

Kenwood

Golf and Country Club



June
2015

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



KENWOOD GOLF & COUNTRY CLUB
Please join us and celebrate
INDEPENDENCE DAY
Thursday, July 2, 2015

Featuring the One & Only
Mary Ann Redmond & Her Band
6:00pm-9:00pm

Menu

SUMMER SALAD STATION:
Coleslaw, Potato Salad

CARVING STATION:
Texas Style Brisket

BBQ Ribs, Fried Chicken, Hot Dogs, Corn
on the Cob, Macaroni & Cheese,
Southwestern Style Baked Beans
Ice Cream Sundries & Watermelon

MEMBER BAR: 5:00pm-10:30pm

BUFFET: 6:30pm-8:30pm

CARNIVAL: 5:00pm-8:45pm

Adults 49.95+

Children 6-12 yrs 24.95+

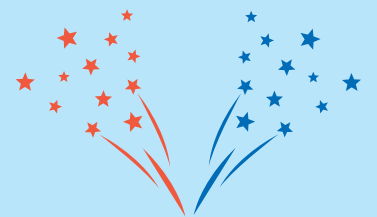
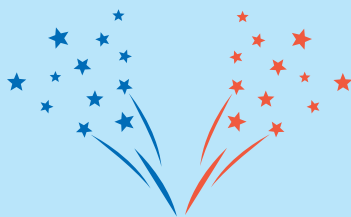
2-5 yrs 14.95+

After 8:30pm Fireworks Only
25.00 per person

Reservations Required

For reservations please
email or visit the website www.kenwoodcc.net
or call the reservation line 301-320-3000, ext. 1214.

Reservations close on Friday, June 26 at 2:00pm.
Additional \$50.00 charge per person for reservations
made after advertised time and for all Walk-ins on the day.



Thursday, July 2 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 – 12 Noon
Golf Course – Closes at 3:00pm
Fitness Center – 6:00am-4:00pm

Evening Festivities

Band Mary Ann Redmond – 6:00pm-9:00pm
Member Bar – 5:00pm
Children's Activities – 5:00pm
Buffet – 6:30pm-8:30pm
Fireworks begin at approximately 9:30pm-9:45pm



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.

Coming Events

Sunday, June 21
Father's Day

Thursday, June 25
Prime Rib Night

Friday, June 26
Jr. Triathlon

Thursday, July 2
Independence Day Celebration



BOARD OF GOVERNORS

By Alex Johnson, Chairman



With an early Memorial Day summer activities are now in full swing here at Kenwood. From golf to tennis to the pool, junior programs, senior programs and those in between, this is best time to enjoy all that Club has to offer.

In addition to the major changes that have taken place you will notice continual but smaller upgrades such as the new furniture on the patio and changes to the mens swim locker room as we strive to give the membership the quality they deserve.

As the Chairman and member of the Board I'm often contacted about suggestions members have regarding policies or improvements the Club should consider. The Board should be viewed as a valuable conduit to working with management and you should never hesitate to reach out to me personally or to other members of the Board with your suggestions.

We have been elected to help communicate the needs of the membership to management and always welcome constructive comments whether they are positive or suggestions for improvement.

There is also a suggestions box at the front desk and if you are more comfortable communicating your concerns in this fashion you are welcome to do so as well.

If you want to get more active in the Club's policies and programs there are also opportunities to participate in the many committees that meet monthly. While Kenwood has great professional staff we also rely on volunteers to help make each program run.

Hope everyone's summer is off to a great start and my email address is alex.johnson@mindspring.com if you would like to reach out to me. ★



On behalf of HEROES, Inc, Kenwood Management, and the Kenwood Social Committee we would like to thank everyone who participated in the Trivia Night for HEROES event held at the club on April 17. Thanks to all of those who graciously made a monetary donation, donated an auction item, and those winning bidders, we were able to provide over \$11,000 in net proceeds to HEROES, Inc. The evening was enjoyed by all, with the crowd entertained by host Joe McGreal who incorporated a music round, a video movie round, along with history, geography, etc. The teams were tested and the competition was fierce, with a tie for first place and a third teams just a few points behind. In true spirit of the event, the top three teams all agreed to donate their winnings, totaling \$800, back to the charity. Thanks to everyone's participation and generosity all went home winners but especially those beneficiaries of the HEROES, Inc. organization. We thank HEROES, Inc. for the amazing work that they do for our fallen local firefighters and police officers and their families.



Eric Hart from Kenwood presents proceeds from the recent Trivia Night for HEROES event to Jack Nichols, President and CEO of HEROES, Inc.

SUMMER DINING AT KENWOOD

As summer approaches and all the facilities are opened you will have different locations and styles of dining to choose from.

POOLSIDE SNACK BAR

Salads, wraps, fruit cups prepared daily, chicken tenders, hot dogs, burgers snacks & candy and many more items prepared daily and cooked to order providing a leisurely way to spend time poolside.

FITNESS CENTER

Salads made daily, snacks, fruit, power bars and the Chef's all natural "Chef Bars".

RESTAURANT FLAGSTONE PATIO

Enjoy table side service from restaurant menu. Dress code is in place, we do not take reservations for the Patio.

K Wagon

For the Golfing membership only; a prepared to order menu with burgers, fries, salads, sandwiches snacks and beverages.

THE GAZEBO BAR

The Poolside Gazebo bar will be serving alcoholic and non alcoholic beverages, ONLY; there will not be any food orders taken from this location.

THE GATE

Over many years at Kenwood the Patio has metamorphosed from and into several different configurations based on usage and requirements. A new design and layout of the Flagstone Patio has provided the opportunity to access the patio from the poolside area. There were and are still are valid reasons for the imposed restrictions in this area of the club. We want to emphasize that the flagstone patio dining area is part of the club house restaurant; it is not an extension of the pool. During the 2015 summer season the gate near the gazebo will be opened from 12 noon until 4:00pm Tuesday thru Sunday.

The following guidelines guarantee a pleasant experience for all and must be followed. All members, their guests and children must be appropriately attired for restaurant dining. No towels, pool gear or day bags are permitted on the patio dining area. If these simple requests are adhered to the gate will remain open for the designated time. Violation or a disregard of the rules and the gate will be closed and locked.

The rules are in place for the comfort and enjoyment of all dining members and guests.

Bill's Corner

So here we go! We will be in full swing in June; all areas open and ready to go.

And so with the club in full swing during this time please take extra care when signing your receipts, we ask you to print your name and member number on the check. With all areas open and new summer employees in place mistakes do happen so please take a moment and check that your receipt is correct; thank you.

It is also this time of year that we have many young children attending the club, please be aware of your children at all times. The golf course is off limits, as enticing as the open space is and with sand traps and the new pond area it is a dangerous place for children to be in, golf is in play everyday until dusk. The grass area, with

the Adirondack chairs is not to be used as a play ground it is an area for members and guest to enjoy each others company, a drink and to enjoy a relaxing moment during the day. The flower beds and water fountain do have fertilizers and pesticides so avoid this area too.

