



Congressional Country Club

Upcoming Events

Lobster Tail Buffet
October 19

Chef Bell's
Farewell Party
October 26

Children's
Halloween Brunch
October 27

2012 Congressional
Gala
November 10

Thanksgiving
Buffet Dinner
November 22

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



Letter From the President

Dear Members:

According to the weather folks, 2012 is on pace to be the hottest year on record. In addition to the hot weather, we have survived another major storm and a PGA event, and our golf courses have come through very nicely. The good news is that the weather experts are forecasting a mild fall season, so there is still plenty of time to get out and enjoy the golf courses.

As I reported last month, the Nominating Committee is conducting interviews and will soon have a slate of candidates for the membership to vote on. Please contact any member of the Nominating Committee if you are interested in running or if you know of someone that may be interested. Once the slate is announced, please take some time to learn about those candidates you do not know and get to know better those candidates you already know. And be sure to vote!

The Board has been meeting with architects to begin developing some preliminary plans for improvements to our physical facility. There are a number of worthy projects, based on the feedback from our survey, and all will be fully debated and discussed before any action is proposed. Our commitment to a conservative fiscal policy has not changed, and none of these projects will be done without a sound financial plan. We look forward to sharing these plans and drawings with you soon.

We had a better turnout for our golf championships this year than in years past, but we continue to look for ways to get more golfers involved. Congratulations to Trevor Randolph and Janice Calomiris, who were crowned men's and women's champions this year.

Double congratulations to Janice who also won the Senior Women's crown.

Our new Executive Chef is scheduled to begin on September 16th, so if you see Joe Piazza please give him a warm Congressional welcome, and don't forget to give our beloved Chef Bell a hug and a fond farewell. Remember to mark your calendars for Friday evening, October 26 for Chef's party. Flyer with details is included with this newsletter.

The fall season often serves up some of the most spectacular days of the year, so please come out and enjoy some golf, tennis or outdoor dining while the days are still warm.

I hope to see you at the Club soon.

Sincerely,

Doug Schleifer
President

In Memoriam

Carroll E. Dubuc

Mrs. Ronald J. Streck (Karen)

Thomas L. Sullivan



Bylaw - Article V, Section 4. Junior Members.

(a) Qualification. If formally approved by the Board of Governors, any son or daughter of a Resident Member age twenty-one may be enrolled as a Junior Member upon the presentation by his or her parents of a written request for enrollment no later than six months after the child's twenty-first birthday, stating the child's date of birth and assuming responsibility for all dues and charges incurred by him or her; provided, however, that a Resident Member shall be entitled no later than January 31, 2002 to a one-time enrollment of his or her child as a Junior Member pursuant to the Bylaws in effect prior to February 1, 2002 except for Article V. Section 1 thereof. A Junior membership may continue in force and in effect until the Junior Member attains thirty-five years of age.



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.

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

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.



Corkage Fee Permit

The Club has had many calls and questions regarding Corkage Fees in the State of Maryland and how it applies to members at private clubs. Therefore, we felt it important to explain to our members what effect it will have on them.

Beginning July 1, 2012 restaurants, clubs or hotels were able to apply for a special permit to establish a Corkage Fee for wines. Congressional Country Club did apply for and has received their special permit. The corkage fee will become effective at Congressional on September 1, 2012.

Question: What is a Corkage Fee?

Answer: A Corkage Fee is a fee that is charged when an individual would like to consume wine that is not purchased from or provided by the restaurant, club or facility.

Question: Can I bring my own bottle of wine to the Club to have in one of the Club's restaurants?

Answer: Yes, as long as the member receives approval and the wine is not available for sale on the Club's wine lists.

Question: Are there any other restrictions?

Answer: Yes, the wine must be consumed with a meal that is ordered in one of the Club's restaurants.

Question: What if I do not finish the bottle of wine that I brought into the restaurant?

Answer: The Club must either dispose of any wine that remains after the meal, or the unused wine may be carried out by the member as long as the bottle is re-corked or capped.

Question: Is there a fee for bringing in a bottle of wine?

Answer: A \$25.00 Corkage Fee will be charged for each bottle of wine brought in by the member, opened and served with a meal.

Question: Are there any additional fees charged?

Answer: Yes, the restaurant, club or facility that charges this fee is required to collect the Maryland 6% sales and use tax on this fee.

Alcoholic Beverage Sales and Use Tax Calculation

Beginning July 1, 2011, a flat 9% sales and use tax rate was applied to the taxable price of alcoholic beverage sales. Beginning July 1, 2012, the 9% flat rate applies to the charge for the alcoholic beverage and the 6% rate applies to charges for labor, materials, or property used in connection with the sales of an alcoholic beverage. Also effective July 1, 2012, the 6% rate applies to mandatory gratuity charges or services charges in the nature of a tip for serving food or beverage to a group containing more than 10 individuals.



Holiday Party!

Looking for the special place to have your Holiday Party? Nothing can be better than hosting your event in the warm ambiance of Congressional Country Club. Our culinary staff will create a wonderful dining experience for you while our staff will provide you with outstanding service.

Dates are booking fast but we still have some prime evening dates as well as daytime dates for those special afternoon holiday lunches. Listed below is the approximate capacity for our rooms. Don't wait! Call the Banquet Office today at 301.469.2056 to check availability.

Ballroom 150-500 people

Congressional Room 80-200 people

Windsor Room 50-90 people

Governors', Presidents' & Caucus Room - up to 50 people

Ladies' Bridge

October 23, 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 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.



