



Congressional Country Club

UPCOMING EVENTS

Great Lawn Buffets

July 8, 13, 15,
20, 22, 27 & 29

AT&T National

June 26 - July 1

Independence Day
Celebration

July 4

Soft Shell Crab Feast

July 27

Hard Shell Crab Feast

August 10

Lobster Feast

September 14

Portuguese Wine Dinner

September 21

*Congressional Country Club, rich in history and tradition,
is a full amenity private club committed to excellence.*



Letter From the President

Dear Fellow Members,

What a spring we have had this year! As this newsletter is being written, our golf courses could not be in better shape, the outdoor tennis courts are in high demand, the grounds are spectacular and summer at Congressional is in full swing! The pools opened full time on Memorial Day weekend to record crowds of 2,300 Members and guests over the course of the three day weekend. The Summer Soiree, the Club's summer kick-off party, brought out more than 300 Members who enjoyed a beautiful evening on the terrace with great food, lively music, and camaraderie. A special thanks to the Entertainment Committee, led by Dick Kline and Chip Ryan, for organizing a fantastic event! Initiated only three short years ago, the Summer Soiree attracted 100 Members. The exceptional growth of the Summer Soiree and many other Club social events is a direct result of the work by our dedicated Entertainment Committee. Please check the Club website regularly for upcoming social events and be sure to come out and enjoy everything the Club has to offer this summer.

On June 4th, the Club Foundation hosted its inaugural golf tournament at Congressional for the benefit of the Club's exceptional employees. The tournament and subsequent auction raised, after expenses, more than \$100,000! A special thanks to Robert Costello, the Chair of the tournament, and Bill Outman, the Foundation Chairman. The event ran flawlessly thanks to John Lyberger and the golf staff, and Mike Giuffre and the grounds staff. Fellow Member John Feinstein did an outstanding job as the night's master of ceremony and auctioneer. Appreciation and thanks also goes to the Members who so generously donated a wonderful selection of auction items, and to those Members who participated in the event. Please look for future events that benefit the Club Foundation, a truly worthy cause we all should embrace.

During the months of May and June, in addition to our regular monthly responsibilities, the Board of Governors has focused its efforts on three critical areas, including (1) a study of the infrastructure needs of our 89 year old Club; (2) a study of the capital improvements identified in the master plan by the Members as an enhancement to our Club; and (3) a search for a replacement to Chef Forest Bell.

This fall, the Board plans to present to the full Membership a review of the infrastructure requirements of our Club and a long term plan to deal with the upgrade or replacement of several systems that are in need of repair. For years, under the leadership of our Head of Facilities, Vernon Stricklin, and the talented engineering department, we have done a great job holding this aging infrastructure together. However, like everything, systems get old and replacement or repair becomes inevitable. We are fortunate to

have a skilled Improvements Committee led by Janice Calomiris and Mike Ellis that has undertaken this review with the attention and detail it deserves. The Board is working closely with the Improvements Committee and Management on both short and long term plans to upgrade our systems so that the Club stands strong for another 100 years.

As mentioned in last month's newsletter, the Board is also studying the long term feasibility of enhancements to our Club, including but not limited to, an upgraded tennis facility, a winter center and a winter golf facility. While none of these projects is imminent, we believe projects of this magnitude must be evaluated holistically and a financial plan and Member vote are needed before any such project is released. It is the Board of Governors' goal to provide to the Membership at the Annual Meeting, a review of the conceptual plans prepared this year and an evaluation of costs for each improvement. We are currently working with an architect on conceptual designs and will have plans and estimates to share with the Membership this winter.

In closing, we'd like to reiterate our appreciation to the volunteers and staff who make Congressional an exceptional Club. We are fortunate to have so many Members who volunteer their time to work on Committees and who enjoy our facilities and who participate in Club events. We have a great Membership for which we all should be proud. Next month the invitation will go out to Members who are interested in running for the Board of Governors. Please consider this invitation as a way to give back to our great Club.

Enjoy the summer,
The Board of Governors

Fun Fact: Did you know that in 1961, the Club went through a very contentious vote to install air conditioning in our Clubhouse? The vote passed by a narrow margin, and with that investment, our electrical system and air conditioning system were installed. That's 51 years on equipment that typically lasts 25 years!

In Memoriam

Past President James V. Dolan

Dr. Thomas A. Keelan

House Rules Section E: Cell Phones and PDAS

Members are entitled to an environment at the Club in which they, and their guests, can enjoy our facilities without unnecessary interference caused by communications devices. In attempting to balance this objective with the fact these devices play a significant role in the day-to-day lives of many members, the Club has established these rules to be effective July 1, 2012:

1. Cells phones must be turned off or be in silent/vibrate mode when on Club premises.

2. Talking on cell phones is permitted only (i) in the parking lots, (ii) in the Men's and Ladies' Locker Rooms and in the swim locker rooms, and (iii) on the golf courses except the first tees of both courses, provided usage on the course does not interfere with the pace of play or the enjoyment of the game by other players.

3. Texting on cell phones and other devices and using these devices for reading is permitted everywhere on Club premises except on the main floor level, however, they must be kept in the silent/vibrate mode.



Congressional Country Club's Independence Day Celebration

Wednesday, July 4, 2012
(Rain or Shine Event)



How do I make Reservations?

Reservations can be made through the website, by e-mailing the enclosed form to alena@ccclub.org, by mailing it to the Banquet Office or faxing it to 301-469-2049. **NO PHONE RESERVATIONS WILL BE ACCEPTED.** Reservations are essential. All seating will be assigned on a first come, first served basis and NO special seating requests will be granted. Cancellations and changes must be received by Saturday, June 23, 2012 at 5:00 p.m. The cancellation policy will be enforced and all "No shows" will be charged.

How do I get my Wristbands?

Wristbands MUST be picked up in the Banquet Office on the following dates & times: Monday, June 18 through Friday, June 22 from 9:30 a.m. to 4:00 p.m.

When do festivities begin?

6:00 p.m. - Buffet Dinner and Live Entertainment

6:00 p.m. - 8:30 p.m. - Children's activities

9:00 p.m. - Fireworks

Where should we park?

Parking will be on a first come, first served basis. Valet parking will not be offered for this event (except for handicap parking).

Where do we enter the Club?

Members and guests with wristbands may enter the Clubhouse through any of the Club's entrances. Wristbands must be worn for access to the Clubhouse. No additional wristbands will be available on the day of the event.

Where will the Buffet be served, what is the cost?

Buffets will be set up in the Sunroom. You must wear your wristband in order to go through the Buffet and Beverage Stations on the Ballroom Terrace.

Buffet Dinner: 6:00 p.m. - 8:30 p.m.

Adults - \$35.00 Children (ages 3-13) - \$15.00

Can we dine a la Carte?

The House Grill and Founders' Pub will close at 2:00 p.m. for food service. The Founders' Pub Bar will remain open until 6:00 p.m. The Capitol Dining Room, Senate Grill & Chophouse will be closed.

Can we bring guests?

Yes, you may bring guests, but you must make reservations for them.

What if it rains?

The fireworks professionals will begin setting up at 9:00 a.m. if it is not actively raining at that time. **Rain or Shine, on July 4th the food will be served** and the Entertainers will still perform. If the Fireworks Display is cancelled due to inclement weather, they **will not be re-scheduled.**

Will there be entertainment?

