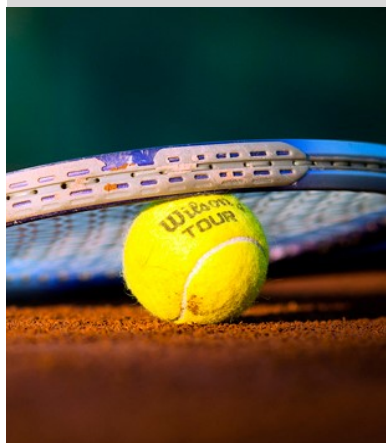


Central Park - The Tennis Players Club

Baseline Newsletter August 2017



The recent Luau provided a great example of what makes our club so awesome - The weather was magnificent, the food was great, the social tennis was fun and we were all treated to some awesome tennis courtesy of pros Phil Ansdell and Dea Sumantri and young guns Vivian Glozman and Theo McDonald. This event was made possible by our excellent staff and under the specific guidance of the Membership Committee. Committees are the heart and hands of the club and are a great way to get more involved. So, please consider signing up for one of the committees, not to pursue any specific agenda, but to be an active participant to make the club even better than it is today.

Speaking of committees, I am very pleased to announce Committee Chairs for the 2017-18 term (Committees will resume their meetings in September):

- Nancy Goldberg - Tennis
- Carol Buckingham - Membership
- Brian Darrow - Facilities
- Ross Laursen - Finance

It's a great group and I look forward to working with each one of them. And thanks so much to our out-going Chairs for all their past work and contributions - Kim Skorupa (Membership) and Kristen Grobstok (Facilities) have now joined the Board and Marty McCurry is turning over the reins of the Finance Committee after years of service. Thanks to all.

We have finalized the dates for two informational meetings regarding two important issues to our club and the members: the status of new clubhouse planning and the equity membership issue. Those dates are Wednesday, August 16th at 7:00 pm and Monday, September 18th at 7:00 pm. At those meetings we'll provide information regarding each issue and answer questions and take feedback. As a quick reminder the new clubhouse planning project is a long-term and iterative effort and no decisions have been made. With regard to the equity membership issue, we will be presenting an option for member consideration on how best to address what has been a long-standing issue regarding the membership fees structure. We hope to see many of you there, but if you can't make either of those events, and are willing to organize a small group meeting at an alternative time, I will be happy to join you. Just contact [Julie](#) and [me](#) and we'll do our best to accommodate your schedule.

One other item the Board is working on is our food service offerings. This is not a new issue, but one that needs to be revisited from time-to-time. To that end, we have just kicked off a small but mighty ad hoc committee to review options given our situation today. Kerry Levine will chair the committee and Susan Fascitelli and Lynda Carlson will join her along with Club Manager Julie Wheadon with a goal of making a recommendation to the Board at the September 27th Board Meeting. So, if you have ideas, please send them to any of the committee members or me.

Finally, I am excited to announce a fun and important contest. It's time to name the "new" building (courts 9-12). Details will follow, but we'll be having a Name the Building contest, complete with some type of prize that goes to the person whose idea is selected. And for those of you who are very clever, Arithmetic will not be chosen (Reed, Wright, Arithmetic). Stay tuned for more details.

Cheers - Dundeeana Doyle



**President
Dundeeana Doyle**

OTHER NEWS

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August

Important Dates

Tuesday, August 1- 5	WA State Open @ Seattle Tennis Club
Wednesday, August 9 -10	Summer Team Challenge - 5:30 pm
Wednesday, August 9	Fall Women's Team Tennis Sign-ups Available
Friday, August 11	Jet League Finals - 8:30 am
Tuesday, August 15	Fall Junior Program Sign-ups Available
Wednesday, August 16	Open Member Meeting - 7:00 pm
Thursday, August 17	Last day of Summer Camps
Monday, August 21-22	Bronze 2 Day Tournament -1-4 pm
Wednesday, August 23-24	Silver 2 Day Tournament -1-4 pm
Wednesday, August 23	Board Meeting - 6:00 pm
Monday, August 28-29	Gold 2 Day Tournament -1-4 pm

August Lifeguard Hours: 11-8pm daily



Summer Team Challenge

Wednesday, August 9 - Thursday, August 10

Time: 5:30pm sharp!