Father's Day this month with a roof garden Prime Rib Buffet; book early to avoid disappointment. Our Independence Day celebrations will be held on Thursday, July 2 and each year it just gets better and bigger; prices have not increased since 2007! Take a moment to view all the happenings for that day. This year our Entertainer is the fabulous Mary Ann Redmond and her band, I am sure many of you know her from her local performance and festivals, this lady can sing! I can promise you an incredible

three hours of entertainment. June 26 is the last day for reservations. So please do not miss the deadline.

It is this time of year we employee many people "summer help" without their assistance we could not operate fully for the summer. I ask you please be patient; they are here to assist us, and it usually takes a week or so for them to find their stride and their way around the club. Should you encounter any issues please seek a Manager on Duty to assist you; we will have our regular key people in place; you know us all by now and we will gladly help you.

I wish you all a fun, sun filled and safe summer.

See you around the Club House.

Bill Worrell

Club Manager ★



KIDFIT EVENTS FOR JUNE

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

Father's Day Craft Saturday, June 20, 2015

10:00am-12:00pm
2 Hours at Kidfit, Snacks & Craft Materials
\$10.00

PG-13 Movie Night, Kidfit Movie Night and Senior Movie Night Will Return in September

SUMMER CAMP DATES AND THEME

JUNE 15 – JUNE 19

Animal Planet

JULY 6 – JULY 10

Show Biz & Minute to Win It

JULY 27 – JULY 31

Artist & Builders

JUNE 22 – JUNE 26

Women's World Cup & Fitness Fun

JULY 13 – JULY 17

Young Musicians & Fashion

AUGUST 3 – AUGUST 7

Science Week

JUNE 29 – JULY 1, 3

Around The World & Exotic Food

JULY 20 – JULY 24

Heroes, Villains and Aliens

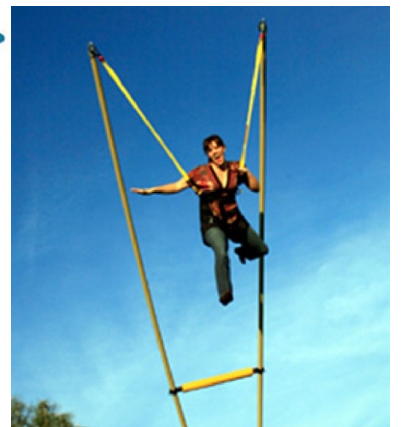
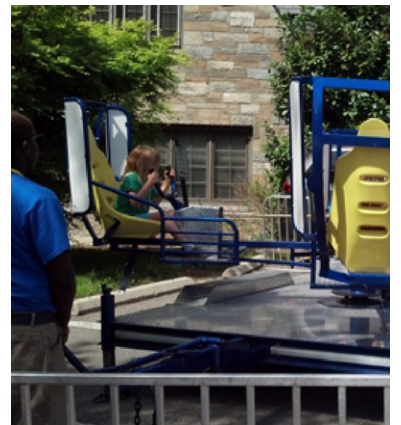


Independence Day Carnival

5:00pm-8:45pm
Thursday, July 2, 2015

*Featuring a Spectacular Fireworks Display
and a Great Carnival*

- Extreme Air in Line Jumper
- Triple Lindy Slide
- Lost Jungle-Cobra Obstacle Course
- Whirly Bird Ride
- Inflatable Maze
- 3 Lane Bungee Basket Ball
- Ball Crawl
- World of Sports & Pony Rides
- Cotton Candy, Snow Cones & Popcorn



Father's Day **Sunday, June 21**

Come and Celebrate Dad!

ROOF GARDEN DINING
6:00pm-8:00pm

Adults 36.95+
Children 6-12yrs 14.95+
Children 5yrs & Under
Children's Menu

Reservations Limited

Please Contact the Reservation Line
301-320-3000, ext. 1214

Reservations Close
Thursday, June 18

MENU

Salad Bar
Prime Rib Carving Station
Loaded Baked Potato
Green Beans
Housemade
Apple Pie & Ice Cream



Dads verses everyone else!!!
16 person Foosball
6:00pm-8:30pm

Part of the Father's Day Buffet Event.



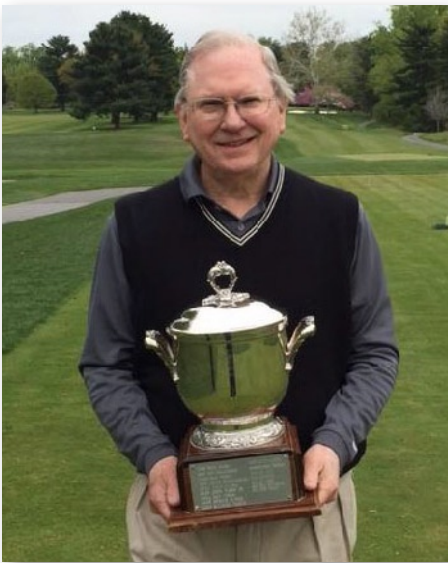
KGA

By Greg Bremer

Bachman wins Chamberlin Trophy

The Chamberlin Trophy is played by Stableford scoring with points for pars, birdies, etc. so the player with the highest score wins. The winner was Ken Bachman with a score of 43 points. Runner-up at 40 points was Bernie Nunez, with Doug Free and Joe Hornyak tied for 3rd with 38. Cris Smith and Mike Missal tied for fifth, one point back.

Low gross was won by Jac Read with 32 points, one better than runner-up John Nunez.



Chamberlin winner Ken Bachman

Bushkoff / Bringham take Member-Guest

Bob Bushkoff and his guest Chris Bringham won low net in our member-guest by two strokes with a score of 59. Members can bring more than one guest and play as a team with each one, leading to Jack Lauroesch finishing both 2nd and 3rd with his guests Kim Tucker and Dan Dranginis, respectively. Dave Kelly and Billy Smith were fourth, with 5th place going to Chris Huebner and Lou Deligatti.

Tom Shapiro and his guest Doug Bower won low gross easily with 67, four strokes better than Jack Lauroesch and Skip Tendall. G.P. Penati and Gary Hann were third gross at 72. Closest to the hole on #6 were Jac Read for members and Skip Tendall for guests. Long drive on #16 were member Vince Desiderio and guest Matt McCardle.



*Member-Guest Winners
(L-R): Chris Bringham and Mike Bushkoff*

Read Triumphs in Board of Governors Championship

Jac Read won the Board of Governors Championship, with Pat Fisher the runner-up. Bernie Nunez won the Championship consolation flight.



*Board of Governors Winner
Jac Read*

Ken Bachman followed up his Chamberlin win but taking the First flight over John Gregg, with Bill Hall winning the consolation flight.

The Second flight was won by Pete Havenstein, with Kent Peterson the runner-up. Steven Hannes won the consolation.

B-Team Starts Strong

The B-team is off to a quick 2-0 start to the season. Captain Joe Martin put together squads that defeated perennial power Cattail Creek in the opener and TPC Potomac the next week. Congratulations to Joe and all the players in each match.

State-wide Events

In Maryland State Golf Association events, Pete Labourdette advanced through local qualifying to earn a spot in the Maryland Open at Columbia C.C. in July. Larry Martone is in the field as well, he was exempt from qualifying based on his state-wide success last year. Larry will also represent Kenwood in the Maryland Amateur June 11-14 at Manor C.C. Good luck to both of them in the Championships.