Live Entertainment will start performing at 6:00 p.m. Children's activities: 6:00 p.m. - 8:30 p.m.

What safety precautions are being taken?

Fire personnel have reminded us ...and we remind you...**NO PERSONAL FIREWORKS OR SPARKLERS!** They are illegal in Montgomery County. Fire and Rescue personnel will attend the fireworks program to ensure compliance with very stringent fire codes and procedures and will be available should an emergency occur. Restricted Areas: For your personal safety and protection unsafe areas will be roped off. The general public is prohibited from entering these areas.

Join us for a great evening, fun for the entire family, great food, live entertainment, face painting, magic show, tattoos, and SPECTACULAR FIREWORKS!



Dining

Capitol Dining Room Website Specials

Watch your emails and check the website for dinner specials in the Capitol Dining Room.

Sunday Piano Brunch

Ties are no longer required for Sunday Brunch, only jackets.

11:00 a.m. - 2:00 p.m.

\$28 - Adults \$11- Children (ages 7-13) \$6 (ages 3-6)

Join us in our beautiful Capitol Dining Room for Chef Bell's fabulous Sunday Brunch and enjoy a complimentary glass of Champagne, Mimosa or Bloody Mary.

Alfresco Dining

Capitol Dining Room Terrace

Jackets Required

Friday & Saturday

6:00 p.m. - 9:00 p.m.

By reservation only beginning Friday, July 6th

Great Lawn Buffets

Chef's famous Great Lawn Buffets are here! Don't forget to mark your calendars for the following dates, July 8, 13, 15, 20, 22, 27, 29. This is always a great event so don't miss out, bring your family and friends.

\$13.00 Adults \$6.00 Children ages (3-13)

Reservations for the Dining Room Monday - Friday from 9:00 a.m. - 5:00 p.m. call the Banquet Office reservation line at 301-469-2002 or e-mail reservations@ccclub.org. Saturday & Sunday before 5:00 p.m. call the Front Desk at 301-469-2000. Friday & Saturday after 5:00 p.m. call the Capitol Dining Room at 301-469-2014.

Founders' Pub Bar Menu

Stop by the Club's favorite gathering place and try the new items on the Founders' Pub Bar Menu. Chef knows you will enjoy these new selections and he will be changing them periodically so you can pair something different with your favorite beverage.

Petit Lamb Chops

Sliced Petit New York Strip

Three Tempura Shrimp

Crispy Pork Shank

Duck Trap Smoked Salmon

Cheese and Fruit Platter

Three Congressional Crabmeat Balls

Four Crispy Coconut Chicken

Halloumi Cheese

Congressional Jumbo Shrimp Cocktail

*Complimentary coffee
will be available in the Founders' Pub
Monday - Sunday from 6:30 a.m. - 11:00 a.m.*



Pasta Night

House Grill

All you can eat every Monday night!
\$12.00 - Adults \$6.50 - Children 3 - 13

Variety of Sauces and Pastas
(including gluten free pasta)

Limited Salad Bar

Limited Ala Carte Menu available
Dessert and Beverages -additional charge

Pizza Night



Menu

Every Thursday night in the
House Grill

\$12.00 Adults \$6.50 Children 3-13

All you can eat Pizza!
(no sharing please)

Limited Salad Bar

Ala Carte Menu available
Dessert & Beverages available
at additional charge

Senate Grill & Chophouse

Ages 11 and Older Casual Attire

Tuesday through Sunday

5:30 p.m. - 9:00 p.m.

To ensure that we provide you with the best dining experience and the service you deserve, we are requesting that you make reservations for this restaurant.

New! Chophouse Pre Fixe Menu, available Tuesday through Saturday. This new Pre Fixe menu will be a three course dinner priced at \$34. It is exclusive to the Chophouse and not available in any of our other dining areas.

New! Chophouse Special Website Menu, three course dinner priced at \$26 every Sunday, available only in the Chophouse.

Our regular ala carte menu will be available as usual.

Reservations may be made as follows:

Monday through Friday from 9:00 a.m. - 5:00 p.m. call the Banquet Office reservation line at 301-469-2002 or e-mail reservations@ccclub.org. **Saturday and Sunday during the day** call the Front Desk at 301-469-2000. **Tuesday through Saturday after 5:00 p.m.** call the Senate Grill & Chophouse 301-469-2041.

To Go orders are available.



Independence Day Hours of Operation

House Grill
Closes at 2:00 p.m.
Senate Grill & Chophouse
Closed
Founders' Pub
Closes at 2:00 p.m.
Founders' Pub Bar
Closes at 6:00 p.m.

Portuguese Wine Dinner

Friday, September 21, 2012

Capitol Dining Room

Jacket & Tie Required

6:45pm - Cocktails

7:15pm - Dinner

\$85.00 per person

Guest Speaker:

Maria Pica, Export Manager
for J. Portugal Ramos

Soft Shell Crab Feast

Friday, July 27, 2012

6:00 p.m. - 10:00 p.m.

Capitol Dining Room

\$48.00 Adults \$22.00 Ages 7-10 \$10.00 Ages 3-6

Make your reservations early!



Hard Shell Crab Feast

Friday, August 10, 2012

6:00 p.m. - 9:00 p.m.

Ballroom, Casual Attire

Market Price

Dining Room will be closed

Lobster Feast

Friday, September 14, 2012

6:00 p.m. - 9:30 p.m.

Ballroom/Sunroom/Dining room/ Casual Attire



Check your August newsletter for
more information No ala Carte
menu in the Dining Room.



About the producer! Founded in 1258 by King Afonso III, Alentejo is known for its culture, hunting and its rich gastronomic tradition. In the very heart of the Alto Alentejo, the soil consists of schist and limestone clay soil; this in addition to the continental climate creates an ideal condition for exceptional wine growing.

This was the location chosen by Joao Portugal Ramos to make his own wines, after being the most influential consultant winemaker in southern Portugal for the last 15 years. He has worked with both cooperatives and estates, guiding them towards more modern winemaking, with emphasis on low yields, preserving the fruit flavors and occasional oak ageing.

Ladies' Bridge

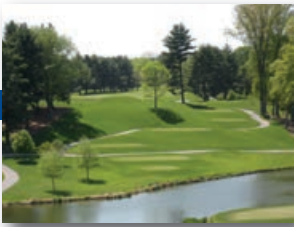
July 24, 2012 10:00 a.m. - 4:00 p.m. \$16.00 per person

Bring your friends to a day of bridge and fun at the Club. Coffee, tea and muffins to start the day and our Chef's Special Buffet Luncheon. The dates to remember are the 4th Tuesday of February through October with the exception of June 19, November 13 and December 11. Please be sure and make your reservations through the Banquet Office alena@ccclub.org or 301-469-2002 as tables are set up according to the number of reservations received.



Online reservations are available through the website for all Club events. You may also call the Banquet Office at 301.469.2002 Monday through Friday, 9:00 a.m. - 5:00 p.m. or e-mail reservations@ccclub.org for reservations.

48 Hour Cancellation Policy is in Effect for all Events.



Golf

From the Pro...

