

Central Park - The Tennis Players Club

Baseline Newsletter December 2017



OTHER NEWS

- 2-3...Notice of Special Meeting
- 4.....Sample Ballot
- 5.....Important Dates
- 6.....Manager Miscellany
- 7.....Committee Reports
- 8.....New Members
- 9.....Fitness Court
- 10.....Pro Court
- 11.....USTA
- 12-13.....December Events
- 14.....Junior Awards
- 15.....Massage/Advertising

Season's Greetings! I can't believe it's December already. I hope those of you who remain in the sunny Pacific NW during the holiday season will participate in some of the fun events we have planned this month as well as select a gift tag off of the Giving Tree, which benefits the Friends of Youth. Also, we are accepting donations for our annual Food Drive for HopeLink through December 4th.

I want to provide some additional details on information provided in last month's newsletter regarding the proposed change in the equity membership structure. We have provided up-to-date information, including a Q&A, the actual amendment to the bylaws, an executive summary and a financial analysis of the proposal on the member [website](#). On pages 2-4, we have provided a copy of the Notice of Special Meeting and a Sample Ballot. Ballots will be mailed out the first week of December and must be returned not later than 3:00 on January 10th. A special meeting of the members will be held on January 10th, 2018 at 6:30pm, at which time we will announce the results of the vote on both the equity membership structure as well as the name chosen for the tennis building housing courts 9-12. Thanks again to everyone who submitted names - the final choices are:

The Bridle Trails Building
The Evergreen Building
The Roberts Building

Also at the meeting, Matt Osborne, Past President and Chairman of the Clubhouse Planning Project, will provide an update on the effort and solicit member input. Please mark your calendar for January 10th and join us for the special meeting.

For those of you wanting additional information regarding the equity membership proposal before you vote, I will be hosting an informal Q&A session at the Club on Wednesday, January 3rd from 6:00 - 8:00pm. Please feel to drop by at any time during that time to learn more - and the first beverage is on me. And of course, track me down at the club, email me at dundeanadoyle@gmail.com or leave a question at the member feedback email member-feedback@centralparktennisclub.com.

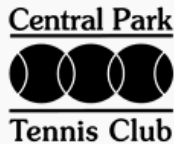
Finally, your Board had a packed December Board meeting at which we approved the 2018 budget. Your club remains in strong financial health and we approved a budget that we believe is fiscally responsible while meeting member needs, and without a dues increase. We have over 40 members on the waitlist, which is also an indicator of a vibrant, healthy club. As 2017 comes to a close, I want to express my gratitude for all of you and our great staff. It makes my job as President (almost) easy.

Have a Safe and Happy Holiday Season,
Dundeana Doyle
Club President



**President
Dundeana Doyle**

NOTICE OF SPECIAL MEETING



NOTICE OF SPECIAL MEETING

A Special Meeting of the members of Central Park Tennis Club will take place Wednesday, January 10, 2018 at 6:30 p.m. in the Clubhouse. All members are invited to attend.

Three principal items of business for the meeting are:

Announce the member vote on whether to approve the proposed bylaw change on the equity membership structure.

Announce the member vote on the name chosen for the tennis building housing courts 9-12.

Provide an update and receive input on the new clubhouse planning project.

Completing Your Ballot: Please follow the instructions on Envelopes One and Two. **Be certain that your signature and membership number are written on Envelope Two. Ballots will not be considered valid if completed incorrectly.** For those members who are traveling and do not have access to a mailed ballot, please contact Julie Wheadon at juliew@centralparktennisclub.com to receive an electronic ballot.

Ballots must be received at the Clubhouse no later than **3:00 p.m. on Wednesday, January 10, 2018.** Late submission of ballots is not permitted. No voting will occur at the meeting.

NAME THE BUILDING

(COURTS 9-12)

QUESTION #1 – *Do not vote for more than one. This action will invalidate your vote.*

The Membership committee reviewed approximately 115 suggestions for the Name the New Building Contest. After much debate the committee selected six to present to the Board. The Board, via secret ballot, voted to present their top three choices. The choices are presented below. Your final vote is needed on the enclosed Special Ballot.

The Bridle Trails Building - this name is proposed due to the location of our club in the Bridle Trails area of the eastside

The Evergreen Building - this name is proposed to celebrate our location in the midst of beautiful ever-green trees.