Lobster Tail Buffet

Friday, October 19, 2012
Capitol Dining Room
Coat & Tie required
\$48.00 per person
\$22.00 per child (3-13 years)

Menu

Petit Cocktail Shrimp, Sushi, Assorted Salads
South African Lobster Tails
Roast Prime Rib of Beef
Fresh Salmon Fillet
Rainbow Trout
Vegetable & Starch
Congressional Dessert Table

Save the Date Saturday, November 10 2012 Congressional Gala

See enclosed flyer for details.



Thanksgiving To Go

To Go orders can be submitted through the website or by using the To Go order form enclosed in this newsletter.

Thanksgiving Buffet Dinner

Thursday, November 22, 2012
\$48.00 Adults
\$22.00 Children 7 - 13
\$11.00 Children 3 - 6
Seatings at 1:00 p.m. & 4:00 p.m.
Makes your reservations early!

Children's Halloween Brunch
Saturday, October 27, 2012

10:30 a.m. – 1:00 p.m.
\$19.00 Adults - \$10.00 Children 3-13

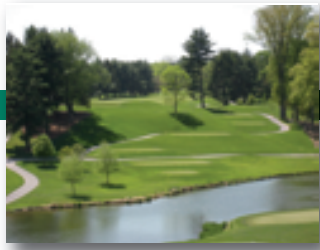
Spook House
Hayride - 9:30 a.m. – 10:30 a.m.
Brunch - 10:30 a.m. – 11:45 a.m.
Entertainment - 11:30 a.m.-12:15 p.m.

Menu

Assorted Juices, Fresh Fruit Bowl, Assorted Breakfast Breads, Crispy Hash Browns, Scrambles Eggs, Sausage & Hormel Bacon, Halloween Cookies



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...

Golf is, in part, a game; but only in part. It is also in part a religion, a fever, a vice, a mirage, a frenzy, a fear, an abscess, a joy, a thrill, a pest, a disease, an uplift, a brooding, a melancholy, a dream of yesterday, and a hope for tomorrow. ~ New York Tribune (1916).

Congratulations to Janice Calomiris and Trevor Randolph, winners of the 2012 Women's and Men's Club Championship as well as our other Champions. Men's 1st Flight winner was Chris Cusack, 2nd Flight Paul Dillon, 3rd Flight Doug Schleifer, 4th Flight Peter Young, and 5th Flight Brian Dawson!

Our annual Caddie/Member Tournament is scheduled for Monday, October 8th, 1:00 p.m. shotgun. The event features a modified scramble format and is a wonderful way to show your appreciation for our caddie program. Sign up on ForeTees and we will pair you with other members and caddies for a foursome. We will also be taking donations in the Golf Shop. Please call or email if you would like to contribute.

Rising high school senior Evelyn Dole, daughter of Kathy and Greg Dole, qualified and competed this summer in the Callaway World Junior Golf Championships (Torrey Pines, CA), USGA Junior Girls Championships (Lake Merced GC, CA), USGA Women's Amateur (Country Club of Cleveland), and the 11th Mid-Atlantic Challenge Junior Girls Team Match (Independence Golf Club, Midlothian, Virginia). She also played in various other events, including the David Toms AJGA event in Shreveport, LA. Well done Evie!

Congratulations to Karen Talbert and Cristy Rocks, winners of the WDCGA Tony Marlowe Tournament. The event took place in August at Woodmont Country Club. Well done ladies!

Blake Micholas, son of Amy and Michael Micholas aced his first hole-in-one on September 9th on the Gold Course. Blake used a 3 hybrid on hole #3, 205 yards from the gold tees. Congratulations Blake!

Last but not least, please be mindful that practice range balls are strictly for use on the driving range only. We are finding an increasing amount of range balls on the golf course. For your convenience, a variety of golf balls are available for sale in your Golf Shop.

See you all at the Club!

John Lyberger, PGA Director of Golf

Golf Shop News

"Keep Out the Big Chill" Sale - "Keep Out the Big Chill" with savings of 20% off any in-stock men's, women's and children's outerwear and sweaters. This sale includes a great selection of in-stock jackets, rainwear, wind shirts, wind vests sweaters, vests and sweatshirts. Stop by the Golf Shop from October 1st through October 14th and bundle up with the "Keep Out the Big Chill" sale!



"Tickled Pink" for National Breast Cancer Awareness Month

October is National Breast Cancer Awareness month! To show our support for breast cancer awareness, the Golf Shop is "Tickled Pink" with savings!

During the entire month of October, any regular priced, in-stock apparel or accessory that is the color **PINK** will be offered at 25% off. This includes **PINK** men's, women's and children's apparel. Vera Bradley **PINK** patterns and accessories are also included in this sale.

The Golf Shop is "Tickled Pink" and hope you stop by to save and support Breast Cancer Awareness Month!

Fall into Savings Coupon - "Fall into Savings" and save an additional 10% off previously reduced in-stock clearance apparel for a total savings up to 60%. You must present the coupon at the bottom of this page at time of purchase. Shop early for best selection and savings...while quantities last.

Winterize your Wardrobe - With the official arrival of autumn, the fall merchandise at the golf shop has also arrived! Check out the new wind shirts, jackets, long sleeve turtle and mock neck shirts in all the fall colors. Now is the time to winterize that wardrobe!