Diffenbaugh Championship June 13-14

Call the golf shop at 301-320-3605 to sign up for the Diffenbaugh Championship on June 13-14. This event is individual stroke play with the low gross score for 36 holes winning the trophy. The overall field will be divided into flights by handicap, with net prizes in each. Tee times begin at 8:00am each day, and players whose handicap plus their age is 75 or above can play white tees if they prefer.

After the Diffenbaugh, our schedule "takes the summer off" and resumes with the Club Championship September 18-20. ★



By Richard Dante

Seniors. Our first mixer is over, and was a resounding success! The weather held and our course showed its new glories to our friends from Washington Golf. Forty six golfers participated in this two best balls match, and we had four groups taking home the “money”. (When our pros play in their tournaments, do they get the same kind of “specie”?)

Joking aside we had four sets of winners: Fourth place was Ray Theim, Dave Ward, Michal Driggs, and Bob Berish with 127. Gerald McEuan, Morty Moss, Jerry

O’Neil, and Earl Hodin took third with a 126. Cris Smith , Jim Kasab, Art Ziezel, and a mysterious fourth took second with 124. First place swept the rest away with a 122. They were Ken Bachman, Dan Gerkin, Fred Clarke, and John Finley.

Congratulations to all and we look forward to going over the bridge next Wednesday to return the favor and play at Washington Golf. I know all our members are looking forward to that date. In fact, we may have too many trying to go...there

is a limit to the number who can. Make sure you are signed up on SignUpGenius if you intend to take advantage of all the opportunities to play some of the great courses out there. ★

MIXED EVENTS

By Patrick Pellerin and Sally Seiler

We’ll kick off the Fourth of July week with our Red, White and Blue twilight event on Saturday, June 27 with a 4:30 p.m. shotgun start. Wear your best patriotic outfit and sign up as a foursome, threesome, couple or single. Non-member family members and guests are invited (greens fees apply). Players will tee off on the red tees for three holes, on the white tees on three holes and on the blue tees on three holes. Scramble format after the tee shots.

Following play we’ll have a member bar and an All-American catered dinner with hot dogs, hamburgers, grilled chicken and all the trimmings. The entry fee is \$35 per person plus cart fee. Check with the pro shop to sign up.

Sign up to take advantage of our Frequent Player Program. If you play in four of the first five events, the entrance fee (but not the cart fee) is waived for the last event, the Cranberry Bowl.

To get on our e-mail list, contact Pat at ppellerin1@verizon.net or Sally at sallyseiler20@gmail.com. We look forward to a great Mixed Event Year! ★

Pool Snack Bar Hours

May 23 through 25

11:00am-7:30pm

May 26 through June 11

Monday through Thursday 12:00-7:00pm

Friday 12:00-7:30pm

Saturday & Sunday 11:00am-7:30pm

June 12 through July 31

Monday 12:00-7:00pm

Tuesday through Thursday 11:00am-7:00pm

Friday & Saturday 10:30am-7:30pm

Sunday 11:00am-7:30pm



By Ann Pelham

In a first for Kenwood's women golfers, Kenwood's team won the First Flight in the Maryland Women's Team Championship, edging out the Sparrows Point team, 6.5 to 5.5, on May 17. The annual competition, run by the Maryland State Golf Association's Women's Division, drew eight-woman teams from 29 clubs across the state, for four days of competition in four flights.

Eight players represented Kenwood in the final match, which was held at both Kenwood and Sparrows Point. Paired up at Kenwood for a mid-day start were **Jill Headley** and **Ann Nichols**, and **Mimi Hoffman** with **Harriet Moss**. Competing at Sparrows Point were **Kay Tyler** and **Kerry Murray**, along with **Theresa Shingler** and **Jocelyn Lamond**.

Also on the team, dubbed "Ladies in Pink" for the team color, were **Susan**



At Sparrows Point, both teams pose after the match with their awards. Kenwood's players are Kay Tyler (second from left), Theresa Shingler (fourth from right), Jocelyn Lamond (third from right) and Kerry Murray (on right end).

Peterson, who served as captain, and **Camilla Rothwell**.

The format was four-ball match play at gross, with Nassau scoring. That means a two-person team could earn up to three points: one for winning the front nine, one for the back nine, and one for taking all 18. Kenwood had a bye in the first round, and defeated Maryland Golf in the second round, 7.5 to 4.5. In the Championship Flight, Argyle defeated Norbeck, 8.5 to 3.5.

KWGA Winners; Upcoming Events

Congratulations go to **Judy Perry** and **Marilyn Marcossion Starr**, who won the KWGA's annual Chamberlin event on April 23.



Judy Perry and Marilyn Marcossion Starr paired up to win the Chamberlin trophy.



Holding trophies at Kenwood are Mimi Hoffman, Harriet Moss, Jill Headley, Ann Nichols and captain Susan Peterson, part of the victorious Kenwood team in the MSGA Women's Team Championship, First Flight.

Held over two days, the trophy tournament is a net ringer event for 36 holes. Each two-person team takes their lowest score out of four on each hole to create their final scorecard. This fun, forgiving format is a perfect start to the golf season, so remember to sign up next April.

In May, the KWGA hosted the Solheim Cup, which splits the field into two teams. This year, the Red Team prevailed, 47-43, in match play, making winners of **Iola Abood, Alice Dewys, Joanie Golden, Harriet Moss, Dana Peterson, Ellen Roche, Sue Shapiro, Jennifer Snow, and Marilyn Starr**.

Don't miss the **Annual Member-Guest** on Wednesday, June 10, and **Women on the Weekend** on Saturday, July 25. ★



NINERS

By Madeleine Schaller

Although the weather was brisk, twenty-one Niners turned out for the Opening Day Scramble. The winning team, with a score of 42, was Kim Chester, Mary Hanstad, and Kitty Hunsinger. Coming in second place, with a score of 43, were Bebe Barnes, Patty Edwards, Sue Werthan, and Sharon Xu.

Clinics

Assistant Golf Pros Pete Labourdette and Scott Shapin continued to offer their expert advice at a Chipping and Pitching Clinic on April 29 and a Putting Clinic on May 6. After an explanation of the appropriate technique for each shot, Niners were able to practice what they learned and to be critiqued helpfully by Pete and Scott. These FREE clinics for Niners are an amazing way to learn at least one or two helpful hints for each golf swing. Sign up now at the Pro Shop for the Sand Bunker Clinic on June 9. Who doesn't need help



Pam Wincup using teaching aid for correct putting alignment

getting out of the sand! There also will be a repeat of the Full Swing Clinic on June 17. Space is limited to twenty, on a first come, first served basis.

Match Play

The first round of match play for the A and B teams representing Kenwood in the MVTMA were held. The A Team played at Bell Haven and Kenwood was represented by Sue Werthan. The B Team played at International and Kenwood was represented by Kim Chester and Sharon Stoliaroff. Please contact Sue Werthan if you are interested in match play as a few openings remain.

