

# Baseline Newsletter

## August 2019



### OTHER NEWS

- 2....Important Dates /Pool Info
- 3.....Manager Miscellany
- 4.....Committee Reports
- 5.....Committee Volunteer/  
New Members
- 6-7.....Fitness Court
- 8.....Pros Court
- 9.....USTA News
- 10-11.....Tournament Results/  
Photos
- 12-13.....Events
- 14.....MXD Results/Photos
- 15.....Massage / Advertising

Hello Central Park.

Summer seems to have finally found us. Last year, we were dealing with smoke and air quality issues. I love my pleasant PNW summer days, even if I have to wait for them. I hope you all have a chance to look up into our beautiful blue sky and track down that annoying job.

My daughter Lily recently graduated from high school. It's a season of nostalgia for me, as I prepare to drive her off to college. We joined Central Park in 2007, which means Lily started taking lessons from our pros when she was six years old. (My son Erik was four.) I'm so thankful for the exceptional teaching pros we have here at Central Park. Not only have my kids learned the fundamentals of tennis, but they've also learned valuable life lessons through their various matches. We are very fortunate to have such an exceptional group of coaches for our juniors, as well as for ourselves.

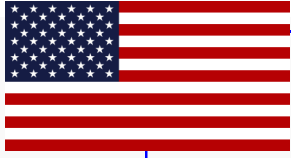
There are a lot of kids on our courts right now and in our clubhouse and pool area. This is high season for our junior program camps. I want to issue a challenge: during the month of August, join me in greeting at least two juniors and their parents, and also thank at least one of our tennis pros for their efforts with our next generation of tennis lunatics. These kids are the future of our sport and will keep tennis strong and vibrant, at Central Park and elsewhere.

The board doesn't take the summer off. Our new board is off and running, working hard on your behalf. We continue to consider and discuss our facilities plan. We also are resetting our committees and have begun preparations for a strong kickoff to fall and the coming year. If you have any questions about the happenings of the board, don't hesitate to ask me or any of our other board members. And, may our blue sky tennis days and evenings extend into the fall as well.



**PRESIDENT**  
**ROSS LAURSEN**

Follow this [link](#) to our monthly minutes to find out what your Board is up to.



# AUGUST Important Dates



Monday, July 29—August 4	Washington State Open @ Seattle Tennis Club
Wed. Aug. 7 & Thurs. Aug. 8	Summer Team Challenge 5:30 pm
Wednesday, August 7	Sign up available for Fall Women’s Team Tennis
Monday, August 12	Tennis Committee Meeting - 6:00 pm
Tuesday, August 13	Women’s Night Mixer 7:00 pm
Thursday, August 15	Last day of Summer Camps
Thursday, August 15	Fall session of junior team sign up available
Wednesday, August 28	Board of Directors Meeting 6:00 pm
Saturday, September 21	Pickleball Social

## IMPORTANT POOL DETAILS

### AUGUST LIFEGUARD HOURS

Lifeguard hours are daily from 11:00 am—8:00 pm

### YOUTH SWIM

**Anyone 17 years or younger may ONLY use the pool when a lifeguard is on duty.**

**Children under 13 years old must have a parent present at all times even when a lifeguard is present.**

### POOL GUEST FEES

All members and their guests must sign in with the front desk.



**PLEASE BRING YOUR OWN POOL TOWELS...**

**WE ONLY HAVE ENOUGH FOR THOSE “OOPS.. I FORGOT” MOMENTS.**

**THANK YOU!**

# MANAGER'S MISCELLANY

Where did July go? We definitely had some surprise rainy days this last month – and then some surprise high heat days, but for the most part – July kept us busy playing indoor and outdoor tennis all day long.

The Tennis staff has been incredibly busy with a successful junior camp this year – the four day per week sessions seem to be filling up and creating a buzz among the kids. Coach Dea has created fun for those age 5 and up (wow! -- the energy coming from those groups ) and Coach Ethan provides weekly goals and plans for the Gold and Silver groups –readying them for tournaments and high school play (yes, that is right around the corner).

