very active Kenwood golfer who was Seniors Chairman from 1976 to 1978 and a Board of Governors member from 1976 to 1978 and 1980 to 1983.

The Lippitt was also the club qualifier for the MISGA Division IV Two-Man Tourney on June 25 at Montgomery CC, leading to the Finals on September 6 at Norbeck CC. Six Senior teams qualified for the MISGA Division IV tournament because of their fine play in the Lippitt! Congratulations, gentlemen!

Following are the prize-winning Senior two-man teams:

1ST – DOUG LEWIS and RALPH PETERSBERGER, net 58
THE LIPPITT TROPHY WINNERS!!

2ND – ERIC HATCH and KERRY STOLTZFUS, 62

3RD – BILL HALL and JACK LAUROESCH, 62

Congratulations to Doug and Ralph on their Lippitt Trophy win!!

On June 6, the Kenwood Seniors traveled to nearby Beltsville for a MIXGA MIXER AT the challenging CROSS

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KSGA

(continued from page 7)

CREEK GC. The Kenwood Seniors whose stellar play led their teams were:

- 1ST – TONY ROTHWELL, net 116
- 2ND – JIM KASAB, 118
- 3RD – DAVE WARD, 121
- 4TH – EARL GAYLER, 121

On June 11, fourteen qualifying Seniors shot out River Road to play at BRETTON WOODS in the MISGA DIVISION IV ABCD (Individual) STROKE PLAY CHAMPIONSHIP. This event leads to the MISGA ABCD Championship at Talbot CC on August 14. The following Seniors finished on the leaderboard and qualified for the Talbot CC MISGA championship!!

First Flight:

- Low Net – 1ST – BILL HALL, net 66
- 2ND – CRIS SMITH, 69
- 3RD – TONY ROTHWELL, 70

Second Flight:

- Low Gross – 1ST – MIKE URQUHART, 84

Congratulations to Bill, Cris, Tony, and Mike. We wish them good luck in the MISGA Championship in August (They really won't need luck; they're too good!!)

On June 12, the Seniors hosted a HOME MIXER with Montgomery CC, Holly Hills, University of Maryland, and Manor. The final leaderboard showed the following distinguished finishers:

- 1ST – EARL GAYLER, net 117
- 2ND – DERWIN KIM, 118
- 3RD – JIM KASAB, 122
- 4TH – BOB BERISH, 122
- 5TH – MIKE URQUHART, 122

Congratulations to all the winners in all the May and June events!

UPCOMING EVENTS

Tuesday, July 3 – Senior Tuesday (“Choker”)

Tuesday, July 10 – HOME MIXER w/ Lakewood, Bretton Woods, etc.

Wednesday, July 11 – MIXER @ Leisure World

Tuesday, July 17 – KSGA MEMBER-GUEST TOURNAMENT***

Wednesday, July 18 – MIXER @ Holly Hills

Tuesday, July 24 – HOME MIXER w/ Chartwell, Argyle, etc.

Thursday, July 26 – MIXER @ Norbeck

Tuesday, July 31 – MIXER @ Argyle

*****IMPORTANT*** JULY 17 – SENIORS MEMBER-GUEST**

MARK YOUR CALENDAR!! AND GET YOUR GUEST PARTNER EARLY!! ★

Camp Out on the Course

Saturday, July 21 • 7:00pm

\$50+ for Adult and Child

Additional Parent or Child \$15pp+

Come and join in our family event under the stars. Pitch your tent on the Golf Course and enjoy an authentic camp cook out. Enjoy a campfire, roasted marshmallows, S'mores and so much more. Cook out begins at 7:30pm. Singing Cowboy 9:00pm-10:00pm. Complete your camp out experience with a breakfast buffet served in the Ballroom at 8:00am. Games supplied. Please no scooters or field equipment.



Limited to the first 65 people

Reservations Only

lauren@kenwoodcc.net

Weather Permitting



By Theresa McVearry

Kim Chester, Heidi Crawford, and Libby Murphy chaired our most successful annual Member/Guest. The theme this year was "Wanted, Cowgirls with Clubs". Lynne, Scott and the entire golf staff joined the Niners and guests in wearing western wear. Twenty-four Niners and their guests enjoyed the decorations, the morning of golf and lunch at the wild, wild Wood. Thanks to Kim, Heidi, Libby, Lynne, Scott, Debbie Lamb, all the golf and club staff as well as all the volunteers who made the event so great.