Member/Guest Tournament – PUTTIN' On The GLITZ

There was no doubt that the Niners know how to put on the glitz. Boas, fancy hats, tiaras, and amazing jewels were seen among the Kenwood Niners and their guests. Even Mother Nature outdid herself with perfect weather. Serious golf was played and first place winners were: Natalie DeVol, Kate DuVall, Claire Ames, and Carol Rhees. Second place went to Susan Pearce, Romey McPherson, Barbara Nevins, and Edee Perry. Emily Collins, Ana Rasmussen, and Kate Agnew were third. Prizes also were given to those with the most glamorous attire. ★



*Member-Guest Tournament Winning Team
(L-R): Carol Rhees, Claire Ames, Kate DuVall, and Natalie DeVol*

NINERS SCHEDULE

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

JUNIOR GOLF

By Jill Headley

Be sure to mark your calendars with all the important junior golf dates of the summer!

Summer Clinic Series & Camps Begin on June 21

Keep working on your skills throughout the summer with the Summer Clinic & Camp Series. The series will take juniors through each major area of the game: putting, chipping, pitching, irons, and woods. Each lesson will incorporate age appropriate physical training techniques to, simultaneously, build golf technique and athleticism. One, five-week Clinic Series is included in the KJGA registration fee; however, if your child already participated in the spring series and would like to continue in the summer, they can do so for an additional \$150 fee. New this year is our week long camps. Camps run Monday through Thursday for 90 minutes each day.

Friday "Play Days" begin on June 19 at 7:30 a.m.

We have over 90 junior golfers registered for summer golf and we welcome more to join in on the fun. We are accepting registrations right up until June 19.

18 Holes – Don't Miss the 18-Hole Trophy Events.

The KJGA Team Championship is on Saturday, June 6 at 3:00 p.m. The HG Free, which is a low net, individual competition, is on Saturday, June 27 at 2:00 p.m. The Board of Governors Tournament, which is a low net, individual competition, is on Saturday, July 11 at 3:00 p.m. Registration is required for all events, so please call the golf shop and get in the tournament action! 9 Hole Flights – There will be a 9 hole division for all trophy events. Prizes and recognition will be given to the 9 hole winners; however, if you want to vie for the trophy, you must compete in the 18 hole division.

(continued on page 13)

Family Golf Kickoff Tournament Results.

Congratulations to the Snow family on their victory in the Family Golf Kickoff Scramble. Jennifer, Elliot, and Oliver fired a blistering 67 to win by 4. The Headley family, including Thor, Jill, Georgia, and Kendall, placed second. Thank you to all the families who participated.



Family Golf Kickoff Scramble – Winners
Snow Family



Family Golf Kickoff Scramble – 2nd Place
Headley Family

INTERCLUB NOTES

By Cathy McGarrity & Chand Khanna

At our Monday afternoon practices, our aspiring Interclub hopefuls have been honing their match play skills, while enjoying some friendly intramural competition. This is all building toward the Interclub qualifiers and the summer league season. The Interclub teams will compete against local clubs including Congressional, Bethesda, Lakewood, Columbia, and Chevy Chase.

Interclub qualifiers have begun and will continue through June 8th in order to determine the rosters for the 9-hole and 18-hole teams. Teams will be selected by June 10th based on qualifying scores. To qualify for interclub, each junior must compete in at least two qualifiers and be a KJGA member.

Interclub Qualifier Dates

June 6 – 3:00 p.m.	KJGA Team Championship (Interclub Qualifier #5)
June 8 – 3:00 p.m.	Interclub Qualifier #6

9 Hole Team Schedule

Wednesday, June 24	8:00 a.m.	vs. Congressional	at Bethesda
Wednesday, July 1	7:30 a.m.	vs. Bethesda	at Columbia
Thursday, July 9	9:00 a.m.	vs. Columbia	at Chevy Chase
Friday, July 10	8:00 a.m.	vs. TBD (Scrimmage)	at Kenwood
Thursday, July 30	9:30 a.m.	vs. Chevy Chase	at Congressional

18 Hole Team Schedule

Wednesday, June 24	8:00 a.m.	vs. Columbia	at Bethesda
Tuesday, June 30	8:00 a.m.	vs. Chevy Chase	at Lakewood
Wednesday, July 1	7:30 a.m.	vs. Congressional	at Columbia
Thursday, July 9	8:00 a.m.	vs. Lakewood	at Chevy Chase
Friday, July 17	8:00 a.m.	vs. Bethesda	at Kenwood
Thursday, July 30	8:00 a.m.	vs. TBD	at Congressional

We wish the best of luck to our Interclub teams this summer. Go Kenwood!!!

JUNIOR GOLF

(continued from page 12)

Drive, Chip & Putt Championship Results



Champion (Age 7-9)
Preston Brown

Champion (Age 10-12)
Audouin Goudet

KJGA Club Championships and KJGA Banquet

The 3, 6, 9 and 18 Holvers will compete in the Championships on Fridays, July 24 and July 31.

We will continue our tradition of holding the banquet on July 31, the final day of the Junior Club Championships. The 9 and 18 holvers will tee off at 2:30 on July 31, in order to finish in front of a gallery of supportive parents and fellow junior golfers. Join us on Friday, July 31 at 6:00 p.m., to watch the final holes of competition and congratulate the winners!

PGA Junior League Golf

The KJGA is proud to announce our inaugural PGA Junior League Golf team:

Mary Hermes	Jack Hermes
Brynn O'Connor	Kelly O'Connor
Maddie Andres	Jack Andres
Georgia Headley	Owen Perrins
Daniel Gonzalez	Will Radcliffe
Ethan Herr	Oliver Snow
Christina Johnson	Mia Diamond
Regan Kreter	Kiley Kreter
Nate Radcliffe	

Wish our juniors good luck as they compete throughout the summer against teams from Woodmont, Bethesda, TPC Potomac, and Bretton Woods! ★

An Open Letter to Kenwood Staff, Members and Mangement

I want to say thank you. You may not know my name but I am the bald guy with a lots of facial hair that has been having such a hard time walking around lately. 2014 was an awful year for me and I am still recovering.

My first thank you goes to the Kenwood team members because they have been fantastic and ever helpful to me. From the restaurant to the fitness center to the golf course and, of course, clubhouse management, everyone has been great. My description may be brief, but know that there are countless acts of kindness that have motivated me to write this open letter.

My second thank you goes to the general membership. Members have queried about my condition. Some members I have known for years; others are nodding acquaintances who do more than just hold the door. Members ask how things are going – and they have shown real compassion. Members have been supportive (especially during the ice storms) and now have become most encouraging because I am moving more like a human again.

My third thank you goes to an unknown golfer. My money clip fell out of my pants pocket on Saturday. I did not know it was gone until after 8PM on Saturday night. When I went to the golf shop the next day to ask if anyone found it, staff checked the drawers and found my money clip. Not a dollar was gone.

How fantastic is our club membership that something as anonymous as cash can be turned in to lost and found by an unknown member! How fantastic is our membership that they would show such encouragement towards me! How fantastic are the employees and management for making Kenwood a quality place to spend time! I have felt fantastic all day because of the quality and integrity of our membership and the caring the membership has shown me personally. I beam with pride to know that I am apart of such a quality group of people.