The Roberts Building - in honor of current member Neil Roberts, who has been a national championship tennis player for four plus decades; a past Board member of Central Park; club volunteer and respected long-time member of Central Park.

PROPOSED BYLAWS AMENDMENT, ARTICLE 3 EQUITY MEMBERSHIP STRUCTURE

The Board has approved to propose under the Club's bylaws, the amendment to change the Equity Membership Structure for approval by the members by majority vote. The Board encourages all members to vote, but to make sure that the vote is representative of the opinions of Club members, the Board is requiring that at least 200 of the members vote on the amendment (including yes and no votes and abstentions) as a condition of going forward.

The amendment is outlined below, as well as in the Q&A document, including a summary, that is available on the Club's website (www.centralparktennisclub.com). The Q&A document gives details about the implementation of the amendment, as well as potential financial implications that may occur from this change.

QUESTION #2 - VOTE YES OR NO

Amend Article 3 as follows:

A. Replace Section 3.1 – 3.3

3.1 : Equity Membership

3.1.1 General. An Equity membership may be issued to an individual. The Equity member may use the Club's facilities at times and under rules and regulations set by the Board. For an additional amount in dues as set by the Board, one additional adult may be added to the Equity Membership. The additional adult must either be the spouse or domestic partner of the Equity Membership holder. For an additional amount in dues as set by the Board, children of either or both members who are unmarried and under the age of 25 may also be added to the Equity Membership and may use the Club's facilities at times and under rules and regulations set by the Board.

3.1.2 Membership Rights. Each Equity membership shall have only one vote on all issues put to a membership vote. An Equity member, and up to one additional adult as described in Section 3.1.1 above, may exercise all membership rights such as holding elective office and serving on committees, except if either adult is a member of the Board, the other may not at the same time be on the Board or act as the chair of a standing committee.

3.1.3 Effective Date and Applicability. Effective as of January 10, 2018, all new equity memberships shall be governed by this Section 3.1. Existing members as of the effective date have the option to opt in to the Equity Membership described in this Section 3.1, or to remain with their current Equity Single, Equity Family, or Equity Corporate membership. Members who opt for the Equity Membership described in this Section 3.1 shall not be able to revert to any previous membership structure.

B. Renumber the remaining Sections of Article 3.

Conversion

- Existing members would have the choice to opt in to the new Equity Membership structure or remain with their current Equity Single, Equity Family, or Equity Corporate membership. Members who opt for the NEW Equity Membership will not be able to revert back to any previous membership structure.
- Those who are currently Equity Single members and opt for the NEW Equity Membership structure would lose the 52 guest passes.
- Current memberships wanting to change will be transitioned using a "seniority" system, by which not more than 50 memberships per year may transition annually on the basis of longevity of their membership. This approach is being utilized to assist in managing the transition and monitoring any financial implications.

All New Memberships joining the waitlist from the effective date as voted on and approved by the current membership (January 10, 2018) would be subject to this Equity Membership Structure.



OFFICIAL BALLOT

NAME THE BUILDING
Courts 9-12

VOTE FOR ONE

BRIDLE TRAILS..... ☐

EVERGREEN..... ☐

ROBERTS..... ☐

Proposed Bylaw Amendment, Article 3

EQUITY MEMBERSHIP STRUCTURE

☐ **YES** ☐ **NO**



December

Important Dates



Friday, December 1	CPR Class - 12:00 pm
Friday, December 1	Holiday Decorating - 2:00 pm
Friday, December 1	Mix Up Friday Night - 5:30 pm
Friday, December 1 –15	Giving Tree - Holiday Gift Drive
Monday, December 4	Winter Junior Team Sign-ups Available
Monday, December 4	Last day of the Holiday Food Drive
Wednesday, December 6	Winter Women's Team Sign-ups Available
Monday, December 11-14	Rockin' Robin Celebration Week
Monday, December 11	Cups Committee Meeting - 1:00 pm
Monday, December 11	Tennis Committee Meeting - 6:00 pm
Tuesday, December 12	Facilities Committee Meeting - 4:30 pm
Sunday, December 17	Last Day of Late Fall Junior Team
Monday, December 18	Green/Bronze Junior Tournament - 11:30-2:30pm
Monday, December 18	Membership Committee Meeting - 5:30 pm
Tuesday, December 19	Silver / Gold Junior Tournament - 11:30 - 2:30 pm
Wednesday, December 20	Board Meeting - 6:00 pm
Sunday, December 24	Christmas Eve - Club closes at 1pm
Monday, December 25	Christmas Day - Club closed all day
Monday, January 1	New Year's Day Tennis Social - 11:30 am

DON'T MISS THIS...