With the addition of the 6 outdoor courts in rotation when the weather is good, please remember that the front desk needs to know which court you are walking on to. Not only does it help when others are asking for open courts, but it is also a liability issue if we have an emergency and need to find you. If the staff are off doing towels and you can't check in with them, please call from the court so they know you are on site.

Thanks to Chad and the Tennis Staff for running the Washington State Advanced Tournament in July. With over 185 participants this year, we were fortunate to have good weather and end by closing time each day. We had a great turnout with great results from many of our members. See some of the winners listed on page 10 and photos on page 11 of this newsletter.

The Summer Luau had a fun turnout. Laurie and the Tennis Staff went all out providing fun tennis to play and to watch, and delicious food. Thanks to everyone that participated and made our annual event one to remember. So great to see some new faces participating and experiencing a different side of summer at CPTC.

We are looking forward to another annual tennis event, the Summer Team Challenge. Sign up today! A great chance to mingle with your Pros and meet some new people!

And good luck to our members playing in the Washington State Open at STC!

See you here!

Julie Wheadon, Club Manager

P.S. August lifeguarded pool hours - 11-8.

P.S.S. Have you given any thought to joining a Committee? We would love to have you get involved. I would be happy to answer any questions you might have— email me today or stop by my office!

Do you know anyone that might be interested in working at CPTC?

Have them email [employeeservices@centralparktennisclub.com](mailto:employeeservices@centralparktennisclub.com)

to see what is open for the fall.



# COMMITTEE REPORTS

## TENNIS | CHAIR CHRISTINE GARNETT

The Tennis Committee is in “recess” until September. However, we held an ad hoc meeting in July to discuss policy changes regarding adding non-members to a CPTC USTA team. This past year, the Committee spent an inordinate amount of time on reviewing requests for non-members to be added to USTA teams. We have been reviewing the existing policies and will be recommending changes to the Board for approval in August. Our goal is to create clear and transparent policies that are inclusive and provide opportunity for our membership. Please look for new guidance in September.

## FINANCE | CHAIR ROSS LAURSEN

The Finance Committee did not meet in July. Our only committee business was to review the manager’s report and June financials, which was done by email. The balance sheet and P&L are strong through the first half of the year. Management is looking into a tennis income anomaly. New seasonal membership sales did not track with budget, but this was by design because we were already close to fully subscribed. Our annual benefits renewal will be received and reviewed in the coming month.

## TENNIS COURT ETIQUETTE

### BALL MACHINE



At the end of your ball machine time balls should be returned to the ball machine hopper. The extension cord should be wrapped around the handles and both the mower and the ball machine put back in its proper place. The picture on the right shows proper storage for court 9. The ball mower is for picking up balls please do not have anyone riding on it. Report all issues with the ball machine to the front desk.

## TENNIS GUESTS

Members must register their guests at the Desk upon arrival. Guest fees not collected at time of check-in will be charged to the member. Guests are not allowed to play without the member present.

- There is to be a maximum 1:1 guest-to-member ratio on the court, i.e., the number of guests cannot exceed the number of members playing on a court, except on a walk-on court.
- A person is considered a guest once he/she moves onto the court and is actively involved in the play either by feeding balls or directing play or drills, with or without a racquet, and is required to pay fees and subject to visit limitations.
- Guests, like members, may only play on one reserved court per day.

# LOOKING FOR VOLUNTEERS

We have posted the Committee sign-ups at the front desk and will begin our next session in September.

It takes support and involvement from our members to keep this Club and community top notch. I hope you consider joining us. I'd be happy to answer any questions you might have about serving on a committee, contact me anytime.

[juliew@centralparktennisclub.com](mailto:juliew@centralparktennisclub.com).

## Overview of Committees:

**Facilities** -primary mission of this Committee is to ensure the club maintains a facility that is safe, comfortable, attractive and supportive of the needs of our members.

**Finance** -The mission of the Finance Committee is to monitor the current and long range financial soundness of CPTC consistent with the Club's objectives of providing the membership with the highest quality facilities and services possible, at reasonable levels of dues and assessments. As requested by the Board, it shall assess the financial soundness and feasibility of proposals requiring an expenditure of funds.