"Reserve every natural instinct and do the opposite of what you are inclined to do, and you will probably come very close to having a perfect golf swing". ~ Ben Hogan

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On behalf of the Golf staff I would like to extend my gratitude to the membership for the support and encouragement you shared with us during the hectic days of the AT&T National Tournament. Gracious membership, impeccable course, and good weather all afforded us the opportunity to showcase our Club to the world. The tournament was a great success and I thank you for your generosity.

July at Congressional is packed with events for every golfer. Men's One Day Member/Guest on July 6th will kick off with a 1:00 p.m. shotgun on the Gold. Please note an 8:00 a.m. member with guests shotgun is planned for those not participating in the tournament. The Father/Son, Father-Daughter tournament is on Saturday, July 7th 8:00 a.m. shotgun on the Gold, and promises to be a fun packed event. On July 17th WGA 9 hole hosts Member/Guest 9:00 a.m. shotgun on the Blue. WGA 18 hole Past Chariman's Plate and Crampton Cup are scheduled for the 18th and the 21st respectively. The end of the month brings CCC Twilight on the Blue for a 5:30 p.m. shotgun and don't forget to sign up for MGA Breakfast Club on the 28th.

As is customary, I would like to highlight recent accomplishments by members and their families. Evelyn Dole, 17-year old rising senior and daughter of Kathy and Greg Dole, was the junior medalist at the 97th Women's Southern Golf Association Amateur Championship tournament held May 21-25 at Myers Park Country Club in Charlotte, NC. Playing match play in the Championship Flight against golfers from Wake Forest, University of Alabama, University of Arkansas, "Evie" shot a 75 in the qualifying round of the 3-day tournament. Her name will appear on the 97-year old trophy, which includes a number of current players on the LPGA, including Lexy Thompson. She also won an AJGA event in Illinois in early June, which will entitle her to a full exemption to play in any AJGA event for the next year. Congratulations Evie! We will follow your progress with great interest.

Congratulations to Bob Morris and Marty West who are winners of the Washington Metropolitan Golf Association Senior Four-Ball tournament. The event was held at Argyle Country Club on June 12th and the duo shot an outstanding 66 to finish on top. Great job gentlemen! I am happy to report two hole-in-ones this month. Tom Rogers made a hole-in-one on June 3rd on hole #11 on the Gold Course. His playing partner Doc Bruno witnessed as Tom used a 4 hybrid from 145 yards. Congratulations Tom!

Bart Drummond aced his hole-in-one on June 8th on the #16 Gold short hole. He used a "knock down" 9 120 yards. His playing partners Terry Amling, Martin Payne and Bill Strang were on hand to cheer. Well done Bart!

A well-deserved congratulations goes to George Mavrikes who aced a hole-in-one while playing in a member/guest event at Pine Valley on Saturday, June 16th. George used a 6 iron from 199 yards. Well done George, we are proud of you!

I look forward to seeing everyone at the Club!

John Lyberger, PGA Director of Golf

Golf Shop News Mix & Match Event - Buy One & Get One at 50% Off Sale

Check out your Golf Shop and save with the "Mix & Match" event! Simply purchase any in-stock regular priced men's, women's and/or youth apparel and get the second in-stock regular priced item for 50% off. The item discounted will be of equal or lesser value.

Examples include:

*Buy one women's shirt at regular price and get a men's short at 50% off. *(The item discounted will be of equal or lesser value.)*

*Buy one youth jacket at regular price and get a women's skirt @ 50% off. *(The item discounted will be of equal or lesser value.)*

The sale runs from July 3rd through July 22nd. Shop early for the best selection and save! This sale is too good to miss!

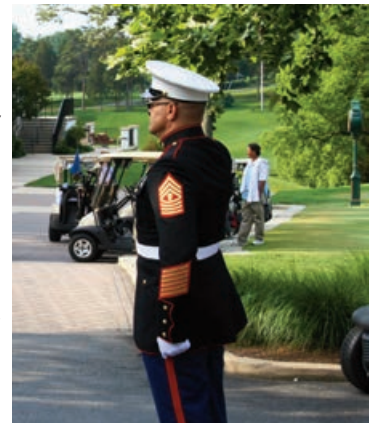
Darcy Lyberger, Director of Retail

Men's Golf Association News

Mission Statement: "To enhance the golfing and social experience for all men at Congressional Country Club."

The Second Breakfast Club of the season was held Sunday, May 27, 2012 during Memorial Day Weekend. The golfers were honored by the presence of Marine Master Gunnery Sergeant Keith Neal, USMC, (Ret) who presided over the American flag on the 18th Green of the Gold Course.

"Gunnery" Neal donated his appearance fee to the Wounded Warriors Project and MGA matched his inspiring gift. Also, a number of golfers donated individually to this worthy cause. It is fair to say that the true meaning of the Memorial Day Weekend was enhanced by the presence and generous gesture of Gunnery Neal. Semper Fe!



The Winning Teams

1st Place - Steve Sparks, Russ Wall, Dennis Kelleher & James Jelinek - 125

2nd Place - Jim Hurson, Andrew Cook, Kent Holtgrewe & George Hughes - 126

3rd Place - George Kress, Kevin Kane, Bill Outman, & Bob Freeman - 127

4th Place_ Robert Hayk, John Hurd, John Millwater, & Ed Haller - 127 *(Card Off)*

PS: If you or anyone you know is interested in joining over 400 fellow Club members who currently comprise the Men's Golf Association, please contact Mike McCarthy at 703-453-8314 or email MMcCarthy@tnsi.com.

Frank Bergin, President, MGA

WGA News

Our WGA 2012 golf season is well underway. There has been a lot going on with the various team matches and Club events. Many thanks to the team captains and the tournament chairs who have worked so hard to make our events run smoothly. Our courses are in wonderful condition and there is a lot of good golf to look forward to in July. We hope to see everyone on the course!

WGA Events coming up...

- The Past Chair's Tournament is July 18th. 8:30 am Shotgun on the Gold. Tournament Chairs: Libby Beavers and Kitty Lilly.
- Rey Matthews Grandmothers: The WGA 18 Hole Grandmothers Tournament will be held on the Gold Course at 8:30 am July 25th. Tournament Chairs: Sunny Alsup & Ella Ryan.
- The Ringers 2 day tournament is August 1st & 15th. 8:30 am Tee Times both days on the Gold. Tournament Chair Gay Friedmann.

Club Events for all the Congressional Lady Golfers with eligible 18 hole Handicap....

- Crampton Cup: This favorite two lady team event will be held on Saturday, July 21st 8:00 a.m. Shotgun on the Gold. Tournament Liaisons: Cristy Rocks, Karen Talbert & Ginny Martin
- All Ladies (9 & 18 Hole)/Junior Mixer: July 24th 9:00 Shotgun on the Gold. Tournament Liaison: Marie Tayman
- Mixed Team Twilight: July 26th 5:30 p.m. Shotgun on the Blue. August 23rd 5:30 p.m. on the Gold Tournament Liaisons: Joann Davis & Ann Eagelson
- Women's 18 Hole Senior Championship: August 17, 18 & 19.
- Women's 18 Hole Club Championship: August 31, September 1, 2 & 3.