ROCKIN' ROBIN' HOLIDAY WEEK

December 11-14

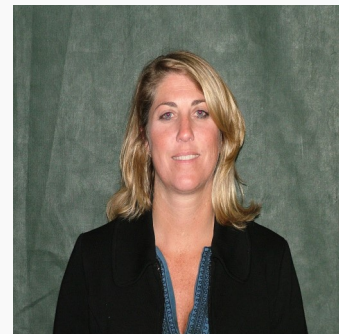
See page 12 for more details!



MANAGER'S MISCELLANY

Busy holiday fun is just beginning with decorating, a Friday night Game Night, the Giving Tree for Friends of Youth and our week of holiday fun! One of the most exciting things for this holiday season is the highly anticipated birth of Chad and Amy's baby! We are just waiting for the news!!

While we enter into the New Year – it is a great time to remind ourselves of our Tennis Policies. I have attached the link for you to view on our website [http://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2017-\(1\).pdf](http://cdn.cybergolf.com/images/1085/UPDATED-Tennis-Policies-2017-(1).pdf) but thought it might be helpful to highlight the policies where we continue to see violations.



Playing on two reserved courts in the same day.

MEMBER PLAY LIMITATIONS: Each member may play on only one reserved court per day.

The following will count as play on a reserved court for the day: 1) a substitute playing on a reserved court; 2) a no-show on a reserved court; 3) play on an allocated court. (Such participation, however, does not preclude the member from holding a reservation for another day.)

Making Reservations.

2. All court reservations will require one member's name. A member may not reserve a court in the name of another member, even if they have permission to do so; this includes making a reservation in the name of a family member (parents are allowed to book reservations for their children). A court may not be reserved in the name of someone who will not be playing on the court. A reserved court may not be transferred to another member.
3. The member with the court reservation must check in at the Desk and remain on the court during the court time.

WAITLIST: If you reserve a court for that day and receive a waitlist court, it does not automatically cancel the reserved court.

1. If there are no available courts during a desired court time, a member may be put on the waitlist for that court session. If there is a court cancellation, members on the waitlist will automatically be given the court and contacted by email.
3. Once assigned a court from a wait-list, that member's name will be removed from other wait-lists for that day.

CHECK-IN:

1. It is mandatory that all players with a court reservation in their name check in at the Desk prior to play.
2. It is mandatory that all players also check in at the Desk prior to play.
3. All guests must register at the Desk prior to playing and pay the guest fee unless the fee is being charged to a member playing on that court.

CANCELLATIONS/LATE CANCELLATIONS:

1. Members are encouraged to cancel a reserved or assigned court as early as possible. It is mandatory to cancel a reserved or assigned court at least 4 hours prior to court time or 24 hours in advance for events and clinics, unless otherwise noted.

NO-SHOW: In the case of a no-show 15 minutes after the start of a court time, a penalty fee will be imposed and charged to the reserving member's account (see Violations & Penalties). It is also considered a No-Show if the member with the court reservation fails to remain on the court during the use of the court time. A member charged with a no-show violation is still considered to have played on that court for purposes of Member Play Limitations. Courts assigned to members from the wait-list or as a walk-on are still subject to No-Show violations and penalties.

Again, these are just a few of the reoccurring issues we see. And based on feedback many of these could be avoided if you could review the policies, make sure you are checking in with the front desk and staying on the court for the full duration.

And please do not hesitate if you are unsure about a rule or have an emergency situation come up. I would be happy to review the policies with you or answer any questions you might have.

Have a wonderful holiday season, I look forward to seeing you here working off the stress and enjoying your tennis and fellow members.

