

CMRC

CARROLL MANOR RECREATION COUNCIL

Issue #39

March 2014

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Atlantic Advisors - Contact Ron for help with IRA's, 403(b)'s, 401(k)'s and a chance to win!

Tastefully Simple - New Foods, New Tastes for Spring! Let Maria Hammel help you with new menu ideas!

ARTISTIC CHILDREN'S THEATRE ~ A.C.T.
- Picture you or your child performing on stage? Contact Chris Ginder to find out more.

CMRC Website is now launched - Todd Whittle and Whetstone Web Design presents new CMRC website!

In This Issue

Become a CMRC Newsletter Sponsor

CMRC New Website Launched!

CMRC 2014 Boys & Girls Spring Lax Registration is Closed.

CMRC Softball and Baseball Registration Spring 2014

CMRC Fitness

CMRC Karate - New Try it for FREE Program!

CMRC Tennis- Looking for players for new session

CMRC Dance

Summer Camps - Baseball and Soccer

Masters Volleyball Academy

St. Patrick's Day Dinner at Long Green Volunteer Fire Company

CMRC Rollerskating

CMRC, Lifebridge Health, Parisi Speed and Conditioning School - see what is new!

Dog Obedience

CMRC Council Meetings

Sweet Air Park Pavilion Rental

On Line Registration Policy Reminder

CMRC New Website is launched!

We are pleased to announce CMRC's new website! Still the same address, www.carrollmanor.org but a new look, thanks to Todd Whittle and Whetstone Web Design. If you have any problems, questions or comment on the website, please contact Todd. **The on line registration system and process has not changed just the look of the website. There will be a link to the registration system as in the past. For all registration issues or questions and newsletter items, continue to contact Lisa Hosier.** Program chairs can now update their pages to give you the most up to date information on your sport or program. We hope you like it!

CMRC 2014 Spring Boys and Girls Lax Registration is now closed.

Check website for updates. Any late registrations exceptions must be approved by the program chair. if you have questions, contact the program chair listed on the website. www.carrollmanor.org

Spring Softball and Baseball Registration is in progress!

Registration for CMRC Baseball and Softball will continue through February 28th. All registrations on or after March 1 will be put on a waitlist pending approval from a chairperson, and will be assessed a late fee. If you have any questions, please contact the appropriate chair person below.

For 2014 Girls Softball is open for ages 5-13. The older age group, 14 +, has been closed due to lack of registrations. Please contact Brian Kensing with any program questions. [Click here for more information and to register](#)



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Hooray! Spring is coming.
 Do you want more energy? Then check out our wonderful local CMRC fitness classes. Let Amy, Anne, Kim, Liz or Mike help you with regular exercise!!

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This is Ron Anthony. For over 33 years I have helped folks with IRA's, 403(b)'s, 401(k)'s and other retirement accounts and am based here in Baldwin. Don't worry—you will not find pages of small print scrolling across your TV from me—I have nothing to hide. Most financial ads talk about the return. Check out my website : [AtlanticAdvisors.net](http://AtlanticAdvisors.net)

The first three adults who contact me with the correct number of times the word risk is used and can answer an easy question will get a nice gift card from Strapasta's  
 Thank you,

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[for softball.](#)

For Baseball, [click here to register](#). See website [www.carrollmanor.org](http://www.carrollmanor.org)

### **CMRC Fitness**

Classes being offered include Zumba, Pilates, Strength Training, Aerobics, and Yoga classes. Work at your own level in a comfortable, welcoming atmosphere. All classes offered have certified instructors. Come join the fun! [See Fitness webpage at www.carrollmanor.org](#) for more information.

### **CMRC Karate - Try it for free!**

New Session starting Monday, March 3 for 8 weeks. Registration begins at 6:15 on March 3rd. See [www.carrollmanor.org](http://www.carrollmanor.org) program page for more information.

### **CMRC Tennis**

We are in the process of forming our spring outdoor CMRC ladies tennis league. We have room for another 1 or 2 teams. Registration is due Feb. 14th. \$15.00 check made out to CMRC and mailed to Sue Quinn, 4713 Carroll Manor Road, Baldwin, MD 21013 .If you are interested in playing, please contact [Irene Dietrich](#) or [Sue Quinn](#) at for more information and a registration form find out more go to [www.carrollmanor.org](http://www.carrollmanor.org)

### **CMRC Dance**

The Dance Program has a new email address, please make a note of it , [CMRCdance1@gmail.com](mailto:CMRCdance1@gmail.com). The Dance Recital is coming up on Sunday, March 23rd at Loch Raven High School.

For more information about the upcoming dance recital, see the [dance recital page at www.carrollmanor.org](#)

### **Summer Camps**

Al Bumbry Baseball camp and 2014 Goals Soccer Camp registration forms are now available. Print the forms to mail and for more information. [Al Bumbry Camp](#) or [Goals Soccer Camp](#). If you have any questions, you can also contact [Jerry Tana](#).

### **Masters Volleyball Academy**

Now is session through March 16th. Sundays 12:30 -1:30, Girls and Boys Ages 11-14 . [See flyer](#) or [www.carrollmanor.org](http://www.carrollmanor.org) for more information.