Cost: \$25

Levels: 2.5 & above

Event Includes: 3 matches, 1 cardio tennis clinic, & \$10 worth of food/beverages

Teams: 4 teams will be drafted & coached by our Pros

Max: 56 people

MANAGER'S MISCELLANY

Can you believe that summer is more than half over? Without a doubt you have to agree, even though it feels like it came in a little late, this has been an amazing season for Central Park Tennis!

With the success of our juniors (state champions and tourney winners/runner ups) and our adult USTA teams (1 moving onto Nationals and more going to Sectionals), as well our staff recognitions (Chad USPTA professional, Laurie having the best month yet recruiting new members and a new little Harrison added to the family) it should be summer all year round!

And with that - I do need to give credit to all the staff (and some great volunteer members) for being an integral part to these successes (except for the Harrison addition). Not only did the staff work hard to plan and provide a junior camp experience with intense workouts, fun activities and opportunities for our kids, they also have juggled their schedule to accommodate tournaments, luaus, food service, pool parties and any type of need to make your experience at the Club a good one. So thanks for stepping it up, I appreciate it and I know our members do too!

However with that - as usual there are the few bummer things I do need to share. Summer time brings guests in for a variety of reasons (no that's not the bummer part) and unfortunately we have seen some things that we normally don't (here it comes). We have had multiple reports of items gone missing from the Women's Locker room - and a few strange things get broken without being reported. And we even have roosters that have decided their morning call is best from the bleachers outside of court 18! So my advice for this month... lock up those items, take them to the court with you... anything that may be enticing to someone else. Break something - or spill that Powerade? Tell us - it's better to get it fixed or cleaned right away so someone else doesn't have to be bummed by the situation too. And lastly, ignore the roosters - they are really only doing their cock a doodle dooing until 9 am and then they wander down the road.

Let's finish summer out strong with more tennis, more awareness and definitely more SUN! Sign up for the Summer Team Challenge and look for something fun at the end of summer to welcome September and our (fingers crossed) long Indian Summer!!!!

See you here!

Julie Wheadon

Club Manager



COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

Interested in joining the Facilities Committee? Here are the key things they do:

- Develop and maintain an Asset Maintenance and Replacement schedule allowing the Club Management to plan for and determine both short and long term facility needs.
- Provide regular input to the Board and Club Management regarding facility improvements, replacement and maintenance.
- Be available to Club Management and Members as it relates to facility issues and bring these issues to the Board as necessary.

MEMBERSHIP | CHAIR CAROL BUCKINGHAM

Thank you to our fantastic past Chair, Kim Skorupa! I will be taking over as Chair of the committee as she moves to serve on the Club Board. I have been told that my first order of business is to recruit members for the committee. There are several goals for this committee, but a nutshell, if you want to help keep the Club as a fun and welcoming place for both current and prospective members, this is the committee for you! Committee members need to attend meetings once a month, with some additional help here and there at special events.

I have also been told that the Committee is on hiatus for the summer. But I am not sure everyone is clear on what that means, because we just put on a very fun luau, last week there was a Summer Nights event, and there is a wine dinner outing and Team Challenge coming up in August. Lots of fun ways to enjoy the wonderful summer we are having at Central Park!!

FINANCE | CHAIR ROSS LAURSEN

Interested in joining the Finance Committee? Here are the key things they do:

- Review monthly financials.
- Design income statement and balance sheet with input and recommendations from Club CPA.
- Prepare and review operating/capital budget (Current and Long Term spending).
- Recommend dues and assessments accordingly.
- Monitor club credit needs and resources.
- Review and monitor banking relationship(s).
- Review Annual CPA reports.
- Provide special project support as assigned by the Board.