**Membership** -The membership committee welcomes new members and hosts member social events. They also work at marketing the club to attract new members and review membership fees and pricing structures making recommendations to the Board.

**Tennis** -The Tennis Committee promotes and regulates the use of the tennis facilities to provide an equitable system for member play, a high quality facility, a professional teaching program and an organized tennis activity for every member.



# WELCOME NEW MEMBERS

## Returning from Leave of Absence

Jeannie and Gerald Coe  
Christina Bowden

## **New Junior Member**

Linden Liu

## Really leaving & to be missed!

Trent and Michelle Burns  
Philip Wong  
Sydney Vinnedge

# FITNESS COURT

## Exercising with Chronic Pain

Getting to the gym for a workout can sometimes be a battle. Let's face it... a daily workout can be a challenge for so many reasons, but sometimes it can even be a little painful - or a lot painful!

So, what do you do if you're already dealing with body pain every single day? Should you skip your workout altogether and just rest? Or is it better to move your body even when you're dealing with chronic pain?

Conditions of chronic pain could be anything from rheumatoid arthritis, osteoarthritis, fibromyalgia, low back pain or neck and spinal cord injuries - just to name a few. Did you know that roughly 50 million Americans are living with chronic pain?

Here are two basic ways you can still move and nourish your body for the sake of your health when you're dealing with chronic pain.

## EXERCISE: JUST WHAT THE DOCTOR ORDERED!

In the past, medical professionals would recommend rest and inactivity as part of the treatment for many of these conditions. But newer research suggests that physical activity may be just what the doctor ordered.

One study concluded that exercise helped to reduce pain severity, as well as improve overall physical function and mental health in those with chronic pain.

*"Natural painkillers - endorphins, are produced by our body with exercise. After a bout of exercise, pain tolerance increases (for up to an hour, depending on the exercise)." says Dr. Darren Leong, senior physician at the Singapore Sports Institute & Singapore Sports Council.*

Leong also maintains that exercise helps to reduce flare-ups of these conditions as well as reduces anxiety and depression - a condition commonly related with chronic pain.

## WHEN TO EXERCISE AND WHEN TO STOP

While there are many benefits to regular exercise, those with chronic pain are still advised to listen to their body.

Dr. Nathan Johnson, Associate Professor of Exercise & Sports Science at the University of Sydney says, *"If you're feeling joint or musculoskeletal pain or anything associated with chest pain, then that's an indication to stop exercising immediately."*

## NUTRITION: PUT OUT THE FLAMES OF INFLAMMATION THROUGH DIET

The Latin word 'inflammare' means to 'set on fire', and most of us are familiar with that fiery feeling when we experience acute inflammation - like when you fall and scrape your knee.

Inflammation is not always a bad thing though, it's necessary to heal an injury or fight off an invading pathogen.

However, when we experience another kind of inflammation known as chronic or systemic inflammation - this type can be persistent and linger in your body for much longer periods of time.

In fact, if left unchecked, chronic inflammation can be like a fire out of control!

*"Those with chronic inflammation often suffer from pain, fatigue, anxiety and mood disorders."*

## FITNESS COURT CONTINUED

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 helps to stoke the fire.

While chronic inflammation sounds rather ominous, there's one thing all experts seem to agree on... an anti-inflammatory diet can help to significantly decrease symptoms of chronic pain.

Eating a diet to help fight inflammation could include fish, beans, nuts and seeds, olive oil, whole grains, fruits and veggies.

That's why I'm sharing a delicious Herbed Salmon recipe packed with natural anti-inflammatory ingredients like omega-3 fatty acids, lemon and rosemary. Plus, it tastes delicious and is so simple to prepare. SCORE!

### Anti-inflammatory Herbed Salmon

Preheat oven to 375 degrees F.