Julie Wheadon—Club Manager

COMMITTEE REPORTS

FACILITIES | CHAIR BRIAN DARROW

This month, the Facilities Committee submitted a few maintenance items for the Board to consider approving including repairing the old failing drainage system on north side of Reed building, new doors for the Clubhouse Lounge area, a new pool cover, fence replacement around the gravel parking lot and pavement repair, sealing and restriping of the parking lot to name a few. The committee will be evaluating a couple of members' suggestions to provide a few larger parking stalls before the restriping occurs.

Have you noticed lamps out on some of the courts, especially in the Reed Building? Yes we are aware of the failing LED light problem. PNW Lighting and Electrical, (the company that installed the LEDs) is aware of the problem and dealing with it. The manufacturer of the LEDs has agreed to replace and relamp all of our court lights, at no cost to us. A second generation LED will be used which is not supposed to have failure problems. We are trying to get this on the schedule for December to avoid disruption to your tennis play!

MEMBERSHIP | CHAIR CAROL BUCKINGHAM

The holiday season is in full swing with the Membership Committee! The Hopelink Food Drive finishes up on December 4th, and look for the Giving Tree to go up soon. On December 1st there is a Friday "Game Night" mix-up, and Rockin' Robin week will be December 11-14th. Don't forget that there will be the chance to start out 2018 with tennis and mimosas at our New Year's Day Tennis Social. Lots of ways to celebrate and enjoy the season!! Our next meeting is scheduled for Monday, December 18th at 5:30 pm.

FINANCE | CHAIR ROSS LAURSEN

October financials were reviewed and approved. Total revenue and net income continue to be ahead of budget for 2017. Minor projects are underway to address some recent issues; however, rest assured that nothing is expected to go sideways through the end of the year related to the club financial position. At our November meeting, we also approved the 2018 budget recommendation. A new purpose statement and responsibilities for the Finance committee were presented to the Board and approved in October. This will be posted to the website soon and will serve as our north star for committee activities going forward. Additionally, I've done extensive review and financial modeling for the Board related to the new equity dues structure and its projected five year impact on revenue. I'd be happy to talk through this with anyone who is interested; feel free to reach out to me. To wrap up, the committee will not meet in person in December assuming nothing significant changes with the 2018 budget. I expect to use my December report to share details on our debt service and bank note adjustment.

TENNIS | NANCY GOLDBERG

Do you want a reminder that you have a court reservation? You can set this up in Game Time. Easy to do – go to My Account/Preferences/Reminders. You'll have the option to set when you'd like a reminder to be sent. If you're concerned you'll forget to cancel a court outside of the 4-hour, late cancel window, set your reminder for 5 hours ahead.

Good news for weekend USTA teams! For the 2018 season the club will set aside a combination overflow/warm up court at 7:00 p.m. and 8:30 p.m. for Saturday and Sunday matches for both the 40+ and 18+ leagues.

Other recent items - we voted to allow two waitlist members to participate on a 4.5 40+ Women's team in the 2018 season, and also discussed reasons why the participation in the Club tournament has declined over the past few years. If you have specific feedback on the tournament, please share with [Nancy Goldberg](#) and/or [Lisa Moldrem](#).

CUPS | LYNDAL CARLSON

We will be having a charity selected fund raiser event on January 10th. Our committee discussed different charities and Rainier Athletes was selected. This small local organization focused on Eastside public schools is helping to build a stronger community through mentors teaming with at risk students, teachers and families. And personally supported by one of our Central Park members.

"Rainier Athletes is a great program that combines the support of mentors, educators and parents for K-12 students to achieve their dreams..." Jim & Sue Rooney

See website rainierathletes.org for more information.

Watch for our silent auction and sign up sheet for Cups January tennis and luncheon and ways to donate. Thank you for your support!

WELCOME NEW MEMBERS

AUDRIA STUBNA & PAUL RAFF FAMILY EQUITY

Paul Raff, Audria Stubna, Benjamin (2nd grade), Claire (2nd grade) and Alaina (1st grade) are excited to be joining CPTC. They have been in the Seattle area since 2010 and live near Grass Lawn Park. Paul is a Principal Data Scientist Manager on the Analysis and Experimentation team at Microsoft. Has a PhD in Mathematics and degrees from Carnegie Mellon University and Rutgers University. Audria has her PhD in Chemistry from Carnegie Mellon and worked as a teaching postdoc at University of Pennsylvania before having twins and relocating across the country. The couple met on a rowing team while at Carnegie Mellon and have done quite a few marathons, triathlons and centuries together. They now enjoy spending time biking together as a family and experimenting with other sports: climbing, hockey, soccer, gymnastics, skiing and now tennis as the kids interests change and grow.