TENNIS | NANCY GOLDBERG

Interested in what the tennis committee does? This committee evaluates and makes recommendations to the board for court requests from folks outside CPTC - USTA, tournaments, charities, etc.; evaluates our current programming for court usage; reviews court violations; and also is the clearinghouse for policy revisions and requests for non-members to join our club USTA teams. We may have a few spots available for the upcoming year. If you are interested, email [Julie Wheadon](#) or [Nancy Goldberg](#).

CUPS | LYNDA CARLSON

Thank you to our past Cups Committee Chair, Christine Garnett for your service and dedication. Our new chair for the 2017-2018 season is Lynda Carlson. The Cups Captains meeting is set for Wednesday, September 6th at 1pm.

PRO'S COURT

"Your goals feel no pain!"

During our Summer Nights Kickoff Party, I played in an exhibition match against one of our best junior members, Chloe Chu. Sorry if you missed me almost getting my tail whooped by a 16 year old girl, but if you were there, you saw how awesome she is. Thank you Chloe, and also to Teagan Mach, Sophie Wu, Evelyn Wong, Kaitlyn Ye, Reanne Lee, Dora Varsa, and Richard Jia for participating in the exhibition as well. All of you are great!



The most rewarding part of my job is seeing these kids come through, grow up and mature, and then excel in everything they do. If they're good at tennis, usually they're good at numerous things. The drive, passion and desire is a mindset that separates the good from the great! You can see it in their eyes if they have it or not.

The frustrating part of my job is seeing some of these kids who have all the talent in the world (and resources), yet decide to not put the effort into mastering the craft. I love the quote: "Your goals feel no pain!" It does take a lot of hard work, dedication and sacrifice to be great at anything, especially tennis.

The truly great kids that I've seen; Emmett Egger, Henrik Wiersholm, Vivian Glozman, Theo McDonald, Chloe. They all have similar qualities. They each want to know every detail of this game. They ask questions and practice it until they have it down. They're humble. They have a strong belief that they can do it. (Hence the look in their eye). And most of all, they respect the game. And even though they make it seem easy, they know how difficult this game really is, and how much hard work they've put into it.

There's a lot of summer left, so I hope you can get out there and master your craft. It takes thousands of hours.. Also, keep an eye on the juniors I've mentioned in this article, they are amazing. We should see great things from them.

See you
on the
courts,
Phil
Ansdell



Pictured above: Chloe Chu



Pictured from left to right: Theo McDonald, Dea Sumantri, Vivian Glozman, Phil Ansdell.

WELCOME NEW MEMBERS

JON MARKMAN FAMILY EQUITY

Jon D. Markman is president of Markman Capital Insight LLC, which provides research and guidance to professional and independent investors on futures, options and equities. He was an investigative reporter and editor at the Los Angeles Times for two decades, where he was a member of two Pulitzer Prize winning teams, and was the first managing editor of the Microsoft online unit MSN Money. He is currently the Tech Intelligence columnist at Forbes. Markman has written five books on trading and the history of Wall Street, and has a new one on the way. He's a graduate of Duke University and the Columbia University Graduate School of Journalism, and lives with his wife, Ellen, in the Madrona section of Seattle. They have a 24-year-old son working in real estate in Seattle and a 22-year-old daughter studying business at Purdue University in Indiana. Besides tennis, he enjoys golf, baseball and creating crossword puzzles.



MICHAEL & LIBBY AHN FAMILY EQUITY

Sorry we missed you. Please submit a photo soon.



JACK & KRISTIE FLYNN FAMILY EQUITY



*Good luck and well wishes to our resigning members. We will miss you!
Silverberg Family*

FITNESS COURT

Arthritis, Inflammation and Food

Arthritis can be a painful and debilitating disease, whether it's OA, where cartilage is worn down and leaves bone rubbing on bone or RA, an autoimmune disease which causes inflammation in the fluid around the joint.



The bottom line in both of these diseases is inflammation. Our diet, what we eat can impact that inflammation.

A diet high in processed foods, refined carbohydrates, saturated and trans fat can feed the inflammation. A diet that is heavy in red meat, processed

foods, fried foods, white breads, added sugars is helping to stoke the fire of inflammation: pretty much the typical American diet.