Tournament Results

May

CCC Women's Breakfast Club

Karen Talbert, Lisa Vogt, Kathryn Leckey - 113

WGA ABCDE

A Class Liz Milloy - 72 B Class Melissa Hecht - 75 C Class
Shirley Gavaris - 80 D Class Linda Phelps - 81 E Class
Bev Sangston - 75

CCC Twilight - David Stupar, Nancy Milloy,
Jon White, Cathryn White - 22

CCC Memorial Day - David Stupar, Dede Leggin,
Ray Briscuso, Nancy Milloy - 126

June

CCC Summer Member-Guest

Low Net - Eloise Poretz, Suzi Lerman,
April Smith & Linda Burton - 147
Low Gross - Corrie Myers, Carol Robertson,
Kaitlyn Rohrback & Kathryn Leckey (BD) - 152

CCC Women's Breakfast Club

Sunny Alsup, Kathy Cowles,
Janet Hinchcliff (BD) and Susan Splendido - 106

WGA Wiffy Cox

Low Net - Gay Friedmann - 71
Low Gross - Maggie Brady - 80

Nancy Milloy & Janice Calomiris, 18 Hole Chairs

9 Hole News

The 9 Holer season is well underway with continued enthusiasm and great participation in our tournaments and Tuesday morning Play Days.

There has been a change in the time for reserved tee times for Tuesday morning Play Days. The new time reserved for 9 Holer play on Tuesday mornings is 9:00 a.m. - 10:30 a.m.

Coming Events

Two big events are on our calendar for July. The Member/Guest is scheduled for July 17 and the Ladies/Junior Mixer is coming up on July 24. These promise to be really fun events so mark your calendar and get your guest lined up.

Tournament Results

Wiffy Cox - May 22

Flight 1

1st - Alison Ford 37*
2nd - Carol Crawford 37*
3rd - Betty Hanes 38

Flight 2

1st - Peppy Walsh 35
2nd - Nancy Graham 37*
3rd - Mary Keene Williams 37*

Flight 3

1st - Carol Ondeck 34
2nd - Patricia Daniels 35
3rd - Mary Beth Roth 37

Flight 4

Mary Jo OConnor 36*
Melissa Fitzgerald 36*
Lauren Kalina 37

OVERALL WINNER - Alice Stewart

Blind Partners Tournament - June 5

Flight 1

1st - Sheila Wagner and Kathy Kelly
2nd - Liz Long and Mary Alice Raeder
Flight 2

1st - Alison Ford and Nancy Graham
2nd - Carol Crawford and Barbara Flynn
Flight 3

1st - Beth Rudnic and Melissa Fitzgerald
2nd - Mary Jo OConnor and Melissa Fitzgerald
Flight 4

1st - Connie Donohoe and Lynn Pivik
2nd - Labibe Basil and Ann Eagelson
OVERALL WINNERS - Anne Woodward and Marie
Tayman

Mary Jo O'Connor & Barbara Flynn, 9 Hole Chairs





Junior Golf News

18 Hole Junior Club Championship

Saturday, July 14 and Sunday, July 15

1:00 p.m. Starting Times

The 18 hole Championship is open to all children of full members who have not reached their 18th birthday by Saturday, July 14, 2012 and have a current updated USGA handicap. For those juniors that would like to compete in the 18 Hole Championship but are not registered in the Junior Golf Program, an entry fee of \$40.00 will be charged to the member account. All eligible golfers (that are not in Junior Golf program) that wish to play in the 18 hole championship may register by calling the Junior Golf Office no later Wednesday, July 11. Parents are required to score one day per participating child. For more information or questions, please call the Junior Golf Office at 301-469-2308.

CCC 9 Hole & 18 Hole Ladies and Jr Girls Mixer

Tuesday, July 24

9:00 a.m. Starting Times

Gold Course

Enjoy a morning of golf with the ladies. This is a 9 hole tournament with a scramble/captain's choice format. This tournament is open to all ladies and junior girls in the 9 hole beginner, 9 hole advanced and 18 hole division. The entry fee is \$29 per lady and includes lunch. Entry fee is \$19 for junior girls which also includes lunch. To sign up, please call the Junior Golf office.

The 11th Annual Pro-Juniors Tournament

Thursday, August 2

8:00 a.m. Tee Times

\$20.00 per junior

Have you always wanted to play with one of our great golf professionals? This is your chance! This 9 hole tournament is open to juniors enrolled in the Congressional Junior Golf program in the 5 Hole Advanced division, 9 Hole Beginner, 9 Hole Advanced and 18 Hole division. The format is a scramble/captain's choice. Sign up begins on Monday, July 2 on the Congressional website (www.ccclub.org).

Tuesday and Thursday Sign Up Clinics

Sign Up Clinics are held on Tuesday and Thursday from 2:00 - 3:00 p.m. or 3:00 - 4:00 p.m. The same skills are taught in all four clinics. Juniors may sign up for one session per week. We will have 20 spots available for each session. These clinics are open to juniors enrolled in the Junior Golf program.

Juniors may attempt checkpoints during the Sign-Up Clinics on Tuesdays and Thursdays from 2:00 p.m. to 4:00 p.m. Please note: Juniors must pass the checkpoints for the golf professionals to initial. Some checkpoints may take one or more attempts to pass. Parents should not expect a Personal Tee book to be completed just attending Sign Up Clinics. Verbal checkpoints (i.e. rules, etiquette, equipment and sportsmanship) may be done by calling and arranging a ten-minute appointment with the Junior Golf Director during weekdays.

Reminder:

If your junior is under 11 years of age, then according to the House Rules, parents or an adult older than 18 are required to stay on the driving range premises in the event special attention or supervision is necessary. All parents or adult supervisors are required to sign their junior golfers who are under the age of 11 years old in and out. The professional staff has the authority to correct inappropriate behavior of all Junior Golfers and if necessary, to ask that a child's parents of any age stay and supervise. **If a junior under age of 11 comes to a Sign Up Clinic without a parent or adult supervisor, they will not be able to attend the Clinic.

How to register for Sign Up Clinics:

Sign Up Clinics will be an online registration. Clinic registration will begin on the Friday before the clinic date. Below are the directions on how to register:

How to register your child for a Junior Golf Clinic:

1. Log on to www.ccclub.org
2. Click on Golf.
3. Click on Juniors.
4. Click on Clinics.
5. Click on Clinic date.
6. Click on Click here to register
7. Click on parent name to remove from clinic.
8. Click on My Family and choose junior to register.
9. Click on Save Registration.



Are you a Certified Junior Golfer?

Junior golfers (age 17 and under) are certified by the Professional Staff as “certified junior” or “non-certified junior”. To be able to play on the golf course without a parent, a junior must be a certified junior. To become a certified junior golfer, please contact the Junior Golf Director to set-up an appointment to be tested. The written test is on the basic rules of golf (i.e. water hazards, lateral hazards, out of bounds etc.) Certified juniors will be identified by a Certified junior bag tag, which must be attached to his or her golf bag. Certified juniors may play:

- A. On Mondays – Starter’s Discretion
- B. After 2 pm on Tuesday through Sunday
- C. On space available basis at starter’s discretion.

Beginners and Non-Certified junior golfers must always play with an adult

Summer Golf Clinics:

Registration for Summer Junior Golf Clinics is available by calling the Junior Golf Office at 301-469-2308 or email jrgolf@ccclub.org with junior name, member number, phone number and clinic dates.