### **St. Patrick's Day Dinner at Long Green Volunteer Fire Company**

Long Green Volunteer Fire Company (4506 Long Green Road, at the corner of Long Green & Manor Rds.) will be hosting its annual St. Patrick's Day Dinner on Monday, March 17, from 5:00pm to 8:00pm.

The Menu includes: Corned Beef, Cabbage, Buttered Parsley Potato's, Green Beans, Vegetable Beef Soup, Rolls, Ice Tea, Coffee & Dessert. Beer, Wine & Soda will be available for sale. Admission is \$14.00 for Adults (12 and older); \$7.00 for Children (under 12) Children under 5 are Free.



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Contact me for more information:  
Maria Hammel, Tastefully Simple,  
Independent Consultant  
410-952-0455

[tastefullysimple.com/web/mhammel1](http://tastefullysimple.com/web/mhammel1)

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## ARTISTIC CHILDREN'S THEATRE ~ A.C.T. presents



on August 1, 2, & 3, 2014  
FOR PRODUCTION SCHEDULE & TO  
REGISTER EMAIL CHRIS  
GINDER: [actwithchris@gmail.com](mailto:actwithchris@gmail.com)  
ACTORS AGES 5 TO ADULT WILL BE  
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PROFESSIONAL FLYING BY D2  
EFFECTS

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## Become a CMRC Sponsor

What to spread the word about your event or business. The CMRC would like to feature a sponsor each month for our email newsletter. Reach every family in the CMRC community. To become a sponsor for future issues, please email us today for more details.

[Please email us today to get started!](#)

Plan to come early on the 17th or call 410-592-6131 by March 10th. and reserve your seating. To reserve seating, leave a message with name, phone number & how many tickets you need.

Tickets sell out quick so act fast. Visit our website at [www.lqvfc.com](http://www.lqvfc.com) or "Like Us" on Facebook.

## CMRC Rollerskating

Rollerskating at Carroll Manor Elementary has started. For Pre-School through 5th graders only. There will be 2 one hour sessions - 6:45 - 7:45 and 8 - 9. ALL participants MUST register BEFORE skating the first time. You can bring your own skates or use ours but NO rollerblades, Heelies, or Sneakerskates will be permitted. Go to [www.carrollmanor.org](http://www.carrollmanor.org) for registration and rules.

## CMRC has partnered with Lifebridge Health and the Parisi Speed and Conditioning School to offer all Carroll Manor Program players this exclusive training offer.

CMRC has partnered with Lifebridge Health and the Parisi Speed and Conditioning School to offer all Carroll Manor Program players this exclusive training offer. Parisi delivers a positive training experience that improves speed of movement and strength in character regardless of ability or economic status. If you are looking to get faster, stronger, and build more self-confidence, then the Parisi Speed School is the nation's number one choice to get you there. Every high level athlete needs increased agility and most of all POWER when making those movements. Parisi Speed School is a sports performance program that has proven to increase an athlete's athletic through speed and agility training. Parisi has trained everyone from 7 yd old youth soccer or lacrosse players to professional soccer, or nfl players. These training sessions will be designed to increase every athlete's ability to compete at a high level and beat the competition not just with their superior skills but with their superior speed and explosiveness. Current session is progress.

[https://parisileadtracker.com/schedule/Parisi\\_LBHF](https://parisileadtracker.com/schedule/Parisi_LBHF). Go to the link and click "camps", then the session of choice. Please feel free to contact [Robert Bowman](#) if you have any questions.

## Dog Obedience Classes

Does your dog needs some manners! Get the advantage of learning from a trainer with years of experience. Print out registration flyer at [www.carrollmanor.org](http://www.carrollmanor.org)

## CMRC Council Meetings

Council meetings are held the second Thursday of every month at 8:15 PM at Sweet Air Park. if you would like to attend or find out how you can help.

## Sweet Air Park Pavilion Rental

Looking for a covered, outdoor space, with access to a playground to have a party or gathering. Why not book a pavilion at Sweet Air Park. All reservations must be done through the CMRC office at Sweet Air Park. Sweet Air Park is located on Sweet Air Road just east of the Sweet Air Shopping Center. Please call 410-887-8207 for more information.

## On Line Registration Policy

Just a reminder about CMRC's on line registration policy.

You MUST complete registration and payment on line to be rostered, placed on a team and be allowed to practice or play in the program. This is due to insurance issues, all players MUST be on the registration list, having agreed to and clicked the waiver on line .. NO exceptions. If you are not registered you cannot practice or play under any CMRC organized team scheduled practice or game. After completing payment you MUST click on "Return to CMRC.." to get your final registration and payment confirmation from CMRC and to complete your registration record. All refund policies are determined by the program chair per program. Any refund issues should be directed to the program chair.

If you have any questions about registration on line, please contact the program chair or [Lisa Hosier](#)

*Carroll Manor Recreation Office at Sweet Air Park (410) 887-8207*

### Quick Links

[Our Website](#)

Join Our Mailing List!

[Forward email](#)



Try it FREE today.

This email was sent to psfranzoni@comcast.net by [lhosier@carrollmanor.org](mailto:lhosier@carrollmanor.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Carroll Manor Recreation Council | Sweet Air Park | Phoenix | MD | 21131