If you see me on the grounds, please know that I send my best wishes to you. For me, as I get to the end of this seemingly endless tunnel, I am buoyed by my interactions with you.

Thank you,
John Williams

TENNIS NOTES

By Matt Blackwelder

Greetings all. I hope that everyone is enjoying the outdoor tennis season. The courts are in great condition and awaiting your matches. Don't forget, when you are finished playing, feel free to sit out on the newly refurbished tennis deck, soak in some rays, watch some beautiful tennis, and enjoy a cold beer or glass of wine (both are now available at the fitness desk and count toward your food minimum!!).

Tennis Season Events

As usual, if you have ideas for new events or ways to improve current events, please email me at blackwelder33@hotmail.com.

As many of you know, April marked the beginning of Kenwood's outdoor tennis season.

On Thursday April 23, Kenwood had its Opening Day reception, which was well-attended once again and featured food, fun, and most importantly prize drawings. I big thank you is owed to Rebecca Conley who once again chaired the event.

On Saturday, April 25, Kenwood held its Tennis Opening Day Round Robin. As in the past, the day started a bit cool. Unlike recent years, however, the day remained damp and chilly. Despite the conditions, 36 dedicated players, comprising 10 teams, enjoyed excellent round robin tennis.

Seven rounds, totaling 42 games, were played in a format that allowed each team to play other teams. Team 6, comprising Pirooz Shirafi, Ward Barmon, Jean Barquin, and Mark Sandstrom had the highest number of game wins at 30.

As in past years, the Opening Day teams were balanced and competitive, with several teams reporting more than 20 games won! Gift certificates to the Tennis Shop were awarded to the members of the winning team. Tim French was the lucky winner of the random drawing for two tickets to Kenwood Night at the Kastles.

The traditional cookout lunch, which immediately followed the tennis, was held indoors due to the threat of rain showers. Thanks to Head Pro Chris Furnas, and to Dick and Holly Culp who did an outstanding job of organizing the event. The Tennis Committee thanks all volunteers who make these fun tennis events possible and keep the activity schedule full!

TENNIS OPENING DAY



*Opening Day Winners
Front Row – Ward Barmon, Jean Barquin,
Perooz Sharafi, Mark Sandstrom
Back Row – Chris Furnas (Tennis Pro), Holly
and Dick Culp (Event Organizers)*



Tennis Pro Chris Furnas recapping the event



At the time of publication of this newsletter, Kenwood tennis will have held several of its most unique events for the season: the Men's Woody Tournament, which involves a round robin using only wood racquets, and the Washington Kastles Clinic hosted by former French Open Champion and Coach of the Kastles, Murphy Jensen.

Interclub

The mens' 4.0-4.5 interclub is in full swing. Kenwood won its first match against Bethesda 4-1, with victories by Kirk Nahra and Matt Blackwelder at 1 & 2 singles, and doubles wins by the teams of Andy Sandler/Kent Peterson and Graeme Bush/Tom Brunkow (who outlasted their opponents 7-6, 7-6).

Matches are played most Sunday mornings from April 26 through the end of June and involve 3 singles matches and 2 doubles matches. If you are interested in playing, please contact me at blackwelder33@hotmail.com or contact Chris Furnas.

One of Kenwood's most dominant teams, the Men's Senior Interclub, continues

(continued on page 15)



Sarah Kasten, Tessa Morris and Mollie Schmitz at Columbia waiting for Liz Flanagan and Janet Adrian to finish their match.



TENNIS NOTES

(continued from page 14)

to dismantle the opposition. Currently, they are in first place in the league with a 5-1 record.

I have also been told that the women's interclub teams are in motion as well and competing hard.

Twilight Tennis

Twilight Tennis is Kenwood's newest tennis event that was created to round out the tennis program offerings. The tennis committee tries to strike a balance between social tennis (opening day), competitive tennis (tournaments and interclub leagues), and educational events (clinics and the junior tennis program).

While Twilight Tennis falls into the social tennis category, it does provide a lot of fun for all skill levels. Participants are sent to the courts in groups four, where they decide who partners with whom for a set comprised of four games. The winning partners stay on the court, and the losing partners advance to the next court. Each pair splits for the next 4-game set. In other words, everyone gets a new partner for each 4-game set.

For folks new to this format, it seems a bit elaborate. However, by the third switch, participants get the rhythm, and it really becomes a lot of fun. It has become a great event for folks new to the club looking to meet other players, and for long time members who want to play a bit of tennis and enjoy the summer evenings afterwards with drinks and light refreshments on the tennis deck.

Twilight Tennis occurs on the first Wednesday and third Friday, May through August. The greatest challenge in running this event is dealing with the spring and summer weather. Most storms seem to hit between the 4:00pm - 6:00pm, making it difficult to provide much notice as to whether the event can be held. If a decision to cancel is made before 4:00 pm, the Club will send an email alert. We always err on the side of trying to hold to the event. Iffy weather after 4:00 pm requires participants to call the Pro Shop for status.

Twilight Tennis requires a minimum of 12 participants to hold the event, which provides another challenge, as the event is conducted during the week and is subject to the busy work schedules of the members. There are times when the sign-up sheet is full within hours of posting, and other times when only a few are available or desire to participate. Since we have received strong positive feedback regarding this event, the tennis committee will continue to offer the event. However, this event, as with all tennis events, can only be successful with your involvement. So, sign up today and give it a go!

Tennis Tip from Head Pro Chris Furnas Common Rule Questions:

Q. In a doubles match at the end of a long point, my opponent hit a ball that was heading into the net then immediately called a let for an errant ball from another court that was nowhere near any player or in the

field of play. Is it valid to call a let AFTER you hit a bad shot, if there happens to be an errant ball on the court?

A. If the player has already hit the ball and then the player or partner calls a let; that is too late. The let needs to come before the ball is played by the player or the partner to be considered a hindrance.

Q. During the course of a point my opponent hit a ball that hit a towel which was draped over the net and then landed in for a winner. My partner claimed this was a let because once it hit the towel the point should have stopped. Should a let have been played?

A. No. Towels should not be placed over the net, but once this has been done the towel is now a permanent fixture on the court and if a ball touches the towel and lands in the point stands and a let is not played.

Q. If a player is stung by a bee during play can she/he call a let. Is this a medical time out? A hindrance?

A. One can have a Medical Time Out for a sting. If a bee stings a player during the middle of a point it is considered an unintentional hindrance and a let can be played. Play must be stopped at the moment of the sting. A player may not continue the point after the sting, eventually lose the point, and then claim a let. ★

SATURDAY, JULY 4



Outdoor Pool 10:00am-8:00pm

Be sure to join us for lots of fun and games at 1:30pm-3:30pm for children and adults

Other Hours

Cocktail Lounge – 11:00am-6:00pm

Restaurant – 11:00am-6:00pm

serving lunch menu & July 4th Specials only

Restaurant closed in the evening

Fitness Center – 6:00am-6:00pm

Indoor Pool – 8:00am-12:00pm

Kidfit Closed

Pool Snack Bar – 11:00am-7:00pm

Patio Bar – 12:00am-7:30pm

Golf Snack Bar – 9:30am-6:00pm



By *Monica Barry*

Hubba Hubba 2015! Summer is here and the Swim/Dive staff is ready for a wonderful season. We welcome many new faces to the program, from our newest members to our talented staff. There are so many activities planned for the summer, so get you Orange and Black out of the closet and get ready for another fun-filled season!