PeeWee Clinics are open to juniors who are five, six and seven years of age. These clinics are to introduce juniors to the game of golf. Each junior must have his or her own putter and 7 iron or driver. We will enroll a maximum of 12 juniors per clinic. There is a minimum of 3 juniors per clinic. The clinics are \$40.00 each.

July 13	2:00 p.m. – 3:00 p.m.
July 20	2:00 p.m. – 3:00 p.m.
July 27	2:00 p.m. – 3:00 p.m.
August 10	2:00 p.m. – 3:00 p.m.

Introductory Clinics

Introductory Clinics are for six to ten years old junior who are beginner golfers or not yet ready for Junior Golf. Developmental clinics will work on the fundamentals of setup and golf swing. These clinics are more advanced than the PeeWee Clinics. Juniors must have their own clubs. There is a minimum of 3 juniors per clinic. Introductory Clinics are beginner clinics and \$40.00 each.

July 11	Full Swing	4:00 p.m. – 5:30 p.m.
July 18	On Course	4:00 p.m. – 5:30 p.m.
July 25	Short Game	4:00 p.m. – 5:30 p.m.
August 1	On Course	4:00 p.m. – 5:30 p.m.

We still have openings in the Golf Camps!

The Golf Camps will begin at 8:00 a.m. and end at 12:00 noon. The camps will include putting, short game, full swing, lunch at Congressional and a skills competition. Each junior receives a Junior Golf Camp hat, golf balls, lunch and much more! Campers must be at least 6 years of age but no older than 18 by the first day of camp. The price of a one-week session of Golf Camp is \$400.00 per junior member or \$500 per junior guest.

The **Starter Camps** have openings in the weeks of Tuesday, July 24 through Friday, July 27 and Tuesday, August 7 through Friday, August 10. These camps are for beginner to intermediate junior golfers and will focus on the fundamentals of the golf swing.

The **Players Camps** have openings in the weeks of Tuesday, August 7 through Friday, August 10. These camps will focus on specific instruction beyond basic fundamentals including course management and fairway bunkers. The Players Camp is for junior golfers consistently scoring 60 or under on 9 holes or are enrolled in the 9 Hole or 18 Hole divisions in the Junior Golf program.

The Golf Camp registration form is available on the Congressional website under Camps. For more information, please contact the Junior Golf Office at 301-469-2308.

Upcoming Junior Golf Events

Monday, July 9

Putting Tournament

Saturday, July 14

18 Hole & 9 Hole Adv Jr Club & Golf Championship Rnd 1

Sunday, July 15

18 Hole & 9 Hole Adv Jr Club & Golf Championship Rnd 1

Monday, July 16

3 Hole, 5 Hole and 9 Hole Beg Jr Golf Championship

Monday, July 23

Mystery Tournament

Monday, July 30

Smith Cup

For questions or more information, please contact Stacy in the Junior Golf Office.

Stacy Miller-Arndt,
LPGA Junior Golf Director

301-469-2308

jrgolf@ccclub.org



From the Turf Side

Our weather service is forecasting a July with temperatures close to normal unlike the past two years. Let's hope it's correct and we are not inundated with the heat and wet weather we witnessed last July.

Course Maintenance

We have begun to gradually drop the height of cut of the roughs on the Blue Course back to our normal maintenance cut of 2.5 inches. Each time the rough is mowed the height of cut will be dropped until we have reached 2.5 inches. The Gold Course rough has remained at the normal 2 inch height of cut.

Both the Blue and Gold roughs are being treated with herbicides to keep Bermuda grass summer encroachment in check. This program has been in place on the Blue Course for the past several years and has done a very nice job of cleaning out the Bermuda grass.

In this first year on the Gold Course, browning of the Bermuda turf will be very evident. In the initial year of the removal program, the Bermuda grass patches will be larger and there will be more of them. With each consecutive year, the patches will become smaller, fewer and the discoloration in the rough will be less evident. A total of three applications will be made on monthly intervals through June, July and August. Upon completion of the final application, we will begin to over-seed these areas with tall fescue which will provide a more uniform stand of rough season long.

Bermuda grass in the fairways of both courses will also be spot treated throughout July and August when Bermuda grass is most active. These spot treatments will turn the Bermuda grass brown. Treated areas will be posted with signage to make everyone aware of why the turf is brown in these areas. Bermuda grass is a very deep rooted plant so several spot treatments are necessary to get down into the roots. These areas will be stripped out and replaced with Bent grass sod in late August and early September.

We continue to manage both courses for firm conditions on greens tees and fairways. Our only limit to achieving firm conditions is excessive rainfall. Greens and roughs are mowed daily. Meanwhile, fairways and tees are mowed a minimum of 3 times per week.



Projects

Project work in the month of July and August will focus on repairing and reviving turf that is damaged from AT&T corporate hospitality areas, cross walks and high spectator traffic areas. As the corporate hospitality areas are dismantled, we will begin removing dead grass and installing new sod. In spectator traffic areas and cross walk areas, the stressed turf will be aerated, seeded, fertilized and watered in an effort to nurture the damaged turf back into shape. These areas that do not respond favorably will be replaced with sod.

Practice Tee

We have been limited to the front two-thirds of the practice tee while the back third is used for the AT&T National. With limited tee space to hit off of and the high demand for practice from turf, we simply cannot grow turf fast enough to keep up with the demand. In order to allow time for the divots to fill in with turf, we began utilizing small moveable mats at the hitting stations on the tee closest to the range house. Hitting from the mats has really made a difference in protecting the turf from further damage although it may be an inconvenience. Therefore, the practice tee closer to River Road will remain open to practice from turf to accommodate those who cannot or do not like to hit from mats. We will continue with this set up until we re-establish enough new grass in the divots at a rate quick enough to stay ahead of the hitting station rotation. We will return to hitting from turf on both tees once we have the divots healed in on the portion of the tee that has been utilized for the AT&T National and have the whole tee surface available for a normal rotation. When we return to hitting from turf on both tees, you can help to optimize the usable turf within the defined practice area by following the technique below when practicing from the turf.



Limit hitting from random positions like the photo on the left. Instead place the ball on the back edge of your previous divot so that you form a line as shown in the picture on the right.



Thank you for your cooperation. As always we look forward to seeing you out at the Club!

As always we look forward to seeing you out at the Club.
Mike Giuffre, Director of Golf Maintenance

Tennis



From the Pro...

Congratulations to Cammy Caskin and guest Pam Cahouet as the number one winner in the WTA member Guest. The competition was strong with Cherie Long and Lori Leasure being edged out in the finals 6-4. There were two other flight winners, Amy Mehlman and Janine Lossing in one flight, and Jenny DeSanto and Jill Watson in the other.

The weather was hot but all played hard to win their flight. Seventeen flights made up the field. All enjoyed a great meal in the Club's Sunroom.

The Men's and Women's Club Championships, Singles and Doubles, have been moved back to September. We did not have enough sign ups to start this Spring. So be ready in September. I will be sending out a sign-up mid August by e-mail.

World Team Tennis started out well with 75 players showing the first night. It was spectacular and fun. We will be playing every Tuesday night.