VERA CHOI & SHEHZAD MEVAWALLA SINGLE EQUITY



Shehzad Mevawalla and Vera Choi, along with their three children Luca (13), Mika (8) and Camille (6) are excited to join the CPTC community. The family has been living in Redmond since Shehzad joined Amazon in 2007. Shehzad is currently with the Alexa team. After spending her years in software development, Vera has been a busy homemaker since her children were born. Luca started with the Bronze Junior Team of CPTC in April this year. In light of that, Vera has been going to Dea's Beginners' Clinic since and truly enjoying the fun.

ED & THERESA DURRAN FAMILY EQUITY

Joined 11/1/17. The Duran Family has lived in Washington for over 5 years. Ed & Teresa have one kid who is 11 years in age. As a family they enjoy playing tennis and look forward to joining CPTC!



SUSAN & TONY LEE FAMILY EQUITY

Sorry we missed you. Please submit a photo soon.

KAMAL ELKHADIRI FAMILY EQUITY

Sorry we missed you. Please submit a photo soon.

Good luck and well wishes to our resigning members.

FITNESS COURT

*May your Holidays be
Balanced and Bright*



Our rendition of “Twas the Night Before Christmas”:

Twas the night before Christmas and all through the gym, everyone was working with vigor and vim! The stockings were hung by the Treadmill with care in hopes that a new squat rack would soon be there. The pros were all nestled all snug in their beds with visions of burpees dancing in their heads. Clay, in his camo and white board in hand, and I with my stopwatch, we were ready to devise a plan. Lunges and squats, push-ups and more, we'll have them giddy screaming “GIVE US MORE!”. When out on the lawn there arose such a clatter, we



sprang from our mats to see what was the matter. When what to our wondering eyes should appear but a miniature sleigh and eight tiny reindeer, with a little old driver so lively and quick, we knew in a moment it was our UPS driver Nick. He had a bundle of gear slung over his back and looked like Jack LaLanne opening his sack. He had a broad face and a flat belly, he looked healthy and strong, not like a bowl full of jelly. A wink of his eye and a twist of his head soon gave us to know we had nothing to dread. He said not a word but went straight to his work, put up the squat rack, and performed a clean and jerk. Putting his finger aside of his nose, and giving a nod, to his sleigh he rose. To his team gave a whistle, and he called them by name: “Now, Camille! Now, Kelly! Now, Kerry and Julie! On, Matthew! On, Jamen! On, Jacob and Jack! We heard him exclaim as he drove out of sight, “Move Everyday and a



Green Smoothie at Night. WAHOOOO!!”

The End

This is a great time to start practicing for those New Year Resolutions. Starting the New Year with extra weight is not a given but will take some thought and planning. As we head into the Holiday Season, remember to plan for celebrations, stay hydrated, keep up with activities and make your food choices count. It is possible to do all these things and still have fun.



“ABILITY
is what you are capable of doing

MOTIVATION
determines what you do

ATTITUDE
determines how well you do it”
Lou Holtz

SERVICES: Performance training //Health & Wellness Coaching//Small Group Training//Personal Training//Boot Camp am//Boot Camp pm//Fit’n’45.

Contact Vicki// Vicki@fitthealthyou.com 425.822.2206 ext 122. Contact Clay// Clay@fit2playnw.com 425.822.2203 ext 126

PRO'S COURT

The Comeback

Comebacks are tough. And I'm not talking about being down a set and a half in a match, although that's hard too. I'm talking about coming back to the game after injury or time away. For me my toughest comebacks have been after having babies, but most of us have had to make a comeback for one reason or another. Injuries, babies, vacations, too much work... too much golf. During my latest comeback, or attempt at a comeback, I had some close friends in the same boat due to injury so I took this opportunity to pick their brains.