Kim Chester and Sharon Stoliaroff represented the Niners at Fairfax Country Club for a B Team match on June 12. ★



(L-R): Kim Chester, Theresa McVearry, and Libby Murphy



(L-R): Scott and Lynne

2012 NINERS THOMPSON FOUR-BALL RESULTS FRIDAY, JUNE 1, 2012



1st Place – 67
(L-R): Susan Pearce and Barbara Nevins



2nd Place – 70
(L-R): Ellie Zartman and Sharon Stoliaroff

2012 NINERS MEMBER-GUEST-ROUNDUP THURSDAY, JUNE 14, 2012



1st Place-Score 58
(L-r): Sheryl Fishman, Tricia Pinkard, Marcia Lehrman and Amanda Weathersby



2nd Place-Score 59
(L-R): Barb McMillan, Sharon Stolaroff, Shelley Davis and Paula Christie



3rd Place-Score 61
(L-R): Lucinda Marshall, Marie Boustani, Libby Murphy and Carol Bergin



Closest to the Flag #13
Member-Shelley Davis
Member-Tricia Pinkard
Guest-Kate Devol
Longest Drive #18
Guest-Pat Lonardo

UPCOMING EVENTS

Nine & Dine with KWGA	4:00 pm	Tuesday, June 26
Pink Lady, 3 Lady Teams	8:30 shotgun	Thursday, July 5
Kenwood's Home to Home	9:00 shotgun	Thursday, July 12
Woodmont Invitational	8:30 am	Wednesday, July 25

JUNIOR GOLF

By Jill Headley

Junior Golf is finally in full swing! Over 80 junior golfers ranging from ages 7 to 17 came out for our first day of Friday play on June 15. It's always a heartwarming experience to see the next generation of Kenwood's golfers learning how to swing, pitch, putt, follow rules and etiquette, and have a lot of fun playing golf with their friends. Friday morning play days would not be a success without the cavalry of parents who guide our youngest golfers safely around the course, so thank you parents!

Parents and grandparents, please support your junior golfers' goals for improving their game. The KJGA has a progression program in place for junior golfers to set attainable goals, work toward them, and "graduate" to the next level of play, thereby providing opportunities for success while building up to 18 holes. The program goes like this. Your child must turn in five scorecards, attested by an adult, showing that they can meet the ability guidelines for the "next level" of play, when they do; they "graduate" to the next level. All graduates will be acknowledged at the Junior Golf Banquet. There is a box in the pro shop for 3 and 6 holers to submit cards. Every 9 and 18 holer has access to a USGA handicap and should be posting every score into the handicap computer in the pro shop (yes, they have to learn to turn in even the bad scores!). The ability guidelines are:

- To test into 3 holes (if younger than 7 years old) – five scores of 39 or less for three holes playing from the 100 yard marker.
- To qualify for 6 holes – five scores of 60 or less for 6 holes playing from the 150 yard marker.
- To qualify for 9 holes – five scores of 80 or less for 9 holes playing from the Red Tee markers.

We always look forward to the Junior Club Championships as a format for learning competitive golf, good sportsmanship and celebrating success in competition. The 3, 6 and 9 holers will play the Club Championships on July 13 and 20th. The 18 holers play their Club Championship on July 25 and 26. The Junior Golf banquet will take place on July 26 at 6pm to coincide with the last day of the 18 Hole Club Championships. Please mark your calendars now, because all golfers must be present on both competition days to participate. We look forward to congratulating our winners in the upcoming newsletters.

Finally, a request to the adult golfers at Kenwood – when you see junior golfers on the course or practice facility, please use the opportunity to engage them in conversation, provide positive reinforcement and celebrate their successes. A little positive feedback from adult golfers goes a long way to getting them hooked on golf for life! ★

JUNIOR INTERCLUB NOTES

By Gus Bessalel and Cathy McGarrity

Interclub Teams Ready to Take to the Circuit

The Interclub season kicks off on June 27 with the 18-hole team playing a perennially tough Columbia CC squad at the challenging Bethesda CC course. The season will continue with matches at Columbia, Chevy Chase and Congressional, giving our juniors an exciting opportunity to test their skills on some great courses. Our 18-hole team has some strong players in the 13-14 age group, including Danny Mills, Hannah Wilczynski, KK Raffensperger and Jordan Bessalel. However, with only John McGuinness, who plays for Gonzaga, returning from last year, the team lacks depth in the 15-18 category, having lost several older players to graduation and conflicting activities this summer. The team welcomes the participation of committed older teens who meet the scoring requirements, so if your teen is interested, please contact Sam Boyd, Director of Junior Golf.