Note a couple of nice events coming up, Margarita Night, July 19th, 5:00 p.m. - 8:00 p.m. Men can come late, and the tennis and drink will be on going. Another great event invented by the Women's Tennis Association. The sign ups can be by club website or bulletin board sign up.

Sign up as well for the Iron Person Competition. The format is tennis in the morning, lunch, golf in the afternoon, bowling late afternoon, and then celebrate in the Founders' Pub. You may sign up as a team, mixed, Parent-Child (son or daughter 18 years old). The costs will be split by the contestants.

Upcoming Tennis Events

Margarita Night

Thursday, July 19

Iron Person Competition

Saturday, August 4

Pie Day

Thursday, August 16

Parent/Child Tournament & Awards Dinner

Saturday, September 8

Men's & Women's Singles

Tuesday, September 11 - Wednesday, September 26

Men's Member Guest (Open and Advanced)

Saturday, September 22

Father Son (Child under 18)

Tuesday, September 25 - Saturday, October 20

Men's 50 Singles

Monday, November 5 - Saturday, November 17

WTA News

Get ready for Wimbledon!

Our WTA did. Vita Pagnini, Stacy Kelleher and Claudia Banks did a great job with our Member-Guest on Monday, June, 11. After some great tennis, they had a lovely luncheon in the Sunroom with hydrangea filled teapots as the centerpieces, tea sandwiches, scones and Pimm Cocktails. A few bottles of wine wrapped in tea towels were given away as prizes. It was the perfect warm up for Wimbledon.

We have another fun event planned for Thursday, July 19th. Enjoy some chips and salsa and sip a few Margaritas at Margarita Night! Non WTA members (men too) may also sign up for this fun event. Talk with your friends and get a fun group to play. Sign up online or in the Tennis House. The more the merrier!!

We also wrapped up most of our Team Tennis for the Spring. The Interclub groups did very well. Red A finished 4th out of 8, Blue A came in 2nd, Red B tied for 4th and Blue B ended the season in 5th. All had very competitive seasons! Congratulations. Our two GWTA teams are still finishing up some rain dates in the month of June. Good luck to you!!



Congressional's Blue B team understands the meaning of team spirit with their great new uniforms and matching shoelaces!! Thanks Karla Dolan and Lisa Mathers for a great season.

Mary Anne Virostek

Chair, Women's Tennis Association

mavirostek@verizon.net





Now is the Time!
Mark your Calender!
**A Tennis Committee
Special Event**

Friday, September 14
7:00 p.m.

Country Club Casual Attire
Table Tennis, Great Food,
DJ and More



Notes from the Chair

The start of the summer season at the Congressional pools has been successful in every way. Our pre-season morning adult swim and weekend family swim were welcome additions to the program and well attended. We've hosted and attended multiple swim and dive meets, the water polo season is underway, our Masters program is in full swing, and our Friday Family Fun nights have been enjoyed by many.

This month, in addition to our regular calendar of events, we are hosting our first annual swimming and diving team alumni night. This exciting event, chaired by Art Smith, will be held on Sunday, July 15, 2012 at 4:30 p.m. The evening will begin at the Family Pool with a low-key relay swimming competition for all alums brave enough to compete! After the relay competition, the party will move to the Stone Bar and Great Lawn, to enjoy Chef Bell's Sunday evening buffet.

The Congressional Swimming and Diving programs are steeped in history. The first Country Club league swimming Championship meet was held in the old Congressional pool. We have hosted many Swimming and Diving championships since. We are hosting the CCSDA Senior Diving Championships this summer on Friday, July 27, 2012. Many former swimmers and divers, parents, volunteers, coaches and assistants have graced our pool decks and we'd love to see all of you come and take part in Alumni Night. It will be a wonderful opportunity to reconnect and enjoy each other's company on the pool deck once more. Art and the members of the Swim and Dive Committee encourage anyone currently or formerly involved with Congressional Swimming and Diving, whether as an athlete, parent, coach, or avid spectator and friend, to join us at the Family Pool for this exciting, new annual event!

Christine Drummond,
Swimming & Diving Chairman

2012 Swim and Dive Dates to Remember

Swimming & Diving Parents Meeting

Saturday., June 3, 2012 @ Congressional CC
Three C's

Friday, July 13, 2012 @ Congressional CC

Diving Junior Championships

Thursday, July 26, 2012 @ Manor CC

Diving Senior Championships

Friday, July 27, 2012 @ Congressional CC

Swimming Championships

Monday, July 30, 2012 and

Tuesday, July 31, 2012 @ Kenwood CC

Hershey Park Team Trip

Thursday, August 2, 2012

Swimming and Diving Banquet

Friday August 3, 2012

From the Aquatics Pro...

We've enjoyed a great first two months of fun in the pools, a very successful first Movie night and a fantastic Bingo night at the pool. Join us for the other Friday Family Fun Nights at Congressional. July 6 - Adult swim meet with Kenwood CC and Bethesda CC, July 20 - Movie night # 2, July 27 - Olympics Opening Ceremonies on the Big Screen, August 10 - Raft Night, August 17 - Adult Late Night with DJ Bruce, August 24 - Movie Night # 3 and August 31 - Water Games for all ages. Come join the fun and stay for the Great Lawn Buffet.

Don't miss the Aquatics fun on Wednesday, July 4, 2012 as we celebrate Independence Day at the pool. We will have a DJ playing music on the Family Pool deck from 12:00 noon to 4:00 p.m. and pool games from 12:30 p.m. to 4:30 p.m. Then stay at the Club for the evening celebration and fireworks.

Information for all aquatics programs can be found on the Club website under the pool tab, including the pool rules. However, I would like to emphasize the following pool rules reminders for our outdoor pools;

- The wading pool is for children 6 years old and under. Children using the wading pool must be accompanied by a responsible adult at all times.
- The shallow end of the Family Pool is devoted to beginning swimmers, and instruction. Children using the shallow end of the pool must be accompanied by a responsible adult at all times. Non swimmers and children using floatation devices must be accompanied by a responsible adult within arm's reach. No diving is allowed in the shallow end.
- The diving well area and diving boards are open to divers capable of swimming the pool width. When the diving boards are in use, no one may dive or jump from the sides of or swim in the diving well. Only one diver at a time is allowed on the board. Divers must dive or jump straight off the front of the board; diving from the sides of the boards is prohibited. Running on, double bouncing on, and throwing objects from the diving board are not allowed. Upon completion of a dive, divers must immediately exit the diving well, either by the nearest ladder or under the life line at the shallow end of the pool. Please wait until the previous diver has exited the well, before starting your dive. Children using floatation devices are never allowed on the diving boards or in the diving well.
- The lap lane area is reserved for lap swimmers and swim lessons at all times except during swimming practices.
- Food or beverages not purchased at Congressional may not be brought into the Club. No food or beverages (water

is allowed) may be served or consumed on the pool decks or within the immediate pool enclosures. Smoking is prohibited in all pool areas.

- Incontinent (either temporary or permanent) patrons must be clothed in snugly-fitting waterproof pants (doubled-lined rubber or plastic) designed to prevent the introduction of urine and fecal matter into the pool. This waterproof pant should be worn over a properly fitted swim diaper. Swim diapers (i.e., "Little Swimmers") alone are not sufficient. Disposable diapers are never allowed in any pool.
- Diaper changing on the pool deck or tables is strictly prohibited. The girls' and boys' locker rooms and the family changing rooms are equipped with baby changing tables.
- Baby carriages, strollers, and play pens are not permitted in the pool area at any time.