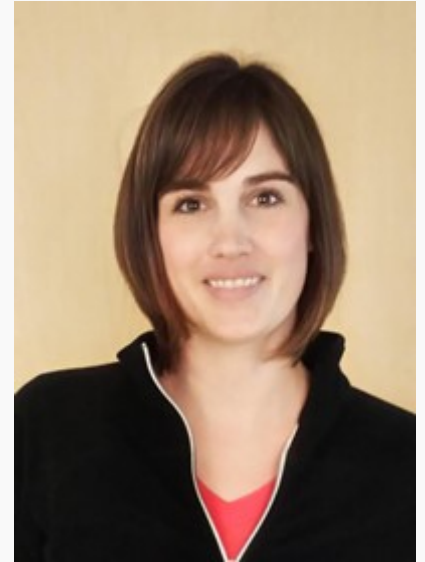
The physical comeback. Whether you were out due to injury or something else, time away from the court means getting back into tennis shape. Be disciplined so you don't injure or re-injure yourself. If you are at the ball machine stage, you may need to set a timer and then walk away when it goes off. If you have a physical therapy regimen stick to it and do the off court training. Everyone at some point has probably hit the gym incredibly hard after a hiatus and completely wrecked themselves for the next week. If you do that on the court with all of our sudden movements in every direction it could very well take you out longer than just a week.

Maximize your time on the court. Practice smarter, not harder. Go back to the fundamentals, footwork, consistency. I find I have to work at watching that round yellow fuzzy thing all the way to my strings and that my focus easily wanes after a set.

Manage your expectations. Recognize you have been away and that you will be hot and cold for a while. The physical rehab is one thing but there is more to the game. Be patient with yourself and know that it will be two steps forward, one step back and could be for a long time. It's not all about wins and losses, recognize what you are doing well and improving on.

Comebacks are rough but time away can really help you appreciate why you play and what you enjoy about the game.

See you on the courts,
Kathryn Osborne



WINTER BREAK - JUNIOR TOURNAMENTS

Green / Bronze Tournament

Monday, December 18

11:30 - 2:30 pm

Cost: \$15

Max: 8 Juniors

Format: Compass Draw (3 matches per junior)

Silver / Gold Tournament

Tuesday, December 19

Cost: \$15

Max: 8 Juniors

Format: Compass Draw (3 matches per junior)

Sign up starting December 8.



2018 USTA SCHEDULE

	Adult 55 & Over	Mixed 18 & Over	Adult 18 & Over	Adult 40 & Over	Adult 65 & Over
Team Confirmation Forms Due	8/1/17	8/1/17	2/15/18 (weekend) 2/1/18 (weekday)	12/5/17	2/1/18
Season	9/8/17– 11/19/17	9/8/17– 12/3/17	3/23/18– 6/3/18 (weekend) 3/19/18–6/1/18	1/5/18-3/18/18	4/2/18–6/8/18

	Mixed 40 & Over	Mixed 55 & Over	One Doubles	Singles Flex League
Team Confirmation Forms Due	5/1/18	5/1/18	5/15/18	6/1/18
Season	6/8/18–8/12/18	6/22/18-8/12/18	6/22/18-8/26/18	6/15-18-9/16/18

CURRENT LIST - USTA ADULT 40+ TEAMS

Adult 40+ Captains

3.0 Women's—Lynda Carlson
 3.0 Women's—Tara Darrow (looking for more players)
 3.5 Women's – Leslie Bouton
 3.5 Women's – Helen Suk
 3.5 Women's—Linda Greenlaw
 4.0 Women's – Gillen Nagy
 4.0 Women's—Laura Laun
 4.5 Women's – Deborah Murray (looking for more players)
 4.5 Women's – Kerry Levine
 3.0 Men's – Mark Greenlaw
 3.5 Men's—Walt Paulson (looking for more players)
 4.0 Men's – Barry Katz
 4.5 Men's – Mike Walter

Team confirmation deadline is December 5.

Please email Julie at Juliew@centralparktennisclub.com for the link. Teams must have 12 confirmed CPTC members to form a team.



PACIFIC NORTHWEST

JUNIOR CLUB CHAMPIONSHIPS RESULTS!