#### *Ingredients*

- 1 salmon filet (~1/2 lb)
- 2 Tbsp extra virgin olive oil
- 1 lemon sliced, plus 2 Tbsp fresh squeezed lemon juice
- 3 cloves garlic minced
- 2 Tbsp fresh rosemary, finely chopped
- 1/2 tsp Himalayan pink salt
- 1/4 tsp black pepper
- Olive oil for coating pan (~ 1 Tbsp)



Place parchment paper or aluminum foil on a baking sheet and lightly coat or brush with oil. Place the salmon on the baking sheet. Whisk together the olive oil, lemon juice, garlic, salt, pepper and 1 Tbsp rosemary. Pour the sauce over the salmon and place slices of fresh lemon on top.

Seal the parchment or foil around the salmon until it's completely covered.

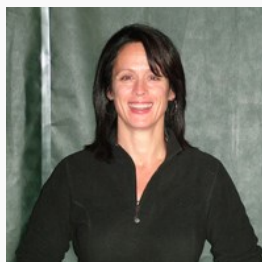
Bake for 15-20 minutes, or until the salmon flakes easily with a fork. Sprinkle with remaining 1 Tbsp rosemary and ENJOY!

## CLASSES

**Boot Camp** MW 9-10am // **Boot Camp** TTH 5:45-7pm // **Fit'n'45** TH 12-12:45pm

\***Contact Clay CSCS**// [Clay@fit2playnw.com](mailto:Clay@fit2playnw.com) 425.822.2206 ext 126

\***Contact Vicki NBC-HWC**// [Vicki@thewellfitlife.com](mailto:Vicki@thewellfitlife.com) 425.822.2206 ext 122



# PROS COURT

What is Junior Team Tennis (JTT)?

As some of you may know, I also work for the USTA as the Junior Team Tennis Coordinator in the state of WA. As this program grows, I have noticed that we have a lot of members and parents who aren't aware of it or what it is. Whether you are involved with kids or not - it's always great for our members to understand all that we are offering as a club.

Junior Team Tennis is very similar to the adult USTA leagues that many of you participate in. Tennis and athletic clubs in different sections create junior teams in 10U, 12U, 14U, and/or 18U divisions. These teams then compete against one another throughout seasons that last between two and three months. We currently offer a fall, winter, spring, and summer season for every division. Each season consists of six matches, three home and three away. During the summer season, 14U and 18U divisions can "advance" to Sectionals, much like in adult league. At sectionals the teams are then given the opportunity to compete against teams from Oregon for the chance to earn a spot at Nationals.

One of the nice things about these teams is that they are gender neutral- which means if the players are "at level" they also get to play with/against kids of the opposite gender. At the beginning of each season a team must have six players minimally. Every match consists of five lines, two singles and three doubles. An eight-game pro set is played in each of these Individual matches.

As a coach for a lot of these juniors, I have seen firsthand how great these matches are for their growth and development. When kids sign up for tennis classes, they aren't necessarily guaranteed opportunities to compete. Often you'll run across kids who are great tennis players but have never played a "real" match. Tournaments can sometimes be an intimidating place to start- JTT is a great way to bridge the gap and get kids competing.

Central Park currently has 10U, 14U, and 18U teams. If you want to know more don't be afraid to stop me and ask!

Blakeley Bean USPTR Professional

and WA USTA Junior Team Tennis Coordinator



# WOMEN'S NIGHT

## MIXER

**Tuesday, August 13 at 7 pm**

Online & paper sign ups

Must cancel 24 hours in advance





**55+ Women**

9.0	<a href="#"><u>Dundeana Doyle</u></a>
8.0	<a href="#"><u>Beth Hom</u></a>
8.0	<a href="#"><u>Laura Lund</u></a>
8.0	<a href="#"><u>Margaret Zimmerman</u></a>
7.0	<a href="#"><u>Mary Czerwinski</u></a>
7.0	<a href="#"><u>Christine Garnett</u></a>
6.0	<a href="#"><u>Lynda Carlson</u></a>

**55+ Men**

9.0	<a href="#"><u>Wayne Lim</u></a>
8.0	<a href="#"><u>Wie Antono</u></a>
7.0	<a href="#"><u>Dan Doyle</u></a>
7.0	<a href="#"><u>Wie Antono</u></a>
6.0	<a href="#"><u>Mark Greenlaw</u></a>