Mark your Calendars for the Annual Golf Shop Holiday Party and Sale

It's that time again! Mark your calendars for the annual Golf Shop Holiday Party and Sale on November 30th, December 1st, 2nd, and 3rd. Don't miss out on the festivities and savings on this special weekend. We have a great selection of gifts for both the golfer and non-golfer on your Christmas list. As always, we have gift cards, shipping services and complimentary gift-wrapping to make your shopping experience a pleasant one.

Darcy Lyberger, Director of Retail

FALL INTO SAVINGS COUPON

(This coupon may be used for an additional 10% savings on previously reduced apparel from 10/01/12 - 10/14/12)

NAME: _____

MEMBER #: _____

TOTAL PURCHASE: _____



Note from the Golf Committee Chairman

As we wind down the golf season, I wanted to take a minute to review with you the goals our Golf Committee had for the year and the impact these goals had on our golf calendar, tournaments and member access for the 2012 season. As we prepare to build the calendar for 2013, feedback on 2012 is an important component to this undertaking. Our primary goal for 2012 was to enhance access to all categories of member play. As you will recall, in years past, the courses were divided into Member and Open courses on alternating days. In the past, on Member days, Resident Active members had preferential tee times and guest play was not permitted. On open course days there were no restrictions. In 2012 in order to increase access, we did away with the odd/even member/open course. This change we felt provided more access to all members, including spouses and made it easier on our calendar. In addition, we added walk up times to the course for enhanced availability and convenience. In 2012, our secondary goal was to reduce play on the Blue to enhance the course condition. To accomplish this goal, the Committee proposed moving most tournaments and events to the Gold Course and to reduce the number of times per hour on the Blue. According to our Superintendent, Mike Giuffre, this in fact helped conditioning and according to our golf pro John Lyberger, this change also improved our pace of play, another goal for the year. Last but not least, we asked the organizers of our member events, WGA and MGA to participate in these goals and support the movement of play days and breakfast clubs to the Gold Course opening play on the Blue Course to all Member categories. The Board of Governors and the Golf Committee supported the changes in the calendar for 2012.

Feedback thus far has been very positive, however I have heard from a few that there is a desire to go back to the original system where we reserve courses for groups of members and limit play on the Member course to Resident Active Members during our peak hours. I do not support this and would like your feedback. Open access was our goal this year; please let John Lyberger or me know your thoughts on the calendar for 2013. We have had a spectacular year thanks to our Golf staff led by John Lyberger and our Superintendent, Mike Guiffre. We appreciate their leadership and that of our Board of Governors.

Greg Lamb

Men's Golf Association News

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

The Dinner Meeting held September 13th in the Capitol Dining Room was a big success. A special thank you to Donald Dell for his insightful and interesting talk. We look forward to reading his book, *Never Make The First Offer*.

The next Dinner Meeting will be held Thursday, October, 18. Please register early and mark your calendars.

The results of the **August 26 Breakfast Club Golf Event** are:

First Place
Denny Minami, Frank Bergin,
Bob Murphy and Chip Ryan
Second Place

Mark Fuller, Chris Ryan,
Casey Aiken and John Millwater

Third Place

Kent Holtgrewe, Dennis Kelleher,
Bruce McNair and William Tippin

Fourth Place

Daniel Blanc, Bruce Neal,
Robert Lavery and Cliff Ehrlich

The final Dinner Club Meeting will be Thursday, November 15.

Enjoy the beautiful Fall weather and our two magnificent golf courses.

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 9 Holer News

9 Holers are nearing the end of the season with their final event of the year. The Turkey Tournament will be held on October 16. This is always one of the best events of the year and this year promises to be even better. The tournament chairs have some surprises for us and we want to have the best turn-out of the year. The tournament will be followed with the traditional lunch, but will also include the wrap-up business of the year, presentation of some awards, and introduction of the officers for 2013. We would like to invite all 9 Holers to come for lunch at 11:30 a.m. even if you can't play in the tournament. Make your reservations for lunch through the Banquet Office and be sure to specify that it is lunch only. Let's put the fun into finale!

Tournament Results

Chairman's Cup

September 11, 2012, Low Gross Tournament

Flight 1

1st - Liz Long, 2nd - Cherie Long, 3rd - Katherine Boland

Flight 2

1st - Brenda Meyer, 2nd - Wendy O'Meara, 3rd - Betty Hanes

Flight 3

1st - Beth Rudnic, 2nd - Connie Donohoe, 3rd - Stacey Hersh

Flight 4

1st - Carin Butchko, 2nd - Marge Kay, 3rd - Lynn Pivik

Overall Champion - Deborah Outman

Congratulations to all!

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



WGA News

It's time to toast the 2012 Golf Season! Everyone mark your calendars for the WGA Fall Cocktail Party to be held from 6:00 p.m. - 9:00 .p.m on November 1st in the Congressional Room. All WGA 18 Holers, 9 Holers & Social Members are welcome. The 18 Hole group will conduct some year-end business (elections) and awards (Most Improved Golfer, Ringers and Birdies) will be given. There will be a member sign bar and the buffet dinner will be complimentary to all 18 Holers and Social Members. We are looking forward to seeing everyone there. Please register online through the website or RSVP to the Banquet Office, 301-469-2002 or reservations@ccclub.org.

Stay tuned for an informal 18 Hole Happy Hour in December!

WGA 18 Hole Tournaments coming up...