The 9-hole teams again should field very competitive squads this season, hoping to repeat last summer's success as Co-Champions of the Jim Folks Division. The pre-season practices brought out quite a number of new and returning 9-hole team members, and we would expect to see strong performances this year from returning player Sean McGarrity, last year's 9-hole Team High Point trophy winner. In addition, talented and experienced veterans returning to the team include Connor McGarrity, John Phillips, Jamie Mills and Elliott Snow. Rounding out the roster is a crop of new talent who will help to strengthen the core of Kenwood's junior teams this year and in the years to come.

We look forward to a fun and successful interclub season. Go Kenwood!!!

Congratulations to Kenwood Junior Golfer, Kesh Khanna (10), who recorded a hole-in-one on hole #6 while playing with his father this past Tuesday, June 12. Kesh used a 4 hybrid from the Red Tee Markers (130 yards) and both he and his father watched as the ball rolled toward the pin and then disappeared. A moment not soon to be forgotten!

Well done Kesh!!!

WHAT'S ALL THE RACKET

By John Bohraus

The Men's Woody Doubles Tournament was held on a beautiful, sunny day in May. It is an annual event in which all players wear white and use the old wooden rackets that were used before the 1970's. This year 20 players competed, playing six rounds of five games each. There were six past champions of the event participating again this year, so the competition was fierce. Chris did his usual good job of making the pairs fairly equal. At the end of the matches, there were two teams with the highest scores so they played a final 5 game round for the trophy. The teams of Alan Weinberger-Jordan Missal and Dick Culp- Chris Furnas (Chris filling in for one absent player) were tied 2-2, and the final game was won by the Culp-Furnas team for the trophy. Dick Culp is

now a three time winner of this event. About 10 people were watching from the tennis deck.

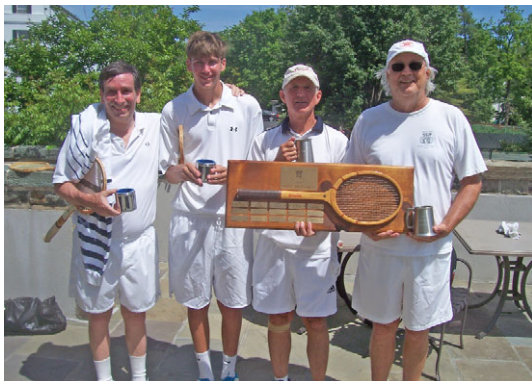
The Ladies' Day Teams completed play for the season at the end of May, as did the Ladies and Men's Senior Teams. Play continues through June for the Ladies Evening Leagues. The season has brought a lot of good competition with other clubs.

The Men's Doubles tournament took place early in June. The finals, yet to be played, will feature Matt Blackwelder and Steve Altizer playing Tom Brunkow and Todd Wincup.

As we go to press, plans are underway for the first Twilight Tennis event, a mixed doubles round robin held on the third Friday of the month from 5:30 to 7:00 or so, followed by drinks and snacks on the tennis deck. The Tennis Committee hopes to continue this event through September.



Men's Woody Tournament Participants



(L-R): Runners-up Alan Weinberger, Jordan Missal with Chris Furnas and Dick Culp, Winners

The annual Davis Cup competition will take place on July 14, so if you have not already signed up, do so now! It is always an entertaining day, with teams playing for various countries in a round robin format. Lunch will be served on the patio afterwards.