**Mixed 18+**

10.0	<a href="#"><u>Kathryn Osborne</u></a>
9.0	<a href="#"><u>Elizabeth Gorey</u></a>
8.0	<a href="#"><u>Andrew Shen</u></a>
8.0	<a href="#"><u>Joanna Bengford</u></a>
7.0	<a href="#"><u>Leslie Bouton</u></a>
7.0	<a href="#"><u>Dan Doyle</u></a>

**40+ Women**

5.0	<a href="#"><u>Kris Gibson</u></a>
-----	------------------------------------

**USTA ADULT 55+ & MIXED 18+ -**

*Interested in participating? Contact one of these captains or sign up at*

## Heading to 40+ USTA Sectionals... Good luck CPTC!



**Central Park Women's 4.0 Team 'Causin a Racquet**

Front Row L to R: Deborah Murray, Kim Skorupa, Holly Yang, Helen Chiang, Camille Lamoreaux, Kim Stein, Donna Massoth, Carly Oberg

Back Row L to R: Linda Baker, Anna Laricheva, Carolyn Tanksley, Michelle Neal, Laura Laun, Andrea Gerth, Nadine Ramstead, Anna Duff

Not Pictured: Genevieve Warren, Susan Fascitelli, Merrie Vieco, Kristen Morrison

**Central Park Women's 2.5 Team**

Susan Bergeson, Emily Christensen, Vera Choi, Dana Cocales, Lin Han, Joyce Ismon, Merle Lakoumentas, Annie Ottesen and Amy Wang



## WASHINGTON STATE JUNIOR ADVANCED Central Park Member Results

### Boys' 12 Doubles (Final Round)

Tan, Zachary / **Yang, Leo (1)** def. Singh, Saksham / Smith, Reed 8-4

### Boys' 12 Singles (Final Round)

**Yang, Leo (1)** def. Scott, Jack (3) 6-1; 7-6(5)

### Boys' 14 Doubles (Semifinal Round)

Luo, Hanri / Sarausad, Luke (3) def. Chavan, Vedant / Feies, Alex (2) 8-6

Lin, Justin / **Zou, Ethan (4)** def. **Duran, Noah / Leong, Noah (1)** 9-7

### Boys' 14 Doubles (Final Round)

Luo, Hanri / Sarausad, Luke (3) def. Lin, Justin / **Zou, Ethan (4)** 8-2

### Boys' 16 Doubles (Final Round)

Arora, Shrey / Wehrle, Matthew def. **Walter, Adam /** singh, sameer 8-6

### Boys' 18 Doubles (Round Robin)

Fan, Patrick / Widjaja, Anthony def. He, Todd / Stranskey, Andre 8-6

**Pearson, Brett /** fuller, tate def. Himka, Hayden / Martin, Cole 8-1

### Boys' 18 Singles (Final Round)

**Suko, Nedim (4)** def. **Pearson, Brett (7)** 6-1; 6-3

### Girls' 14 Singles (Final Round)

**Popa, Bianca (1)** def. Abbott, Aiyana (3) 6-0; 7-5

### Girls' 16 Doubles (Round Robin)

**Gershaw, Ellie /** Lu, Karen def. **Chinn, Alyssa /** Nash, Casey 8-3

### Girls' 16 Singles (Final Round)

**Suko, Zehra (1)** def. **Ye, Kaitlyn (3)** 6-0; 6-2

### Girls' 18 Doubles (Round Robin)

**Eklund, Sylvia / Yeh, Charlize** def. **Eklund, Adeline /** Nash, Abby 8-3

**Edmonds, Amber / Pearson, Meagan** def. **Sun, Olivia / Wu, Sophie** 8-0

### Girls' 18 Singles (Final Round)

**Eklund, Sylvia (5)** def. **Yeh, Charlize** 4-6; 6-0; 10-5





# THE 2019 SUMMER TEAM CHALLENGE

Wednesday, August 7th and Thursday, August 8th



## SUMMER TEAM CHALLENGE

**Let the battle begin!**

**7 Pros. 4 Teams. 2 Epic Nights.**

Join us for back to back nights of competition. Wednesday, August 7th and Thursday, August 8th. Our Pros will draft 4 teams which will compete head to head for prizes & a full year of bragging rights. The event will include 3 matches, 1 pro clinic and food and beverage.