•Fall Finale: Shotgun on the Gold - 9:00 October 24, Tournament Chair Joan Armstrong

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

•Caddie Tournament: - Shotgun on the Blue - 1:00 p.m. October 8

•Member Guest: - Shotgun on the Gold - 8:30 October 10, Tournament Liaison Gay Friedmann,

WGA Tournament Results:

WGA Ringers (August 1 & 15, 2012)

Low Net Mary Margaret Smith - 70

Low Gross Karen Talbert - 87

2nd Net Sondra Townsend - 72*

3rd Net Mitsuko Otani - 72*

4th Net Ginny Martin - 77

CCC Tournament Results:

CCC Crampton Cup (August 10, 2012)

1st Net Janice Calomiris & Lisa Vogt - 64

1st Gross Joann Davis & Mary Ann Frias - 84

2nd Net Nancy Milloy & Kathy Cowles - 72

3rd Net Ginny Martin & Karen Talbert - 76*

CCC Senior Championship (August 19, 2012)

Championship Flight Janice Calomiris

Championship Flight Maggie Brady - Runner Up

1st Flight Lisa Vogt

1st Flight Kathy Cowles - Runner Up

CCC Adult/Jr - 18 Hole (August 25, 2012)

Boys:

1st Net Scott Levenson & Brandon Levenson - 67

2nd Net Rick Sullivan & Tripp Sullivan - 70

3rd Net Andy McCann & Nick McCann - 70

4th Net Jim Davis & Connor Davis - 72

Girls:

1st Net Janice Calomiris & Alexa Calomiris - 73

2nd Net Tom Collamore & Pauline Collamore - 73

CCC Adult/Jr - 9 Hole (August 25, 2012)

Boys:

1st Net Greg Lamb & Brendan Lamb - 33

2nd Net Chris Penny & Thomas Penny - 34

3rd Net Lloyd Smith & Harrison Smith - 35

4th Net

5th Net

6th Net

7th Net

Andrew Greene & Peter Greene - 35

Tim Sullivan & Danny Addison - 36

Tom Brinkman & Kevin Brinkman - 36

Jeff Davis & Matthew Davis - 36

Girls:

1st Net

Joe Shrout & Elizabeth Shrout - 34

2nd Net

Joe Shrout & Katie Shrout - 35

3rd Net

Joe Shrout & Maddie Shrout - 36

4th Net

Michael O'Connor & Annie O'Connor - 37

5th Net

Tom Castiello & Katie Castiello - 37

6th Net

Tom Collamore & Sallie Collamore - 38

7th Net

Robin King & Emily King - 39

CCC Adult/Jr - 3 Hole (August 26, 2012) *Cancelled due to weather*

CCC Adult/Jr - 5 Hole (August 26, 2012) *Cancelled due to weather*

CCC Twilight (August 30, 2012)

Inner 1st

Robert Hayk, Tina McKendree,
Michael Flynn & Barbara Flynn - 18

Inner 2nd

Bill Outman, Deborah Outman, Charles
Wagner & Sheila Wagner - 22

Inner 3rd

Tony Vance, Sallie Vance,
George Denison & Barbara Denison - 23

Outer 1st

Bill Walsh, Peppy Walsh,
Neil Borg & Kara Walsh - 22

Outer 2nd

Bill Armstrong, Joan Armstrong,
Bob Kelly & Betty Kelly - 23

Outer 3rd

Brian O'Neill, Bonnie O'Neill,
Steve Church & Janice Calomiris - 24*

CCC Championship (September 3, 2012)

Championship Flight Janice Calomiris

Championship Flight Deborah Williams - Runner Up

CCC Labor Day (September 3, 2012)

Low Gross

Bob Sullivan, Elda Winslow,
Leo Roth & Elsa Roth - 129

Low Net

Lee Keshishian, Daphne Keshishian,
Bob Morris & Candace Campbell - 164

2nd Net

Bill Outman, Deborah Outman,
Peter Richards & Marvel Richards - 131

3rd Net

Paul Plaia, Anita Plaia,
Naval Mehra & Cheri Rose - 132

CCC Women's Breakfast Club (September 15, 2012)

1st Place

Karen Talbert, Mary Ann Frias,
Christine Ciccone & Bev Sangston - 120

2nd Place

Janice Calomiris, Mary Ann Frias (BD),
Carolyn Rand, MaryLou Johnson - 124

Nancy Milloy & Janice Calomiris 18 Hole Chairs



Congratulations to the coordinators, juniors, parents, professional staff and scorers for a successful year! The Junior Golf Office looks forward to seeing you out playing and practicing during the fall, winter and spring months.

Congratulations to our 9 an 18 Hole Adult Jr Champions!

18 Hole Boys

Scott and Brandon Levenson

18 Hole Girls

Janice and Alexa Calomiris

9 Hole Boys

Greg and Brendan Lamb

9 Hole Girls

Joe and Elizabeth Shrout

Congratulations on another successful year with our Interclub teams. Our teams travel to other area country clubs and compete in a match play format against other clubs.

Our Shreves division finished 2nd place this year with a 3 and 2 record. The Shreves division is named after Cheryl Shreves (grandmother of our juniors Colin, Keegan and Peyton Shreves) and Terry Hillard Cunningham (grandmother of juniors Buddy, Ellie and Katie Brewer) for their hard work in starting the Washington DC 9 Hole Interclub League. The Shreves division consisted of:

9 Hole Shreves Division

Nelson French	Elise Lovett
Peter Greene	Bailey Ogilvie
Jake Giulieri	Thomas Penny
Skylar Guntz	John Richards
Jack Jackson	Michael Ridgway
Mark Kalavritinos	Elizabeth Shrout
John Kalavritinos	Jack Phelan
Davis Lamb	Tripp Sullivan
Brendan Lamb	Kelly Sullivan
Jack Lipson	Kevin Thompson

Our Strausbaugh Division tied for 2nd this year with an overall record of 3 wins and 2 losses. Our Strausbaugh division consisted of....