Tips from the Pro

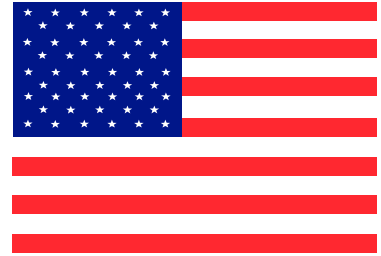
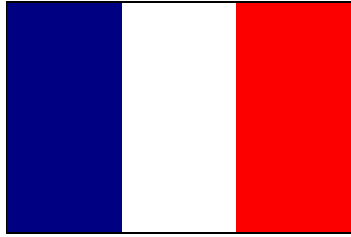
Here are some surefire tips from Chris guaranteed to improve your doubles game

1. Keep it simple: play two balls crosscourt before changing it up. Return crosscourt, come to net and hit first volley crosscourt. Then on the third shot, make a change: hit highballs at the opposing net player, low balls back to the baseline player.
2. To serve and volley, serve and make your first volley crosscourt. Then decide if the next shot for you is a

high ball or a low ball. Return high ball to the opposing net player's feet or service line; return low ball back to the baseline player.

3. When at net hitting volleys, never hit your volley deep. Your target for high balls is the feet of the opposing net player or the service line. Do not aim deep to the baseline.
4. When both your opponents are at the net and you are on the baseline hitting, give them lobs or low balls. Hard drives will not work well because they give your opponents a higher ball to hit a volley, thus making it easier for them to put it away.
5. When you are at the net and your partner is hitting the ball from the baseline, watch the opposing net player. That is the only player who can hurt you. If your partner gets the ball safely crosscourt, move in a bit and try to attack the opposing baseline player's shot.

Try these simple doubles strategies and see if your doubles play improves. Remember: keep it simple. ★



Kenwood Bastille Day
DAVIS CUP TOURNAMENT

Saturday morning July 14*

Play for U.S, FRANCE, AUSTRALIA OR SPAIN!!

Open to all Kenwood Members (\$30.00*)

DOOR PRIZES for all participants

GIFT CERTIFICATES for winning team

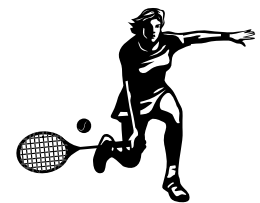
COFFEE AND CHECK-IN – 8:30am

AMERICAN BUFFET after the tournament

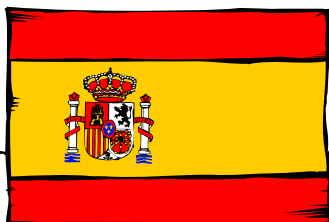
SIGN UP outside the TENNIS SHOP by July 10



Rain Date July 15



***Cancellations after July 11
Will be charged**



By Monica Barry

The 2012 season is well underway as this goes to press. We had a beautiful Memorial Day weekend with the pools packed all three days. The "First-In-The-Pool" 2012 winners were Megan Myers for the Diving Pool, Gianluca Balestrieri for the newly renovated Baby Pool and Clare Morrissey, Kathleen Duke and Mary Kate Myers for the North Pool. Congratulations to all.

The swimming time trials were a success and as this goes to press, we are about to start our competitive season with "B" meets against Belle Haven, Chevy Chase and Edgemoor. The swimmers have been attending the many practices, working on conditioning, skills and racing strategies. Things are looking good. Results from meets will be reported in next month's newsletter.

The Master's program for adults has commenced. Swimmers 19 years and over meet at the outdoor pool on Monday, Wednesday and Friday from 6 to 7:30AM for a coached practice session. The practices will run through the first week of August. There are many skill levels within the group, so please see Robert Smith, Chris Lynch or yours truly for information about the group. Get your workout done early in the day. It is beautiful to watch the sun rise while swimming! The Early Bird swim is also open to members who want to lap swim outside on Monday, Wednesday and Friday from 7:30 to 8:30am and on Tuesday and Thursday from 8 to 8:30am.

This is not a coached practice and any member with pool privileges is invited to use the pool at this time.

The CCSDA Water Polo Clinic has been a great success. This two hour instructional clinic, held on Sunday evenings, is open to all rising 7th graders who are members of clubs in the CCSDA. It is co-ed and coached by KCC coach, Danny Barry and Washington Golf Coach, Jamie Matthews. The clinic rotates weekly between Kenwood, Washington Golf, Congressional and Army-Navy Country Clubs. The schedule is listed in the Orange Calendar that may be found on the club website. Many of the participants play for area high school teams. It is a growing sport in this area and an Olympic Sport that will be featured in prime time in this month's London Games. Our own Timmy Barry, Captain Kenwood 2012, was just named a High School All-American for the 2011-12 water polo season. He is one of only 15 players from the East Coast named to this year's team. The coaches will be looking for our next All-American at this clinic! Contact Dan Barry at danmonica@comcast.net for more information.