### ADDITIONAL DETAILS

**Time:** 5:30 pm sharp

**Cost:** \$25

**Levels:** 2.5 & above

**Max:** 56 people

Prizes for the winning team!

**Sign up today at the front desk!!!**

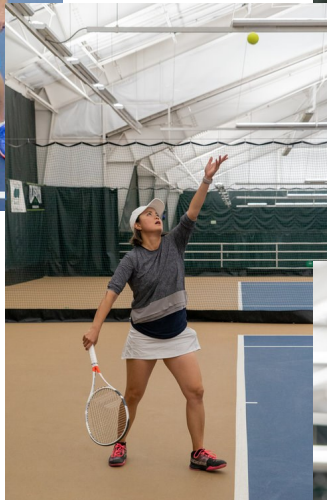
**Please note:** Players must be available to play both days. If you can only play 1 day you need to sign up with a sub of the same level and same sex who is free to play the day you cannot.

# 2019 Annual Luau



## SUMMER HOURS—

The Club is open Monday - Saturday from the hours of 6 AM to 11 PM (If there are no members using the facilities, the Club may close early.) Sundays, 8 AM to 9:00 PM. In an effort to save staff and energy costs, if on Friday, Saturday or Sunday no courts are reserved after 7:30 PM and no one is using the facility the staff may close the club at 7:45 PM. If you think you might want to work out or play at later hours, please make sure to call and reserve a court.



## 15th Annual MXD Championships

June 27-30, 2019

4 levels mixed doubles competed (6.0, 7.0, 8.0 and 9.0)  
that raised over \$50k for Fred Hutch. Thank you to  
everyone that came out and supported this event.

# Pickleball Social

PICKLEBALL STATION

**Join us September 21 as we take the Big Woody  
to the Pickleball Station in Kent.  
Details will be out soon.**



# MASSAGE



Hello Juniors and Family,

I am excited to have brought my Sports Massage and Facilitated Stretching to the junior tennis players at the July club tournament. It was great fun to help these competitors on their path. My massage/stretching is great preparation before a match but also beneficial for recovering after a hard workout or match.

You can find me on the club website

Go to <http://freeman.youcanbook.me>

Find FacilitatedStretching - a 30 minute session for \$25

Parents must be present for the session.

Be well,

Play well,

Freeman

[Freeman.YouCanBook.Me](http://Freeman.YouCanBook.Me)

# ADVERTISING

Thinking of a Move?



**Jim Muenz**  
Managing Broker - Top 1% Nationally and Locally

206-920-1200 CELL  
425-897-1319 OFFICE  
jim@jimuenz.com



Certified Previews Luxury Specialist  
Relocation Specialist  
25+ years of experience  
For all your Real Estate Needs



**Bridle Trails & Spring District**  
*Family Dentistry's*  
*'New Patients Welcome'*

6507 132nd Ave NE  
Kirkland  
425-881-9333

12301 NE 10th Pl #304  
Bellevue  
425-454-4298

Russell K. Nomi, DDS  
1981 UW Dental School

Wesley K. Nomi, DMD  
2017 Arizona School of Dentistry  
and Oral Health

Overlake Service, Inc dba

**EASTSIDE**  
AUTOMOTIVE & TIRE

Dan & Denise Stumpf  
Owners  
dans@kirklandeastside.com

12676 NE 85th  
Kirkland, WA 98033

Phone: 425.827.8686  
Fax: 425.828.3141

www.eastsideautomotive.com  
"Your Complete Automotive Service Center"

**Dazzle**  
*Auto Detail*

425-269-4913

AFFORDABLE MOBILE DETAIL  
SERVICES TAILORED TO YOUR  
NEEDS

**Scott Watson**  
PROPRIETOR

INDIVIDUALIZED ATTENTION  
TO YOUR VEHICLE