9 Hole Strausbaugh Division

Julia Calomiris	Jenna Koch
Brian Dempsey	Chris Lane
John Dempsey	Chris Mavrikes
Jack DeVol	Lacey McCormack
Stephen Gasper	Matthew McCormack
Reagan Gray	Brian Merkle
Matthew Kane	Haley Rogers
Paul Kern	Nate Smith
Peter King	

Our Folks division won their division with a 3 and 1 record.

9 Hole Folks Division

Daniel Addison	Nick Mayer
Jimmy Brinkman	Nick McCann
Michael Brinkman	Lilly Paro
Beau Hanley	T Ridgway
Charlie Hanley	Jack Rolle
Jack Laubach	Colin Shreves
Michael Levenson	Keegan Shreves

Congratulations to the 2012 Perfect Attendance These juniors and coordinators were dedicated enough to battle the weather and the golf course this year. Congratulations on your dedication to the game of the golf.

Brandon Buskirk	Jackson Manderfield
Michael Hoeymans	Clare Richards
Maddie Jackson	Luke Stroh

Congratulations to the 2011 Most Improved Juniors!

This award is to reward juniors who have improved the most from the first playday to the last playday and displays superior sportsmanship.

3 Hole Division

Ava Amirkhalili, Kevin Coleman and Luke Stroh

5 Hole Beginner Division

Corinne Wright, Dominic Scurfield and Cameron Wilcox

5 Hole Advanced Division

Judy Johnston and Ryan Zaimi

9 Hole Beginner Division

Grace Henschel and Andrew Johnston

9 Hole Advanced Division

Grace Amorosi and John Webster

Marty Mulheron Memorial Award (18 Hole Division)

Jenna Levenson and Jack Brinkman

Congratulations to Jim Hewitt and Rick Sullivan for winning the Program Service Award. This award honors our coordinators and the many hours and hard work they put towards our Junior Golf Program.

Congratulations to Michael Fuller for winning the 2012 Russ Gagarin Interclub MVP. The Interclub MVP award goes to the junior who has gone the extra mile for the Interclub team and shows outstanding sportsmanship and etiquette.

Thank you to the following parents for volunteering to be coordinators for the Junior Golf program. We appreciate your time and effort this year.

Mayra Addison	Mickie Levenson
Kristin Bonacci	Joe Manderfield
Susan Brewer	Mike O'Connor
Debbie Brinkman	Kathy Phelan
Sharon Celeste	Johanna Poerstel
Susan Hanley	Peter Richards
Jim Hewitt	Joe Shrout
Mary Beth Jackson	Rick Sullivan
Wendy Kuhn	Barbara White

Don't forget to work on your Personal Tee Books.

Parents, please check your junior's Personal Tee Book to see what checkpoints need to be completed. If you cannot find your Personal Tee Book, you can purchase another book in the Golf Shop or the Junior Golf Office for \$5.00.

For questions regarding whether or not your child will advance to the next division next year or to book a checkpoint appointment, please contact Stacy in the Junior Golf Office at 301-469-2308 or jrgolf@ccclub.org.

Stacy Miller-Arndt
LPGA Junior Golf Director



From the Turf Side

With October upon us it is a great time to come out to the Club and enjoy the courses. Temperatures have moderated a bit keeping at bay the hot and sticky weather we witnessed this summer. The leaves on the trees are beginning to add color to the landscape as fall is ushered in.



Course Maintenance

The majority of the Gold Course aeration was completed in early September. The weather did not cooperate fully during the week the work was scheduled and rain interfered with fairway aeration. Fairways 9, 10, 12 and 14 had to be completed later in September when conditions were dry enough. Rough over-seeding continues on both courses. Tall fescue is



being seeded into the voids created by our Bermuda grass removal program. Sod installation also continues this month on both tee and fairway areas where Bermuda grass has been removed. Fall fertilizers are being applied to the turf areas throughout the courses. Leaves are already beginning to fall due to the extremely hot and relatively dry summer we have witnessed. Leaf debris is being removed from the playing surfaces daily. Greens continue to be mowed daily and rolled as necessary to keep green speeds consistent with our standards for regular daily play of 10-11 feet on the Blue Course and 9.5-10.5 feet on the Gold Course. For Club competitions the greens are being groomed for green speeds of 11-11.5 feet on the Blue Course and 10.5-11 feet on the Gold Course. Tees and fairways are being mowed three days per week. The roughs are being mowed daily with a goal of mowing all of the rough twice a week.

Fall fertilization is being completed on all turf areas of both courses. If you haven't done the fall fertilization of your home lawn, you are not too late. Fall fertilization will provide your lawn with the nutrients it needs to strengthen it from the rigors of the summer.



Course Projects

The cleanup of trees damaged during the late June storm as well as the September 8th storm, continues on both courses. The September storm did not do as much damage as the June storm but nonetheless we had several large trees uprooted from strong winds on both the Blue and Gold Courses.