Division	1st Place	2nd Place
Doubles Flight 1	Alyssa & Ashley Chinn	Jeffrey Chen & Amar Kumar
Doubles Flight 2	Vernon Lumpkin & Alex Marlow	Avery Lin & Grant Mundel
Singles Flight 1	Marco Sobrino	Adam Walter
Singles Flight 2	Alyssa Chinn	Manu Shrivastava
Singles Flight 3	Amar Kumar	Jeffrey Chen
Singles Flight 4	Leo Yang	Luca Mevawalla
Singles Flight 5	Daniel Malacek	Leo Yoshida

ROCKIN' ROBIN HOLIDAY WEEK



December 11 - 14



DESSERT & HOT COCOA BAR

Monday, December 11

11:00 am-6:00 pm

Enjoy some tasty treats at check-in!

ICE CREAM SUNDAE SOCIAL

Tuesday, December 12

5:00 pm-7:00 pm

Enjoy some cool treats in the lounge!

HOLIDAY PUZZLES IN THE LOUNGE & LIVE MUSIC FEATURING NEIL ROBERTS

Wednesday, December 13

10:00 am-10:00 pm

Enjoy working holiday festive puzzles with friends

4:00 pm - 5:30 pm Live music by Neil Roberts

HAPPY HOUR \$1 OFF BEER AND WINE

Thursday, December 14

5:00 pm -9:00 pm

Enjoy some holiday cheer!

FREEMAN FIRESIDE CHAIR MASSAGES

Monday & Tuesday (12/11 & 12/12)

4:00 pm – 6:00 pm in lounge



Help brighten the holidays for youth in need

Friends of Youth provides services to at-risk youth and homeless young people at 25 sites in 18 cities, primarily in east King County. With 65 years of experience and national accreditation, we provide safe places and emotional support for youth in challenging circumstances. In 2016 we helped over 4000 youth and their families in crisis.

By donating this season you can make the holidays brighter for hundreds of youth in need in your community. Friends of Youth serves youth and their families through three core program areas including Homeless Youth Services, Residential Services, and Youth and Family Services,

Your gift will go directly to youth this holiday season. You can make their world brighter by meeting basic needs and wishes come true with your gift.



Get Involved

1. Pick up a tag

2. Purchase a gift

Return unwrapped gift by December 15 with the tag attached.

Complete the information on the back of the tag to receive tax acknowledgment for your donation.

3. Shop Online

Visit our Amazon Wish list and order a gift online and have it shipped directly to Friends of Youth. Visit our website for more details.

www.friendsofyouth.org

Questions?

(425) 859-649 x309

Volunteer@friendsofyouth.org

JUNIOR AWARDS CEREMONY

We are so proud of our Junior Team participants, nominees and winners! Your attitude, determination and drive motivates all!

2017 Award Winners

Hustle Award

Mariana Combariza
Regan Smith

Most Improved

Alyssa Chinn
Gabby Davydov

Player of the Year

Hayley Ren

Coaches' Award

Leo Yoshida
Lily Laursen



Left to right: Coach Dea Sumantri, Coach Blakeley Bean, Coach Jeff Eicher, Player of the Year Hayley Ren, Coach Ethan Vaughn, Coach Phil Ansdell and Coach Chad Smith.

Left to right: Coach Blakeley Bean, Most Improved Gabby Davydov, Coach Dea Sumantri.



Some of our junior award nominees.



MASSAGE

May the holidays find you fit, happy and joyous. Massage is always a welcomed gift to give to a loved one or to give yourself.

One 1 hour massage \$70
One 1 1/2 hour massage \$100

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

Happy Holidays

Be well,
Freeman



ADVERTISING

Thinking of a Move?



Jim Muenz
Managing Broker - Top 1% Nationally and Locally

206-920-1200 CELL
425-897-1319 OFFICE
jimmuenz@cbbain.com



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



Alex Tao: Acupuncturist
Natural Healthcare Northwest
509 Olive Way #1315, Seattle, WA 98101

Sports Injuries, Chronic Pain Holistic Natural Healing
Cell: (206)818-1621 Office: (206)382-9977

 **BELLEVUE TENNIS SHOP**
GRAND RE-OPENING

13203 NE SPRING BLVD, BELLEVUE, WA 98005
(INSIDE BELLEVUE TENNIS ACADEMY)
425.829.6679



Overlake Service, Inc dba



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"