Eating a diet to help fight inflammation could include fish, beans, nuts, quality dairy products, olive oil, whole grains, fruits and veggies. Probably sounds pretty familiar, huh? ;) Fish, for one gives us the omega 3's we need while fruits and veggies contain a host of phytochemicals that have antioxidant properties as well as fiber.



If you have arthritis it may be worth taking stock of what your diet consists of and consider tinkering with it and see if you notice a difference, not everyone responds the same way to particular foods.

Eating a whole foods diet ensures we get a whole host of vitamins, minerals and nutrients that are typically stripped out of processed foods. If a label contains more than 5 or 6 ingredients or has words that we can't even pronounce, more than likely we

don't want to eat it anyway. :)

What are your thoughts or comments?

"Exercise is your King, & Nutrition is your Queen. Together they create your Fitness Kingdom" Jack LaLanne

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Vicki/ fithealthy@fit2playnw.com /425.822.2206 EXT 122

MXD CHAMPIONSHIPS

The MXD Championships were held July 7-9. 175 participants competed in 4 different levels (6.0, 7.0, 8.0 and Open). It was an all mixed doubles tournament that raised money (over \$15K) for Jubilee REACH, a non profit dedicated to supporting and empowering the youth in Bellevue. In addition to the tournament an outdoor party which featured dinner, a pro's exhibition (in which Dea played), a hit for prizes event (sponsored by Wilson and Sturtevant) and silent auction where all proceeds benefited Jubilee REACH was one of the highlights of the weekend.

The following teams won their divisions: The one in red is a Central Park Tennis Club Member!

Open: Champions: Kate Dieveney/**Mike Walters**
Runners up: Janessa Wilson/Connor Vordale

8.0: Champions: Effie Gleason/Andrew Parcel
Runners up: Melinda Eley/Zach Zyger

7.0: Champions: Nancy Koefoed / Chris Barry
Runners up: Sue Matyas/Peter McKinnon

6.0 Champions: Sue Matyas/Steven Matyas
Runners up: Jill Hancock/James Tursa



SEATTLE PRO LEAGUE

The Seattle Tennis Pro League, featuring the best male players in the PNW, made a stop on its tour at CPTC on Sunday, July 30. This stop was one of 10 stops on the summer tour where these men compete for prize money, bragging rights and they donate a portion of the proceeds to a local charity. It was an incredible event with exceptional talent. Click below to learn more about the league & to see when their next match is. <http://seattleprotennis.com/>.

SUMMER NIGHTS KICK OFF PARTY



WASHINGTON STATE ADVANCED JUNIOR TOURNAMENT

Congratulations to all of our Juniors who competed in this year's 2017 Washington State ADVANCED Junior Tournament! We are so proud of each & every one of you!



2017 Washington State ADVANCED Junior Tournament Results—CPTC Juniors

Boys

Boys' 12 Doubles	Daniel Kim & Justin Yim	Finalists
Boys' 12 Singles	Justin Kim	Finalist
Boys' 14 Doubles	Adam Walter	Finalist
Boys' 14 Singles	Brett Pearson	Finalist
Boys' 16 Doubles	Shubhu Purohit & Michael Sutanto	Finalists
Boys' 16 Singles	Michael Sutanto	Winner
Boys' 18 Singles Consolation	Reyhan Virani	Semi Finalist

Girls

Girls' 12 Singles Consolation	Emily Liu	Semi Finalist
Girls' 12 Singles Consolation	Tesa Liutkus	Finalist
Girls' 14 Doubles	Adeline Eklund	Winner
Girls' 14 Doubles	Sylvia Eklund	Finalist
Girls' 14 Singles	Valerie Glozman	Winner
Girls' 14 Singles	Kaitlyn Ye	Semi Finalist
Girls' 14 Singles Consolation	Taiya Hansen	Semi Finalist
Girls' 16 Doubles	Sophie Wu & Evelyn Wong	Semi Finalists
Girls' 16 Singles	Meagan Pearson	Winner
Girls' 16 Singles	Adeline Eklund	Finalist
Girls' 16 Singles	Sylvia Eklund	Semi Finalist
Girls' 16 Singles Consolation	Sophie Wu	Winner
Girls' 18 Doubles	Meagan Pearson & Thalia Tsai	Finalists
Girls' 18 Singles	Vivian Glozman	Winner
Girls' 18 Singles Consolation	Thalia Tsai	Finalist

SUMMER LUAU

The 2017 Summer Luau was a great success with beautiful weather, incredible tennis and yummy food! Thank you to the staff, volunteers and players who made this event possible!