This month, Kenwood will host the 60th CCSDA Swimming Championships on July 30-31. The outdoor pools will be closed on Monday and Tuesday to accommodate the swimmers from 16 member clubs. Bethesda and Chevy Chase are extending reciprocal pool privileges to

Kenwood members during these two days. The pools will also have a late opening on Wednesday, August 1 in order to clean up and break down the rental equipment used for the meet. Come cheer on our team as we strive to defend our 2011 title!

Have a great July! HUBBA HUBBA! ★

FRIENDLY REMINDER OUTDOOR POOL

All members must sign in at the swim desk when entering the outdoor pool area. If your membership class does not include use of the outdoor pool, a guest fee applies. All guests must be signed in by name. The fee for guest(s) is applied to your club account regardless of whether you or your guest is swimming. If you bring a guest to dine in the outdoor pool patio area, you must sign them in at the swim desk and the applicable guest fee will apply. Please note that the patio immediately outside the restaurant sun porch is available for your dining pleasure and guest fees do not apply to this area or the use of the clubhouse dining rooms.



**OUTDOOR
POOL**
For safety
reasons, baby
strollers are
prohibited within
the outdoor
pool area.

CCSDA Swim Champs at Kenwood

NOTE: Outdoor Pools will open Sunday, July 29 at 12 Noon. This event will occur over a period of two days, Monday and Tuesday, July 30 and 31, Outdoor Pools Closed. Minimal parking will be available and we ask that you please plan your day/days accordingly. Outdoor pools re-open Wednesday, August 1, 12 Noon.

During this time, you may use the pool at Bethesda Country Club or Chevy Chase Country Club.

Thank you for your cooperation in this matter.
Kenwood Management



FROM THE FITNESS CENTER

By Laila Linden

July is going to be an exciting month at Kenwood! Not only is our awesome July 4th fireworks celebration just around the corner, but also the CCSDA Swim Championship is at the end of the month. Go Kenwood! HUBBA HUBBA!

Since we are all spending lots of time out in this summer heat, I want to share some highlights of an article I recently read in The Washington Post. It addresses how our bodies acclimate to the heat. How well we cope with the heat depends on 3 things: your health, age and activity level. Fit, healthy people acclimatize the best and fastest in about 2 weeks. People who don't do anything strenuous or exercise outdoors will take a few more weeks to adjust. And as expected, unhealthy, overweight and older people have more difficulty coping with the extreme heat. Heat and dehydration pose a real risk for this group. Beginning at around age 50, our thirst mechanism and kidneys work less efficiently.

So what can we do while our bodies are adjusting? First of all, don't push yourself too hard. Gradually increase your workouts or activity outside. Try to go inside to cool off as much as possible. And keep hydrated! Hydration is very important but sometimes tricky because you don't want to over hydrate. You need to be well hydrated so that you can sweat! Sweat

cools the skin as it evaporates. That is why those humid days seem more miserable, because sweat can't evaporate into saturated air. And people sweat at different rates. The average person sweats out about a quart per hour of exercise before the body acclimates and about a cup per hour afterward. You need to keep replenished with water before and during your exercise, don't wait till the end. And if you sweat more than average or working out longer than an hour you may consider drinking an enhanced water with electrolytes (such as Gatorade, propel, etc) or electrolyte tablets.

How much do you sweat? The easiest way to measure your sweat rate is to weigh yourself without clothes on before exercising for one hour. After an hour of exercise, weigh yourself again. Assuming you did not use the restroom or consume any fluids during exercise your weight loss is your sweat rate. For each pound lost, you

lost 15.4 oz. of fluid. If you drink any fluids or use the rest room between the weigh-ins, you'll need to include both of these estimated weights in your calculations. Add fluid consumed to the amount of weight lost. Subtract estimated bodily void weight from the total weight lost.

Be sure to record the heat and humidity conditions in your sweat test. Repeat the test in cool and hot conditions. Repeat the test for the different activities you participate in (swimming, running and cycling, etc.) because sweat rates will vary for each sport and vary with environmental conditions.