Practices for swim team begins Saturday, May 30. Dive team practice commences June 1. All swimmers and divers should be registered by May 30. If a swimmer or diver is not registered, they are not allowed to participate in practices or competitions. Registration forms are available on-line at www.kenwoodcc.net. Please fill out and send to Jean Sylvester, team registrar at jean.sylvester@verizon.net. The team fees will be billed to members' club accounts. The practice schedule is posted on-line and in the Orange Calendar that was mailed to the membership in May. Please refer to it for all competitions and social events that will take place over the next two months. If a member is going to be out of town for a competition, please let the coaching staff know about your child's absence. It will help in planning the competitions. Team apparel has been ordered for the season. Team suits and caps are available at the Front Desk of the Fitness Center.

The CCSDA has a terrific website for all member clubs – www.countryclubswimanddive.org. This site has the master schedule for all the members clubs as well as the By-laws, coach biographies and league records. There are also photos and a history of the league provided. Take a look and let one of the swim committee members know if you have any suggestions for this new league tool.

There are many activities this month. Swimming Time Trials are Saturday, June 6 and the Dive beginner clinic will take place on this date as well. Time Trials are a very important bench mark used by the coaching staff to set up meets throughout the season. Swimmers may swim up to 3 individual events in a dual meet if space allows. Swimmers are encouraged to swim every event at Time Trials as it may be the only chance the swimmer has to swim a certain

stroke. Meets are set up with the top 4 times in each age group, in each event and then the coaches place the next swimmers in heats if there are spaces available. In some meets, Kenwood is only allowed one heat per event, so every swim counts. Please make every effort to be present for Time Trials. Diving practice begins on Monday, June 1. Divers must be registered in order for the coaching staff to enter them in diving competitions. Participation in league championships at the end of July is based on times and overall performance throughout the summer. A competitor must be in at least three dual meets to be eligible for league championships.

The Developmental Swim team will begin practices on Wednesday, June 10. All swimmers must be registered by that date. The Developmental team members are encouraged to practice at least 3 times per week but can come to any and all practices if they wish. Developmental swimmers may participate in home team meets if space allows. They also have 3 meets that are on the schedule for them. Please look at the Orange calendar for dates and times of meets and practices. There is one addition to the calendar this year. Congressional Country Club will be hosting a 10&Under meet on Saturday, June 13 at 8:30 a.m. This meet is another chance for our younger swimmers to get in times and some stroke evaluations without the pressure of meet scoring. It is also a great way to swim events that a swimmer may not have a chance to swim in a regular dual meet. Coaches will provide information as the date approaches.

The Sunday Night Swim clinic finished with fun relays on Sunday, May 17. Special thanks to coaches Chris Lynch, Rob Smith, Mary Kate Myers, Kevin O'Leary, Jake Thomas, Matt Schmitz, Alice Hollensteiner,

Clare and Erin Morrissey for their dedication over the winter. Thanks also to our regular substitutes Caroline Rhodes, Sheila McGuinness, Mac Hollensteiner and Grace and Kathleen Duke for stepping in when we needed some extra help. The youngest swimmers will surely be ready to take on new challenges this summer because of the team effort put into each hour long session.

The Water Polo clinic will be offered again this year at four area clubs. Registration will be taken at the first session, Sunday, June 7 at Kenwood. The clinic is for beginner and experienced players alike and is co-ed for players who will be Middle School age through those completing 12th grade. This year, the clinic will be held on Sunday mornings to hopefully avoid the many evening weather cancellations that have occurred in previous years. The schedule for the season is on the Orange Calendar. Contact Dan Barry at danmonica87@gmail.com for further information.

Private lessons are available for both swimming and diving this summer. Please see a member of the coaching staff to schedule lessons at your convenience.

Lakewood Country Club will be hosting the CCSDA Swimming Championships July 27-28. Bethesda and Army-Navy will be hosting the Diving Championships on July 23 and 24, respectively. Both meets are the most exciting of the season and we hope to bring back the championship trophies to Kenwood! If possible, please plan your vacations and camps for after the season so that we can have the strongest teams represented at these meets.

Summer 2015 is going to be great! See you at the pool!

Hubba Hubba! ★

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

SCHEDULE OF EVENTS
AT THE
KENWOOD GOLF & COUNTRY CLUB OUTDOOR POOLS
Saturday, July 4, 2015

2:00 PM NORTH POOL – KID RELAYS

10 & under – ONE width of the North Pool with kickboard

10 & under – 4 on a team – ONE width of the pool – Ping Pong Ball/Spoon Race

18 & under – 4 on a team – ONE length of the pool – SWEATSHIRT and SALTINE relay – must blow up a balloon

- multiple heats if required

2:20 PM NORTH POOL – FAMILY RELAYS (width of the pool)

CLASS A – ONE parent and two children

CLASS B – mother and son

CLASS C – father and daughter

CLASS D – mother and daughter

CLASS E – father and son

CLASS F – husband and wife (if they have survived the other relays)

- multiple heats if required

2:45 PM NORTH POOL - ASH CAN RELAY – Lifeguard Challenge

Medley Relay – 4 members on a team

- Guards are out of shape! The members can take ‘em this year!
- Winners get their picture on the bulletin board (OH YEAH!)

3:00 PM NORTH POOL – GREASED WATERMELON EXTRAVAGANZA

12 & under ONLY – two teams – rules TBA

3:15 PM DIVING AND BABY POOL \$\$\$ MONEY TOSS \$\$\$

5 & under in the baby pool

10 & under in the Shallow End of the Diving Pool

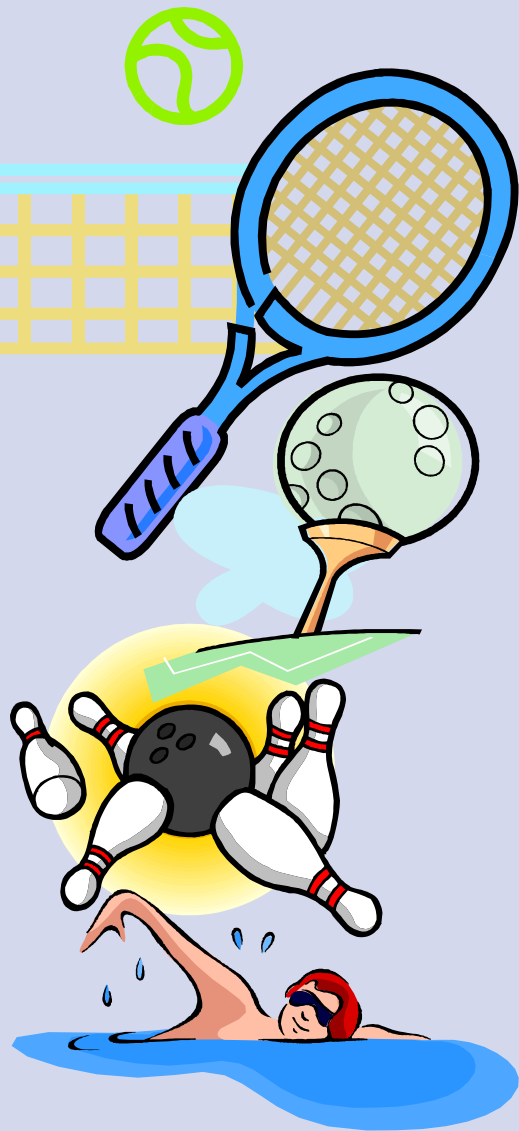
14 & under in the Middle and Well of the Diving Pool

3:30 PM DIVING POOL DECK – WATER BALLOON TOSS

One Balloon Per Team

One Entry Per Person

★★★ Lap Swimming will be available in the North Pool after 3:00 PM ★★★



KENWOOD 2015 JUNIOR TRIATHLON REGISTRATION

All Kenwood athletes 14 and under are eligible to participate.