A special thanks goes out to :

Julie Wheadon, Laurie Uhrich, Kim Skorupa, Laura Lund - Planning / execution

Chad Smith, Dea Sumantri , Phil Ansdell, Vivian Glozman, Theo McDonald - Tennis Drills / Exhibition

Elsa Brodin - Décor

Brad Bennett - Exhibition MC

Carol & Andrew Buckingham - Children's Activities

Ann Harrang - Music

Victoria Willard - Bar / Clean Up



USTA NATIONAL BOUND

We are so proud of our Women's 55+ 8.0 team that competed in Sectionals and won!

Congratulations ladies on all of your hard work!!!

Next stop Nationals - October 27-29 in Orlando, Florida!

Team members: Margaret Zimmerman, Carolyn Tanksley, Marilou U. Rolfe, Susan Fascitelli, Dianne Discolo, Bonnie Roberts, Lindsay Price, Carmen Almodovar, Susan L. Sodorff, Linda Baker, Patrice Dicasparro, Cynthia S. Turner, Donna Massoth, Valerie Ketner Brown, Dundean Doyle.



USTA TEAMS TO DATE

Adult 55+ Captains

6.0 Women's – Lynda Carlson
7.0 Women's – Mara Ferrari
7.0 Women's – Karen Schmitz
7.0 Women's – Mary Czerwinski/Maria Borgen
8.0 Women's – Shauna Miller
9.0 Women's – Dundean Doyle
6.0 Men's – Mark Greenlaw
7.0 Men's – Wie Antono/Jack Frederickson
8.0 Men's – Wie Antono/Tony Martin
9.0 Men's – Wayne Lim

Mixed 18+ Captains

6.0 – Colleen Grobstok
7.0 – Dan Doyle/Carol Buckingham
7.0 – Bhanu Purohit
7.0 – Leslie Bouton/Denise Stumpf
8.0 – Bhanu Purohit
8.0 – Kim Skorupa
9.0 – Dundean Doyle
10.0 – Beth Lehman-Brooks

AUGUST - JUNIOR 2 DAY TOURNAMENTS

Bronze 2 Day Tournament

August 21-22
Cost: \$10
8 players per day
Prizes for 1st & 2nd Place

Silver 2 Day Tournament

August 23-24
Cost: \$10
8 players per day
Prizes for 1st & 2nd Place

Gold 2 Day Tournament

August 28-29
Cost: \$10
8 players per day
Prizes for 1st & 2nd Place



MASSAGE

Dear Club Members,
Welcome to the height of Summer. If you are looking to relax and re-store, come to Freeman J. Held Massage, where you can take advantage of my offer of three 60-minute massages for \$150.

To book your next appointment, click here:
<http://Freeman.youcanbook.me>

Be well,
Freeman



WEEKLY AVAILABLE LESSONS

Did you know that our Pros post their available lessons for the following week every Friday at the front desk, on Facebook and on our weekly email blast? Typically there's something for everyone—from mornings to evenings to weekends. Make sure to check these out!

For those who prefer weekend lessons - Blakeley Bean has openings every Sunday from 11am - 5pm. Blakeley's CPTC Bio: Blakeley joined our teaching staff in September 2016 to work with our junior program while she transitions to the Eastside from her current location in Olympia, WA. The Valley Athletic Club has been fortunate to have Blakeley as part of their professional staff since she moved from Atlanta, Georgia in 2014. She attended Appalachian State University in North Carolina on a Full Athletic Scholarship for Division 1 Women's Tennis. Blakeley is USPTR Certified, has 6 years-experience working with juniors and adults. She has the talent, enthusiasm and patience that has members come back week after week.

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