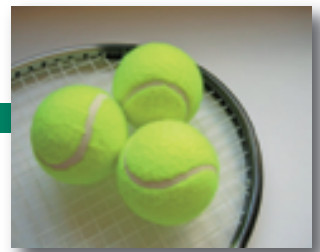
The initial phase of the tree planting program that has been prioritized through the Green Committee, with the help of our Blue Course Architect Rees Jones, and will continue through October and into November. A total of 57 trees, that include deciduous, evergreen and ornamental, are being planted in key areas around the Blue Course.

Clubhouse Grounds

Summer annual flower removal will get underway as frost begins to nip at them in this month. These beds will be prepared for planting of the spring bulbs as the summer annuals are removed. Over-seeding of Clubhouse lawns will also be underway this month as well as fall fertilization. With October upon us, Jack Frost is not too far behind. Frost can delay morning starting times. For the most up to date information regarding frost delays please visit the Club's website. On the homepage you will find the "Course Conditions" link. Click on this link for an update on the day's conditions. If there is a frost delay it will be noted with an estimated time that starting times will begin.

As always, we look forward to seeing you out at the Club. If you have any questions please feel free to give us a call at 301-469-2026 or e-mail us at grounds@ccclub.org.

Mike Giuffre,
Director of Golf Maintenance



From the Pro...

We are gradually moving indoors from our fall activities, Women's Teams and Men's Club Championships. We had a great summer with the kids. Our Parent Child end of summer Tournament was especially fun on Saturday, September 8th. All the pros have so much fun with kids every summer. We had programs for every level of tennis age and ability level. See the junior summer award winners listed on this page.

This season's Indoor Tennis Season is October 8 to April 14, 2013. Do you believe we are 2013 already? See below for activities in which you may be interested.

Welcome, Dave Robinson, our new part time tennis professional. Dave has been signed on for his knowledge of tennis, lesson experience, and particularly in the aerobic area of tennis clinics. We love his eager to please personality, and so will you. Dave was brought up locally, now lives in Chevy Chase, but has taught all over the country.

Indoor Tennis Information and Activities

1) Buy indoor seasonal time by emailing Dan. Send him your preferences. Buy all 27 weeks and get the \$24 an hour rate. The applications are on the Club website.

2) Buy indoor spot time or by the week time. Use the Club website or call the Tennis Front Desk. Pay as you go and get \$29 an hour rate. Split the costs with your opponent.

3) Play Monday 8:00 p.m. - 10:00 p.m. Men's Intermediate Doubles Program by emailing Steve, tennis@ccclub.org. Starts October 15th and ends in March. This program is over booked so we can have subs.

4) Dave Robinson's Workout Clinics: Sign up by e-mail. Clinics start after October 1st. Cost is determined by the number of people in the clinic. The cost begins at \$30 per person for 3, and then goes lower with more people.

Men or Women No Lunch Workout
12:00 noon - 1:00 p.m., Fridays
Women's Evening Workout
7:00 p.m. - 8:15 p.m., Thursdays
Men's Early Bird Workout
6:30 a.m. - 7:30 a.m., Tuesdays
Men's & Women
12:00 noon - 1:00 p.m., Saturdays

5) Private lessons and Three with a Pro clinics are available. Just email your favorite pro.

Junior Club Championships

Girls 10 & Under Champion
Juliet Amorosi

Girls 12 & Under Champion
Elizabeth Amorosi

Girls 14 & Under Champion
Jenna Koch

Girls 16 & Under Champion
Kelly Sullivan

Boys 10 & Under Champion
Colin Owen

Boys 12 & Under Champion
Phillippe Blanc

Boys 14 & Under Champion
Paul Kern

Boys 16 & Under Champion
Armand Keshishian

Players of the Year
Jenna Koch
Margaret Railey
Aidan Owen

Sportsmanship and Character
Penelope Hough
Will Caudron

Most Improved
Colin Owen
Luke Owen
Charlie Cope
Max May

WTA News

Our WTA tennis leagues are in full swing right now. It's always fun to watch some of the matches on these beautiful fall days and cheer the Congressional ladies on.

We have the Fall Finale coming up this month. It will be on Monday, October 22nd. It is a morning of round robin tennis followed by a delicious lunch organized by our chairs: Mary Ellen Vassallo, Stacy Dranginis, Kim FitzGerald and Jill Casasola. I can't thank them enough for all the planning of our big event.

The WTA conducts our annual meeting at the Fall Finale luncheon as well. Members vote for new officers that day and we announce the results at lunch. We'll also conduct

new business as needed. Please come join us. It is always a great event!!

If you're interested in being a WTA officer next year, please contact me at 301-365-9523 or mavirostek@verizon.net. The positions are Chair, Vice Chair, Treasurer and Secretary. Terms are for one year and they are a great way to get more involved with tennis at Congressional.

Enjoy the beautiful weather and Go CCC!

Mary Anne Virostek,
Chair, Women's Tennis Association
mavirostek@verizon.net



Congressional Paddle

2012-2013

Opt in to 'Paddle Tennis' on the Club Homepage

Opening Night

Wednesday, October 17th 6:30 pm

Paddle War Wednesdays

November 7th, December 5th, January 9th, February 6th & March 6th

"World Team style" matches for **ALL** adult levels

Sign up on the Club's Platform Tennis webpage

WPTL

October 16th - February 28th 6:30 pm

Division II

Draft Combines

Division I

Tuesday

Oct 16th & 18th

Thursday

Ladies Night

Mondays @ 6:30 pm

Join the group by emailing Trevor@ccclub.org

APTA Mid-Atlantic Championships

December 8th 8:00 am

Men's Member Guest

Saturday December 15th 9:00 am

Club Championships

March 11th - Championship Friday March 22nd



From the Pro

The bowling season is fast approaching and the league chairs and I will have plenty of work to do!!!! We need to call last year's bowlers to find out who is coming back and where we will have vacancies that need filling.