The bottom line is if you are more fit and healthy you will do better in the heat! And we have the perfect place for you to improve fitness level...the air-conditioned Kenwood Fitness Center! Hope to see you soon. ★

ANNUAL FITNESS CENTER CLOSING

The Fitness Center will be closed in August for its annual cleaning. We will also be draining the indoor pool, and it will be closed for two weeks.

Please note the following closure dates:

FITNESS CENTER:

Monday, August 13 – No Access to Lockers

Tuesday, August 14 – No Access to Lockers

Wednesday, August 15 – Open at 3:00 pm

KIDFIT:

Closed Monday, August 13 and Tuesday, August 14

Wednesday, August 15 – Open 5:00-7:30 pm

INDOOR POOL:

Monday, August 13 through Friday, August 24

Re-opens Saturday, August 25 at 8:00 am

FITNESS CENTER INFORMATION:

INDOOR POOL HOURS FOR THE SUMMER

MAY 28 thru SEPTEMBER 3 the indoor pool hours will cut back when the outdoor pool is open regular hours for the summer:

Monday - Friday 6:00 am – 12:30 pm
4:30 pm – 7:30 pm*

**Exceptions: During home swim meets, the indoor pool will be open 4:30 pm-8:30 pm. Closed Monday, August 13 through Friday, August 24 – re-opens Saturday, August 25 at 8:00 am.*

Saturday & Sunday 8:00 am – 12:00 pm

NO FAMILY SWIM TIME INDOOR! Pool hours may change based on the weather.

HOT TUB IS ONLY OPEN DURING THE INDOOR POOL HOURS.

SUMMER GROUP EXERCISE PASSES

New Group Exercise Passes for the July – September quarter available now! All passes expired September 30, 2012

UNLIMITED QUARTELY 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

S get asked questions all the time about whether massage or acupuncture can help with a seemingly endless list of ailments, conditions, and problems, and the answer is YES! Now I am not saying that either necessarily has the ability to cure disease or heal major issues with a few sessions, but I can say without any reservation that they can help. There is what is known as direct and indirect effects, and I will share a few examples so you understand what I am talking about. Direct effects are easy to understand, an example would be to stop the pain from a muscle in spasm by gently elongating it with a massage stroke or using a stretching technique to release the spasm, or placing needles in points along the channel of energy that passes through the muscle or into the muscle itself to get it to release.

Indirect effects are more at play than even the direct effects. Take arthritis for example, most experience a chronic pain or discomfort which can get worse with changes in weather or activity levels. Although neither acupuncture or massage can eliminate arthritis, both can relieve tension in muscles around the joint decreasing compressive forces which in turn allow for more movement, less pain, better circulation to and from the affected areas and a better emotional state which helps enhance a persons overall sense of well

being. Another example of indirect effect would be a torn rotator cuff. Many shoulder injuries are the result of long term wear and tear that results from muscle imbalances stemming from poor posture or mechanics. Damaged tendons, or other connective tissue may not be directly reached by massage or acupuncture, but working to establish better body mechanics, posture and patterns of movement in the body as a whole help minimize wear and tear and can address the underlying issues that may have created the problem in the first place. Best of all, by reducing emotional or physical stress which are classic benefits of massage and acupuncture, our immune system is bolstered, our mind becomes clearer, sleep is improved, overall tension is reduces and the body has more resources to heal itself. Why wouldn't you want to have massage or acupuncture?

With summer comes a change in footwear, and whether you are wearing flip flops, sandals, or going barefoot, those feet are taking a beating. Now that we have been fully immersed in summer activities we would like to offer a Spa Special. "Sole to Soul" is a 30 minute foot treatment that can be done alone or added to a massage for only \$55. The treatment starts with an exfoliation using Dead Sea salts and marine extracts that smooth and soften rough dry and overworked feet. The exfoliation is followed by a foot massage with a balm containing African Shea Butter and other rich hydrators infused with nourishing extracts which help stimulate circulation,



It is mandatory that all members have their photo taken at the Fitness Center in order to use the facility. These photos will be placed on file and used for identification purposes only. Failure to comply with this policy may result in guest fee charges for use of the facility and/or suspension of your fitness center privileges.

soften and soothe providing the ultimate exhilarating and refreshing foot treatment. Schedule your "Soul to Sole" treatment today!