On home swim meet nights the Family Pool will close at 4:30 p.m. On home dive meet nights the Family Pool will close at 5:30 p.m. The Wading Pool will remain open until 8:00 p.m. during home meets.

Contact Information

Please email or call me with your questions, comments or suggestions regarding any aspect of the aquatic activities for the summer of 2012. I can be reached at email - swim@ccclub.org or Indoor Pool Office 301-469-2008, or Outdoor Pool Office 301-469-2056.

I'll see you at the pools,

Kerry Reed Ellett, Director of Aquatics

swim@ccclub.org, 301-469-2008, Outdoor Office 301-469-2056

Friday Family Fun Nights

Friday, July 6

Adult Swim Meet with Kenwood and Bethesda

Friday, July 20

"Movie Night"

Friday, July 27

Olympics Opening Ceremonies on the Big Screen

Friday, August 10

Raft Night

Friday, August 17

Adult Late Night with DJ Bruce

Friday, August 24

"Movie Night"

Friday, August 31

Water Games - Adults and Kids

Come join the fun and stay for the Great Lawn Buffet.



The Sweet Side of Exercise

My name is Dr. Amanda Thompson and I am an alternative health care practitioner at Synergy Chiropractic in Rockville, MD. I see health as a combination of physical, chemical, and emotional factors. We all know many of the physical benefits of working out, but how about the chemical and emotional ones? As a doctor, I always stress to my patients the importance of working out aerobically. Working out in the aerobic zone means that we are exercising steadily at a low to moderate intensity, and are utilizing oxygen to supply our energy needs. It is a well known fact that aerobic exercise strengthens heart muscle, reduces resting heart rate, and improves circulation; however, what most people don't know is how important working out aerobically is to our blood sugar balance. As a child, teenager, and young adult, I had many blood sugar issues, and was diagnosed ADHD, a problem directly related to blood sugar. Learning about aerobic exercise and how it affects blood sugar balance changed my life.

Blood sugar handling is one of the most common health problems in people today. According to the USDA, in 2000, the average US citizen consumed 154.2 lbs of sugar per year, as opposed to the early 1900's, which is estimated at about 30 lbs per year. That is a drastic change. When we work out aerobically, our body burns fat to provide itself with energy. When we work out anaerobically, our body burns sugar, which drops blood glucose levels, and makes us crave sugary foods. Most people have issues with blood sugar balance, in which their blood sugar spikes, then falls, then spikes, then falls, and so on. Ever feel tired around 3:00 p.m. after that big lunch? That is due to a drop in blood sugar. To maintain balanced blood sugar levels all day long, it is important to eat protein throughout the day with vegetables, and exercise aerobically. By exercising aerobically, we are training our bodies to burn fat, which helps keep blood sugar levels stabilized. With stable blood sugar levels, our mood becomes more stable, and thus we become more emotionally stable. Exercising affects us not only physically, but chemically and emotionally as well.

To find my aerobic heart rate zone, I use Dr. Phil Maffetone's formula of 180 minus half of your age. Then take the number you get minus 10. Your true aerobic heart rate zone is between the first and second number. Anaerobic exercise such as weight lifting, golf, and yoga is also beneficial, and I do these as well, I just do them on the days that I don't work out aerobically. I have noticed that my mood has become more stable, as well as my appetite. My stomach is not growling insanely by lunchtime, and I am not getting tired after meals. I also feel energized after working out, rather than exhausted. I no longer have attention issues. I am so grateful for these positive changes in my health.

And lastly, I am grateful for my gym at Congressional Country Club, which is so beautiful, and so well-equipped, that I am always motivated to go.

Dr. Amanda Thompson

Magdalena Pettey

Magdalena began practicing Pilates in 2004 at the time when her three children were all in elementary school. She has always been an active person and is a firm believer in fitness and a healthy lifestyle. She found that the results from Pilates were unmatched. After working at a Think Tank at the University of Maryland and abroad, and later as a parent volunteer at the school her children attended, she decided to shift gears and take her love for Pilates to the next level and became certified with Power Pilates in mat, and most recently Vbarre. Magda is committed to helping others experience the benefits of Pilates because she is positive that it will enhance the quality of their lives. She is continually inspired by the transformation she witnesses in her clients.

Magda, originally from California, is a local Potomac resident. She holds a degree in International Relations from the University of California, Davis. Currently she is beginning her Pilates apparatus training with certification to follow.

She will begin teaching barre classes on July 7, at 8:30 a.m. The Vbarre workout is a calorie-blasting cardio workout of Pilates, ballet and resistance training. It involves dynamic movement targeting multiple muscle groups with one exercise. The Vbarre workout is a systemic organized method using progressions in all movements that help define, sculpt, and create balance. The focus is on form and flow. Each movement is done safely and correctly, moving non-stop. It promotes the joy of movement.



Meet Veronica Cole



spicy, zesty, sassy, funny, opinionated, expressive, wise, hardworking, honest, caring, devoted, original, irreplaceable, loving, and beloved.” Well said!

She is the President of The Club Foundation, a fund designed to benefit individuals (primarily CCC employees) who are in need of emergency hardship assistance. She is passionate about the project and considers it an important part of our club. She hopes it will be here a long time, will grow and develop, and live up to expectations.

Veronica has many interesting and warm memories of her years at Congressional. She remembers that when she first started here the bus came onto the property. However, for a few weeks in 1968, during the riots, the bus was not permitted past the fire station at the bottom of the hill and the staff had quite a hike. She remembers that in her waitress days, a labor leader who was her regular customer lobbied her about supporting an employee union, of which she would have no part. She remembers all the members, many of whom she fondly recalls as children. She remembers when the current location of the Accounting Department was the residence of the Crampton family – the two daughters in the family were renowned local golfers (in fact, our Women’s Golf Association has run a tournament in their honor and memory for many years).

Veronica has seen many changes over the years, all for the better, in her opinion. She values the general progress of the club and the positive growth of the building. She is grateful that employee salaries and benefits are better today. She confirms what many employees report: the respect Congressional coworkers have for one another is incredibly strong and it flows from the example of the General Manager.

Anyone who knows Veronica knows of her love of sports. She’s a real “homer.” She can’t wait for RG III to take the field for the Redskins (although Darrel Green and Art Monk have a tight hold on her heart). She bemoans that devastating goal given up by the Caps with six seconds left in this year’s playoffs – although she’s confident that the Caps and Ovie will be back. She has hope for the Wizards, loving John Wall. She still remembers Senators slugger Frank Howard and is thrilled with the Nats and Strasburg. She roots for Maryland football and basketball and Georgetown basketball. She also supports Auburn and the University of Alabama; “they play with gusto.”

Veronica considers herself blessed and lucky. She’s proud of her five children, her grandchildren, and many great grandchildren. She loves the members, the staff and her job at Congressional and considers it a joy to come to work. She will celebrate her 50th anniversary with us on June 14, 2014. So get ready for the party for our very special Veronica Cole.