Our Men's League begins on October 22nd at 7:00 p.m.! We don't have a lot of time to get the schedule ready for opening night! Give your team captains a call to let them know whether or not you are coming back to help make sure teams are ready on time.

All other leagues will begin in November. The Tuesday Morning Ladies League will begin on the 6th or 13th depending on the league consensus.

The Thursday Morning Ladies League will begin on November 15th. We still need lady bowlers for Thursday morning!!!! Ladies, you need to recruit for your teams if you know you need more team mates.

Get the word out! Bowling is fun and great exercise. Bowling leagues have a short season and are flexible.

Let's get bowling! I hope to see all of you in the bowling lanes early this season to practice and improve your game. Just ask if you need any pointers!

Ken Palmer
Bowling Pro



Bowling Open House

Friday, October 19

7:30 p.m.

Bring the family out for 1 free game of bowling and refreshments!!!

Check out all of the upcoming leagues and get bowling lessons from the pro!!

We encourage all the new social members to come in and get familiar with bowling.

Members can use the facility for many types of functions:

birthday parties, business team building, sports teams, end of season parties, and even an overflow area for weddings, a place to send the kids!



From the Chair

The Congressional swimming and diving teams enjoyed great success this summer and many athletes are interested in continuing over the winter months.

We will be offering swimming practice in the Congressional indoor pool on Sundays and Thursdays from 4:00 p.m. - 5:00 p.m. and on Tuesdays from 7:00 p.m. - 8:00 p.m. We will also offer Seal Pups (for the pre-team set) on Sundays from 3:00 p.m. - 4:00 p.m. Both Congressional programs will begin on Sunday, October 7. Please consult the Congressional web pages for more information.

There are many places for children and adults to swim and dive in the Washington metro area. Our area is home to over 40 different swim clubs for youths and 20 clubs for adults. Location is always important in selecting a winter swim program and a great way to research the possibilities is the web. Our metro area is referred to as the Potomac Valley Local Swimming Committee for both youth programs and adults so refer to www.pvswim.org and go to PVS Teams for a listing of local area swim teams. Contact information and pool locations will be displayed.

Divers should contact Potomac Valley diving or USA Diving for information on local diving clubs. Adults please refer to www.pvmasters.org and scroll down to Potomac Valley Clubs for a listing of contact information for adult swim programs. Contact the club and ask to come for a visit. Often you will be invited to "try out" one or two practices. Have a brief talk with the coach, either before or after the practice to determine if the program is right for you and/or your child. Have fun!

Christine Drummond, Swim and Dive Chair

From the Aquatics Pro

Congratulations to Our 2012 Summer Swimming and Diving Award Winners

Contributed Most Overall Swimming

Kelleigh Haley and Grant Goddard

Contributed Most Overall Diving

Jackie Stanton and Owen Hall

Sullivan/Connole Award

Johanna Poerstel

Coaches Award

Swimming- Kaitlin Geary

Diving - Max May

Teamship

Swimming - Heather Lamb

Diving - Sadie Smith

Gordon Appleton Cup

Victoria Kuhn

Most Improved Diving

Anna Newnam and Teddy Kavanagh

Most Improved Swimming

Haley Summers and Cameron Giarraputo

Congratulations to Our 2012 Summer Swimming and Diving Record Setters

Kelleigh Haley broke the 14 & Under Girls pool and team 50 M butterfly records in addition to resetting the CCSDA 50M Butterfly meet record. **Grant Goddard** set new team records in the 18 & Under Boys 50M Freestyle and 50M Butterfly events. **Teddy Kavanagh** broke the 8 & Under Boys 1M diving team record

Thanks to our coaches, parents and all of our swimmers and divers that devoted many hours of work and preparation to our fun 2012 swimming and diving competitive seasons. It was truly an Olympic effort and a wonderfully successful season.

After Labor Day Pool Schedules - We enjoyed excellent weather and very good attendance during our extended September pool hours. Look for our 2013 early season extended hours next April and May.

Fall Indoor Swimming Schedule - This fall the indoor pool will be open on the following schedule; Adult swim is offered Monday through Friday from 6:00 a.m. to 11:00 a.m. and on Saturday and Sunday from 9:00 a.m. to 11:00 a.m. There will be Open swim on Tuesday through Friday from 11:00 a.m. to 8:00 p.m. and on Saturday, Sunday and Monday from 11:00 a.m. to 6:00 p.m. The pool will be closed during the programs listed next. Please join us for lap swimming, open swimming or one of the following programs offered this fall.



Pictured above are Kelleigh Haley, Olivia Drummond, Avery Williams and Gillian Geary. They broke two CCSDA league relay records in the summer of 2012.

Swim

Fall 2012 Seal Pups - The Seal Pups fall session will begin on Sunday October 7, 2012 and run through Sunday December 9, 2012. This is a program for children from 4 years of age who can swim at least the width of the indoor pool, 20 feet. We work on improving swimming and safety skills and have fun in the pool at the same time. The Seal Pups are in the pool from 3:00 p.m. to 4:00 p.m. on Sundays.