DATE: FRIDAY, JUNE 26

Any changes to the schedule below will be posted to the website beginning Friday, June 19 under "What's New."

Registration boards will be posted outside the tennis shop, the entrance to the outdoor pool and near the first tee. Please select three sports to participate in: golf, tennis, bowling or swimming.

Start time is 3:00 pm. Activities will be complete around 7:00 pm with dinner and awards to follow on the lawn.

Please include an email address with your name so that we can confirm your participation and schedule your events. This is a great day to take advantage of all that Kenwood has to offer and show off your all around athleticism.

If you have any questions please feel free to contact Jill Headley and don't forget to check the website for changes beginning Friday, June 19.



FROM THE FITNESS CENTER

By Laila Linden



It's that time of year again! In order to keep everyone safe and happy this Summer Season, please review some of the Outdoor Pool Rules below:

- All persons must sign the daily swim register when entering the pool area (which includes the flagstone patio area). A photo must be on file for admittance. Guest fees and access fees rules apply.
- All persons are required to shower before using pools. No person will be permitted to enter the water with an infection of any kind.
- No child under the age of 10 is permitted within the pools' enclosures unless accompanied by a chaperone that has attained age 13.
- STROLLERS are prohibited within the Pool area for safety reasons.
- Children over 5 years of age are not permitted in the wading pool. A parent or responsible chaperone must accompany children using the wading pool at all times. Forms to register a chaperone are located at the Clubhouse Front Desk.
- Outside food and beverages (including coolers) are prohibited at Kenwood Country Club.
- Glass containers are not allowed in the pool area. Wearing eyeglasses in the water is prohibited.
- Alcoholic beverages are not allowed in the pool area. Food and beverages are to be consumed only at the snack bar and on the flagstone patio.
- No lounge chairs are permitted on the pool decks or in the area between the two pools. Lounge chairs are permitted on the enclosed grass area. No children under 16 are allowed to use the lounge chairs during the weekend hours.

For a complete list of Pool Rules please reference the "Orange" 2015 Kenwood Swimming and Diving Program brochure. ★

SUMMER GROUP EXERCISE PASSES

New Group Exercise Passes for the July – September quarter go on sale Monday, June 22. Please note the unlimited passes cannot be used until July 1. All passes expired September 30, 2015.

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.*

INDOOR POOL HOURS SUMMER 2015

MAY 27 thru SEPTEMBER 7 the indoor pool hours will cut back when the outdoor pool is open regular hours for the summer.

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

* Exception: During home swim meets, the indoor pool will be open 4:30pm-8:30pm

Saturday & Sunday 8:00am-12:00pm

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

**HOT TUB IS ONLY OPEN DURING
THE INDOOR POOL HOURS.**

TO-GO ORDERS

**Tuesday through Thursday
11:30am-7:00pm**

**Friday, Saturday & Sunday
11:30am-6:30pm**

Due to the increase in Restaurant Dining we have had to re-define our Restaurant Menu TO-GO hours. For TO-GO Orders please contact the Restaurant 301-320-3000, ext. 1278.

NEWS FROM THE SPA

By Carrie Corey, Spa Director

Come on in! I have seen many new faces at Kenwood and many familiar faces that have only wandered into the spa for our delicious water. It's time to take the plunge, not into our Spa water ☺, but into the Spa to see what it is all about. We have so much to offer our members, and we would love to have you give us a try. I have gathered the following information to help you understand some more about massage, and hope that you will see something that we can help you with. Although the data below focuses on massage, acupuncture is very similar in its widespread use and effectiveness for a very broad range of physical and psychological issues. Why struggle or be annoyed by a problem when it could be eliminated.

Interesting Massage Facts

Did you know that massage is probably the oldest and simplest form of healthcare? It is depicted in Egyptian tomb paintings. It is mentioned in ancient Chinese, Japanese, and Indian texts. The ancient Greek physician Hippocrates describes the practice of anatripsis or "rubbing up."

HOURS FOR FACIALS AND WAXING

Wednesdays and Saturdays - 10am-4pm and Sunday, June 28 - 12noon-5pm
Last Sunday of each month 12noon-5pm

Massage is scientifically shown to be an effective treatment for the following conditions:

- Cancer-related fatigue
- Low back pain
- Osteoarthritis of the knee
- Reducing post-operative pain
- Boosting the body's immune system functioning
- Decreasing the symptoms of carpal tunnel syndrome
- Lowering blood pressure
- Reducing headache frequency
- Easing alcohol withdrawal symptoms
- Decreasing pain in cancer patients
- Fibromyalgia

Therapeutic massage is increasingly being promoted by healthcare providers to their patients.

Almost one in five adult Americans (19%) report discussing massage therapy

with their doctors or healthcare providers. Of those 19%, more than half (58%) said their doctor strongly recommended or encouraged massage. More than half of massage therapists (63%) receive referrals from healthcare professionals.

Massage is beneficial for infants, children, adolescents, adults, and the elderly.

Babies fall asleep faster when massaged than when rocked, and they stay asleep rather than waking the moment Mom tiptoes away.

When massaged regularly, children suffering from juvenile rheumatoid arthritis, asthma, and autism experienced decreased pain, decreased anxiety, and decreased inattentiveness.

Massage therapy can help to partially restore mobility to the elderly afflicted with Parkinson's disease and arthritis, and can also reduce levels of anxiety, depression, and the effects of loneliness.

Massage can help with:

- **Stress** – Massage is one of the best known antidotes for stress. Reducing

(continued on page 21)



Get those feet ready for Sandal Season with our Fancy Feet Treatment

Revive tired feet with this botanically rich treatment designed to infuse moisture with a rich blend of Shea Butter, Aloe, and Marine Extracts that leave your feet petal soft. Your feet will be polished to a smooth finish then wrapped in a deeply hydrating, mineral rich rose mud from the Provence region of France. A rejuvenating foot balm is applied to seal in moisture and leaves a powdery soft finish. Lavender, Listea, and Peppermint essential oils revitalize, cool and energize sore feet.

This 30 minute treatment can be done alone or added to a massage for only \$55. Don't deny your feet the rejuvenation that awaits them. **Schedule your Fancy Feet Treatment TODAY!**

NEWS FROM THE SPA

(continued from page 20)

stress gives you more energy, improves your outlook on life, and in the process reduces your likelihood of injury and illness. Massage can also relieve symptoms of conditions that are aggravated by anxiety, such as asthma or insomnia.