Fabulous Veronica came to the States in 1962 from her native Kingston, Jamaica where she had worked as a stenographer. She initially settled in New York but soon came to Washington where she thought life would be a little slower and have more of a hometown feeling. Over the next many years she worked multiple jobs, often at the same time: a stenographer at the Supply Mission of the Indian Embassy for 15 years (where she met the very impressive Prime Minister Gandhi), a busgirl at Congressional starting in 1964, and a waitress at the Capitol Hill Club for 18 years. At Congressional she soon was promoted here to waitress, serving in all of our restaurants for 15 to 20 years. A hip problem motivated a transfer to Accounting where she has reigned since.

Veronica’s first job in Accounting was attaching chits to members’ statement. Veteran members will remember that in the old days member monthly statements included copies of all chits – in the summer, especially if you had children charging snacks, the packet could be huge. Her duties gradually expanded and today she is the Accounting Jack-of-all-Trades. She reconciles receipts, deposits, and lock box statements; she handles guest paperwork, member charge transfers with other clubs, orders stationery, and most importantly, solves members’ billing problems. Veronica handles 90% of members’ calls regarding statements. In fact, many old time members will only deal with her.

Veronica is beloved for her competence and her attitude. Last February a new computer scanning system was installed which she mastered like the pro she is. Her coworkers know that no challenge is too large and that failure is not an option for Veronica. A few years ago she was honored at the Employee Longevity Luncheon. In her introduction, her supervisor used the words, “spirited,



Congressional Country Club
8500 River Road
Bethesda, MD 20817

Hours of Operation & Contact Information

Golf Shop

Mon. 7:30 a.m. - 6:00 p.m.
 Tues.-Fri. 7:30 a.m. - 8:30 p.m.
 Weekends 7:00 a.m. - 8:30 p.m.

Outdoor Practice Range

Mon. 12:00 noon - 7:30 p.m.
 Tues.- Fri. 7:30 a.m. - 7:30 p.m.
 Sat., Sun. & Hol. 7:00 a.m. - 7:30 p.m.

Golf Car Rental

Weekdays 8:00 a.m. - 7:00 p.m.
 Weekends 7:30 a.m. - 7:00 p.m.

Bagroom

Weekdays 7:30 a.m. - Dusk
 Weekends 7:00 a.m. - Dusk

Bowling

Mon. Closed
 Tues. - Thur. 2:00 p.m. - 5:00 p.m.
 Fri. 2:00 p.m. - 5:00 p.m.
 6:30 p.m. - 10:00 p.m.
 Sat. & Sun. 1:00 p.m. - 6:00 p.m.

Tennis House

Weekdays & Sat. 8:00 a.m. - 10:00 p.m.
 Sun. 8:00 a.m. - 9:00 p.m.

Fitness Center

Mon. - Fri. 5:30 a.m. - 9:00 p.m.
 Sat. & Sun. 8:00 a.m. - 6:00 p.m.
 Ongoing classes posted in Fitness Center

Indoor Pool

Adult Water Aerobics

Mon.,Wed., & Fri.. 10:40 a.m. - 11:30 a.m.

Seal Pups

February 5 - May 13

Sun. 3:00 p.m. - 4:00 p.m.

Swim Team / Stroke Clinic

Sun. & Thur. 4:00 p.m. - 5:00 p.m.
 Tues. 7:00 p.m. - 8:00 p.m.

Adult Swim

Mon. - Fri. 6:00 a.m. - 11:00 a.m.
 Sat. & Sun. 9:00 a.m. - 11:00 a.m.

Open Swim

Tues. - Fri. 11:00 a.m. - 8:00 p.m.
 Sat., Sun. & Mon. 11:00 a.m. - 6:00 p.m.

Pavilion

Mon. - Thur. & Sat. 11:00 a.m. - 8:00 p.m.
 Fri. & Sun. 11:00 a.m. - 5:00 p.m.

Great Lawn

Mon. - Sun. 11:00 a.m. - 4:00 p.m.

Stone Bar

Fri. 4:00 p.m. - 8:00 p.m.
 Sat. & Sun. 1:00 p.m. - 8:00 p.m.

Midway House

Mon. - Sun. 10:00 a.m. - 6:00 p.m.

Stop N' Go

Tues. - Sun. 9:00 a.m. - 6:00 p.m.

House Grill

Mon. - Thur. & Sun. 7:00 a.m. - 9:00 p.m.
 Fri. - Sat. 7:00 a.m. - 9:30 p.m.

Senate Grill & Chophouse

Mon. Closed
 Tues.. - Thur. & Sun. 5:30 p.m. - 9:00 p.m.
 Fri. - Sat. 5:30 p.m. - 9:30 p.m.

Senate Grill & Chophouse Bar

Mon. Closed
 Tues. - Sun 5:30 p.m. - 9:30 p.m.

Founders' Pub

Mondays 7:00 a.m. - 8:00 p.m.
 Tues.& Wed. 7:00 a.m. - 9:00 p.m.
 Thurs. 7:00 a.m. - 10:00 p.m.
 Fri. & Sat. 7:00 a.m. - 10:00 p.m.
 Sun. 7:00 a.m. - 9:00 p.m.

Founders' Pub Bar

Mondays 11:00 a.m. - 9:00 p.m.
 Tues.& Wed. 11:00 a.m.- 11:00 p.m.
 Thurs., Fri. Sat. 11:00 a.m. - 12:00 midnight
 Sun. 11:00 a.m. - 10:00 p.m.

Capitol Dining Room

Mon. - Thur. Closed
 Fri. 6:00 p.m. - 9:00 p.m.
 Sat. 6:00 p.m. - 9:30 p.m.
 Sunday Brunch 11:00 a.m. - 2:00 p.m.

2012 Executive Committee

Douglas P. Schleifer	President
Gregory G. Lamb	Vice President
J. C. "Chuck" Brinsfield	Secretary
Barton F. Drummond	Treasurer
Steven P. Durante	
Richard G. Kline, Jr.	

Board of Governors

J. William Armstrong, Jr.
 Robert J. Bittman
 Janice Calomiris
 Manus M. Cooney
 Clifford J. Ehrlich
 W. Michael Ellis
 William D. Murphy
 Martin J. Ryan III
 Richard A. Sullivan, Jr.

E-mail Addresses

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Bowling Pro	bowl@ccclub.org
Controller	paula@ccclub.org
Chief Financial Officer	dean@ccclub.org
Dir. of Aquatics	swim@ccclub.org
Dir. of Catering	marlene@ccclub.org
Dir. of Club Operations	miket@ccclub.org
Dir. of Fitness	richard@ccclub.org
Dir. of Food & Bev.	jose@ccclub.org
Dir. of Golf	golfpro@ccclub.org
Dir. of Member Services	max@ccclub.org
Dir. of Projects	vernon@ccclub.org
Dir. of Tennis	tennis@ccclub.org
Executive Chef	chef@ccclub.org
General Manager	gm@ccclub.org
Green & Grounds	grounds@ccclub.org
Junior Golf	jrgolf@ccclub.org
Lodging Reservations	jeff@ccclub.org
	rooms@ccclub.org
President of the Club	pres@ccclub.org

Congressional Country Club Website

www.ccclub.org
 301-469-2000