Fall 2012 Swim Team/Stroke Clinic - The fall session for the Swim Team Practice will begin on Sunday, October 7, 2012 and run through Sunday, December 9, 2012. This program is for team ready swimmers wishing to improve their stroke technique. The swimmers meet from 4:00 p.m. - 5:00 p.m. on Sundays and Thursdays as well as from 7:00 p.m. - 8:00 p.m. on Tuesdays. Swimmers are not required to commit to all three days.

Adult Water Aerobics - Adult deep water aerobics classes have started. They are offered on Mondays, Wednesdays and Fridays from 10:40 a.m. -11:30 a.m. The current class will run through October 2012. A new class will begin in November 2012. You may sign up for the whole class or drop in at any time. It's not too late to join the current class. You may contact Nancy B. from Wet Yet? Water Fitness Company at 301-990-1846 or www.wetyetwaterfitness.com

Swim Lessons - Swim Lessons can be scheduled by calling the indoor pool office, dropping by the indoor pool or by email. The indoor months are a great time to work on getting your children water safe (or safer). It is also a great time for adults to improve upon or to learn new strokes. We offer lessons during the day, after school and on weekends.

Pool Towel Return - Again this summer, some of our pool towels have gone missing. If you find Congressional blue and white deck towels at your house, please return them to the indoor pool office or drop them in the blue bin just outside of the outdoor pool office. Then we can launder them for next summer and avoid the expense of replacing them. Thanks in advance



Polar Bear Plunge - In November 2012 we will be hosting the third annual Polar Bear Plunge in the Outdoor Family Pool. Look for details in next month's newsletter.

Contact Information - If you are interested in registering for Adult Water Exercise Classes, arranging birthday parties, registering for Seal Pups/Team Clinic or lessons please call the indoor pool office, 301-469-2008 or email us swim@ccclub.org

Kerry Reed Ellett, Director of Aquatics
Aerobic & Anaerobic Exercise

Fitness



In July's newsletter, I wrote about the importance of aerobic exercise in maintaining blood sugar balance and mood stability. This month, I would like to discuss the importance of aerobic exercise as it relates to fat metabolism, an issue that concerns many people.

I'm sure most of us have heard someone say, "I have been working out so hard, but not losing any weight!" In fact, some people will say that they have actually gained weight. When it comes to exercising, it is very important to maintain a balance of aerobic and anaerobic exercise. When we aerobically exercise, our body is utilizing oxygen to supply its energy needs, and we are burning fat. True aerobic exercise requires a prolonged period of low to moderate exercise; however, these days, many people believe that "the harder the better." This type of exercise causes our bodies to enter its sympathetic, or fight-or-flight state, which has been engrained in us since our ancestors ran for their lives from predators.

When in a sympathetic state, our heart rate and blood pressure rise, our digestion comes to a halt, and we mobilize sugar to meet our energy needs. The fight-or-flight response is also known as our stress response. Today, people are already overstressed. We work long hours, have busy social lives, don't get enough sleep, live in an increasingly toxic world, etc. When our exercise routine is habitually rigorous, our body is pushed towards a permanent state of sympathetic dominance, or fight-or-flight mode. With this comes indigestion, immune system weakening, and from that constant need for sugar mobilization-insulin insensitivity, which then leads to weight gain.

Therefore, if we wish for our exercise routines to strengthen and de-stress us, we must work out aerobically. I use Dr. Phil Maffetone's heart rate formula to determine my aerobic zone. Using this formula, you subtract your age from 180, and then subtract 10 from that number. The two numbers represent your aerobic heart rate zone. Jog in this zone a couple days a week, and you will burn fat, build leaner muscle, and maintain blood sugar stability. Remember to stay within your aerobic range, as the issue has become that most people push themselves above this zone. True aerobic exercise will help bring your body closer to homeostasis, or balance, and a balanced body is a healthy body. Head on over to the Congressional Country Club Fitness Center, which provides equipment for both aerobic and anaerobic exercise.

Dr. Amanda Thompson

Attention Members:

On November 1, 2012 we will begin the process of automatically billing all Annual Fitness Center Memberships and Group Fitness Passes. If you **DO NOT** want your membership and/or group fitness pass renewed please contact the Fitness Desk or send an email to richard@ccclub.org before October 25 requesting to be taken off the membership renewal list. Please make sure you identify each person to be taken off the membership and/or group fitness pass for 2013. Members with Annual Fitness memberships must have a photo I.D. in our check-in system to gain access to the Fitness Center.



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. - 7:00 p.m.
 Weekends 7:00 a.m. - 7:00 p.m.

Outdoor Practice Range
 Mon. 12:00 noon - 5:30 p.m.
 Tues.- Fri. 7:30 a.m. - 5:30 p.m.
 Sat., Sun. & Hol. 7:00 a.m. - 5:30 p.m.

Golf Car Rental
 Weekdays 8:00 a.m. - 6:00 p.m.
 Weekends 7:30 a.m. - 6:00 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.

Midway House
 Mon. - Sun. 10:00 a.m. - 5:00 p.m.

Stop N' Go
 Tues. - Sun. 9:00 a.m. - 5:00 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.

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 Gregory G. Lamb Vice President
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 Barton F. Drummond Treasurer
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 Controller paula@ccclub.org
 Chief Financial Officer dean@ccclub.org
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 Dir. of Catering marlene@ccclub.org
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 Lodging Reservations jeff@ccclub.org
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 President of the Club pres@ccclub.org

Congressional Country Club Website
www.ccclub.org
 301-469-2000