Don't forget to take care of your skin this summer. As we spend more time outdoors in the sun, pools and ocean, our skin is at risk for sun damage as well as the drying effects of pool chemicals and the salt water. Make sure to wear Sunscreen and if you want to rejuvenate and rehydrate your skin schedule a facial in our Spa any Sunday from Noon to 6pm. In the spirit of safe summer fun, we will be continuing to offer a 20% discount off our Daily Defense face lotion with sunscreen through the Summer.

If you have any questions about massage, facials, waxing, acupuncture, the Spa, our therapists, or other services please feel free to stop by in person or ask that we call you when we have a moment. Appointments for massage, facial, waxing as well as acupuncture can be made with the Fitness Center Front Desk Staff.

Hope to see you soon! ★

ATTENTION MEMBERS – NEW WEATHER ALERT SYSTEM

A new, state-of-the-art, lightning and severe weather alert system has recently been installed on the Kenwood Golf and Country Club golf course to enhance the safety of our members on the golf course and in the adjacent outdoor pool area. Please familiarize yourself with the important information explaining the warning system's attributes in the following paragraph.

"Thor Guard" measures the number of negative ions in the air and positive ions on the ground, the combination of which can cause a cloud-to-ground strike (i.e., "a bolt out of the blue"). "Thor Guard" is billed as a "prediction" system by the system's inventors and they acknowledge that there are times when the alarm sounds when no lightning strikes are visible in the immediate vicinity but that they are likely to readily manifest themselves. The system can also allow golfers to golf longer safely when lightning is visible, but not a direct danger. When the system goes to RED ALERT, one 15-second blast will sound. At this time all outdoor activity should cease immediately. *When the conditions of a strike are reduced and the coast is clear, the horn sounds again with three 5-second blasts for the "ALL CLEAR" and activity can resume.*

JULY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clubhouse Closed	3 KSGA Senior Tuesdays Choker Tee Times	4 Independence Day Celebration	5 Niners Pink Lady, Three Lady Teams 8:30 Shotgun	6 Junior Golf #4 7:30am Host 9 Hole Jr Interclub	7 Men's B-Team 10:30 Chartwell WMGA Men's Team Match 12:30
8 WMGA Men's Team Match 12:30 Family Golf 9 & Dine 4:00pm Shotgun	9 Clubhouse Closed	10 KSGA MISGA Mixer Lakewood, Bretton Woods, Hobbit's Glen, Norbeck 8:30 Shotgun	11 KWGA Board of Governors 8:30 Shotgun	12 Niners Open Play	13 Junior Golf #5 7:30 am Mixed Golf Play & Learn 5:30pm	14 Davis Cup Tournament 8:30am WMGA Men's Team Match 12:30
15 Mixed Member-Guest 2:00 Shotgun	16 Clubhouse Closed	17 KSGA Member-Guest 9:00 Shotgun Kenwood Social Bridge	18 KWGA Mini Member-Member Member-Guest 8:30 Shotgun Junior Golf 18 Holvers Two-Man Team 2:00pm	19 Niners Open Play with KWGA	20 Junior Golf #6 7:30am Host 18 hole Interclub Twilight Tennis 5:30pm	21 KGA Ryder Cup 8:30am Shotgun Camp Out on the Course
22 Family Golf/ Junior Golf KJGA Family Tournament 2:00pm	23 Clubhouse Closed	24 KSGA MISGA Mixer Chartwell, Mont. Village, Leisure World, Argyle 8:30 Shotgun	25 KWGA Thompson Four-Ball Junior Golf 18 Holvers 2:00pm Championship Round One BBQ Night	26 Niners Open Play Junior Golf 18 Holvers 2:00pm Champ. Final Rd. Junior Golf Banquet 6:00pm	27 Junior Golf Rain Date Championships CCSDA – Swim Championships (27th-31st)	28
29 Outdoor Pools Open at 12 Noon	30 Clubhouse Closed CCSDA Swim Champs at Kenwood	31 CCSDA Swim Champs at Kenwood	Sunday Brunch Discontinued until September			

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-10:00 pm	Tennis Shop	301-320-3491
Sunday	11:30 am-9:00 pm			Fax	301-320-3006