- **Painful or Tight Muscles** – Massage can relieve many types of muscle tightness, from a short-term muscle cramp to a habitually clenched jaw or tight shoulders. Some massage techniques release tension directly by stretching, kneading, and compressing your muscles. Others techniques work indirectly by affecting your nervous system to allow your muscles to relax.
- **Delayed Muscle soreness** – After vigorous exercise, a buildup of waste products in your muscles can leave you feeling tired and sore. Massage increases circulation, which removes waste products and brings in healing nutrients.
- **Pain or Tingling in Arms or Legs** – Muscles can become so contracted that they press on nerves to the arms, hands and legs, causing pain or tingling. If this happens, a massage to release the contracted muscles can bring relief.
- **Injuries** – Massage can help heal injuries that develop over time, such as tendonitis, as well as ligament sprains or muscle strains caused by an accident. Massage reduces inflammation by increasing circulation to the affected area, which removes waste products and brings nutrients to injured cells. Certain massage techniques can limit scar formation in new injuries and can reduce or make more pliable the scar tissue remaining around old injuries.
- **Prevention of New Injuries** – By relieving chronic tension, massage can help prevent injuries that might result from putting stress on unbalanced muscle groups or from favoring or forcing a painful, restricted area.
- **Joint Pain or Restriction** – Besides releasing tight muscles that can restrict

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Skincare News

Father's Day is officially the start of summer! In the United States, the summer solstice marks the first day of summer. This beautiful summer day is the longest day of the year. In the United States, there are about 14½ hours of daylight on this day. With that said, we know the sun is the primary cause of wrinkles and aging effects. Every skincare-savvy individual should guard against the sun every day, and this is especially true for this coming June 21st. Simply, wear a sunhat if you plan to spend this solstice out on the shore or by your neighborhood pool. Do not spend more than eight consecutive hours in direct sunlight for best care and never forget the cardinal rule: hydration, hydration, hydration! With all the electrolytes you are losing in bodily fluids such as perspiration, you are dripping key salts and elements that keep your body functioning at a healthy level. Plenty of athletic drinks and specially marked waters contain boosted electrolyte formulas in order to keep you hydrated even in the hottest of summers.

And of course, you must always use sun protection! We are not just saying that for skin benefits although sunblock can prevent further environmental damage and aging effects. Every doctor recommends reapplying sunblock at least every two hours even with high-SPF sunblocks. Typically, you can calculate how long a sunblock will last if you multiply the SPF number by 10, which will equal the number of minutes you'd be safe from the sun. However, this equation doesn't account for body sweat or pool-diving that might dissolve the formula faster. Therefore, it is always best advised to reapply the preventative sun lotion every one or two hours.



Our Prevention+ line is an evolution of five sun protection moisturizers that can help defend the skin against the sun's harmful effects. Two of these moisturizers are a practical make-up base for a matte (non-shiny) or glowing (tinted) finish. The Ultra Sheer Spray comes with a 45 SPF and is made lightweight and transparent and it is the best for fast absorption when you are on-the-go. The Ultra Sheer Spray won't clog your pores and it can protect you from 98% of UVB rays. The Ultimate Protection moisturizer has the highest SPF and UVA protection, combined with photosomes and roxisomes, to reduce the risk of deep-seated damage caused by the sun. It is the ultimate protection against aging effects and sun damage.

All of the products in the Prevention+ line will be 20% off for June!

NEWS FROM THE SPA

(continued from page 21)

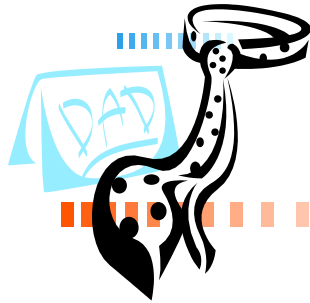
joint movement, massage works directly on your joints by improving circulation around them and stimulating the production of natural lubrication within them, relieving pain from conditions such as osteoarthritis.

- **Posture** – As massage releases restrictions in muscles, joints, and surrounding fascia, your body is freed to return to a more natural and healthy posture. Massage can also relieve the contracted muscles and pain caused by abnormal spinal curvatures such as scoliosis.

Make Massage a Habit

As with exercise; massage has the greatest benefit when you receive it regularly. The more “practice” you give your body’s systems at functioning in a stress-free and efficient manner, the more “skilled” your body becomes at functioning optimally under challenging circumstances. Whether weekly, semi-weekly, or monthly, a program of regular massage will help your body maintain its overall health.

Bring yourself or someone you care about into Kenwood’s Spa **TODAY** delay no longer! ★



Father’s Day is around the corner and for our Dad’s we have some great treats for them at the SPA. I’m not sure how it happened but a lot of the gentlemen think that getting a massage is only for vacations and getting professional skincare is only for women. Perish the thought! Those muscles could use some care every day of the week, but we will settle for even one day, and proper skincare is important for everyone. Don’t let this Father’s Day go by without taking an opportunity to say we appreciate all you do with the gift of SPA.

Gift Certificates for massage, facials, stretching and acupuncture are available at the Fitness Center Front Desk. We also have our top retail items all wrapped up and ready for you to give to Dad, Grads or any other one on your list.

★★★ May Facial Special ★★★



Free post treatment kit to those receiving Oxygen Facial treatment while supplies last

Oxygen Lift Facial is a brand new advanced treatment that infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. This hour long treatment is great for all skin types and is a bargain at \$110 (most spas charge \$150 and up)



Prime Rib Night

Thursday, June 25, 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, June 23.

Reservations – 301-320-3000, ext. 1278

This event can be applied to your food minimum.

JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Clubhouse Closed	2 KSGA Dutton Trophy TT	3	4 Niners Pete's Party Tournament 9:00am Shotgun	5	6 KJGA Team Championship 3:00pm B-Team 10:30 TT
7 Brunch	8 Clubhouse Closed	9	10 KWGA Member Guest 9:00am Shotgun	11 R/D KWGA M/G	12	13 KGA Diffenbaugh 8:00am TT
14 Brunch KGA Diffenbaugh 8:00am TT	15 Clubhouse Closed	16 KSGA Mixer 9:00am Shotgun Kenwood Social Bridge	17	18 Ladies Wine & Nine 5:00pm	19 Jr Golf Opening Day 7:30am	20 KidFit Father's Day Craft Family Golf Nine and Dine 4:00pm B-Team 10:30 TT
21 Brunch Father's Day Roof Garden Dining	22 Clubhouse Closed	23	24 KWGA Board of Governors 9:00 Shotgun	25 Niners Beat the Pro 9:00 Shotgun Prime Rib Night	26 Junior Golf 7:30am Junior Triathlon	27 KJGA HG Free 2:00pm TT Mixed Twilight 4:30pm Shotgun
28 Brunch	29 Clubhouse Closed	30	<b style="font-size: 1.2em;">INDEPENDENCE DAY CELEBRATION <b style="font-size: 1.2em;">THURSDAY, JULY 2 Reservations close on Friday, June 26 at 2:00pm.			

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