

Baseline Newsletter

October 2019



OTHER NEWS

- 2.....Important Dates
- 3.....Manager Miscellany
- 4.....Club Tournament Info
- 5.....Signing up for Gametime
- 6.....Committee Reports
- 7.....Welcome New Members
- 8-9.....Fitness Court
- 10.....Pros Court
- 11.....Double the Fun Event
- 12.....Pickle Ball Highlights
- 13.....It's that time of year.
- 14.....Other News
- 15.....Massage/Advertising

Hello Central Park

Am I the only one who loves the month of October? The mornings are crisp, but usually not cold yet. The leaves are changing, lighting up our region in an array of colors. Football season is in full swing. And, October brings the annual Central Park Club Championships.

My first club tournament was in 2007. We were seasonal members finishing our time on the wait-list. I was just returning to tennis and barely knew anyone. It's fun for me to look back on my days at Central Park.

My first opponent played excruciatingly slowly. My mind would wander between points while I waited for him to serve. I thought *is this how tennis is now? Can we please move it along?* In my next match, my opponent played lightning fast. As soon as he had the balls in his hand, his toss was in the air. I thought *slow down buddy! what do I do about this?* I was back competing and experiencing the dynamic and quirky styles of players I didn't yet know.

Where am I going with this? These men have become two of my closest tennis friends. Not only have I played with them socially countless times, I've partnered with each of them for some epic matches over the years. I'm incredibly thankful for their friendships and the other friendships that I've gained on our tennis courts. It started with my first club tournament.

I also love this event because of the opportunity to see and meet new people of all levels. If you're not inclined to play, it's fun to watch and socialize as well. The club is abuzz during the tournament. I hope you will come out and introduce yourself to someone you don't know. And don't be surprised if I introduce myself to you.

The tournament is a great reminder to me about how lucky we are to play tennis year round at such a special club. I love Octobers at Central Park. Have a great month!



PRESIDENT
ROSS LAURSEN

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



October Important Dates



Thursday, October 3

Tuesday, October 8

Friday, October 11

Sunday, October 13

Monday, October 14

Monday, October 14

Wednesday, October 16

Wednesday, October 16

Monday October 21

Wednesday, October 23

Friday, October 25

Friday, October 25

Thursday, October 31

First Day of Adult Club Championships

Facilities Committee Meeting - 4:30pm

Winter Junior Team Registration Opens

Final Day of Club Tournament

Cup Committee Meeting - 1:00pm

Tennis Committee Meeting - 6:00pm

Finance Committee Meeting - 6:00pm

Women's Team Tennis Next Session Sign Up Available

Membership Committee Meeting - 5:30pm

Board of Director Meeting - 6:00pm

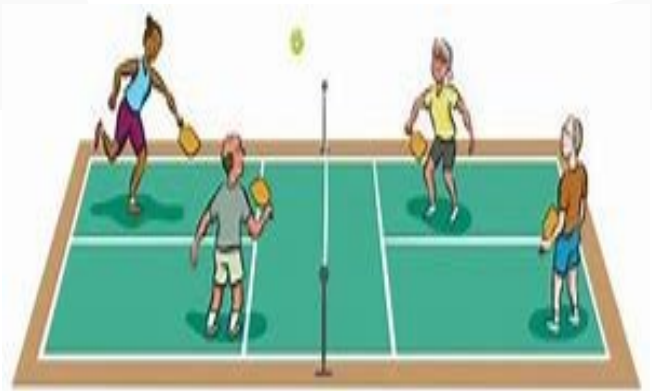
Double the FUN - 4-7pm

Oktoberfest Mix-up - 5:30pm

Halloween!



**JUNIORS
DOUBLE THE FUN!
SEE PAGE 11 FOR DETAILS!**



**KEEP AN EYE OUT
FOR DETAILS!**

MANAGER'S MISCELLANY

It seems as though Fall came very quickly. These crisp bright mornings and quick to come rain squalls we have had over the last week have reminded us the season is upon us! It's time to check our flashlights, our exit signs, our emergency weather procedures and brace ourselves for the PNW fall/winter that can either be mild or drastic. I am hoping for the mild version - and trying to prepare for those days when daylight ends early, yes – November 3 is the end of daylight savings... enjoy your evenings while you can.

After our first month of committee meetings, it is exciting to see the energy from the Chairs and committee members. The Membership Committee is readying themselves for new member outreach and calendar planning our social events; the Facilities Committee, is assessing our needs and planning next year's budget requests; and the Finance Committee is starting the budget process and looking for ways to continue paying our loan off at a more rapid pace (the Board just approved an additional \$60,000 payment). Tennis Committee is well represented group that is fair and open to ideas and requests, focusing on USTA guidelines and policies for our numerous participants. The Cup Committee is readying for their Annual Charity events, this year benefitting PEPS (see page 6 for details). All of these committees have their own newsletter article so engage yourself monthly in what they are doing to make CPTC the great Club it is. We have also added a link to Ross's article sharing the monthly Board minutes. Please remember all committee and Board meetings are open - feel free to join us to understand how the process works. Meeting dates are noted on our [monthly calendar](#).

A project the Board is working on is the Annual Club Survey. We are allowing a two week window for you to participate. We are asking that everyone in your family that uses the Club fills out the survey. The Board and Committees use this information to guide their monthly discussions and priorities – working to make the Club a better place with your input. You can find it on the [Member Login page](#) of our website for when you are ready to take it. It should only take 8-10 minutes of your time, and the information important!

Don't forget to come out and watch the Club Championships! Match play weekdays starts at 5:30 pm and weekends at 10 am. There are always those epic battles that you want to make sure and watch, [here is the link for the draws](#). The Tennis Staff is also looking for help at the tournament desk. Please send an [email](#) to the tournament desk if you are interested.

Dea is hosting a Double the Fun event for our junior program Green and Yellow Ball players, Friday, October 25. The same night we will be hosting our Oktoberfest Mix Up Friday night. Watch for more details for both events, they are bound to fill up quickly.

As always, we look forward to setting and working towards our goals and continuing to bring out the best in CPTC. Don't hesitate to share your ideas or suggestions – we can get them to the right committee and see how they can be brought to fruition. Now's the time!

Julie Wheadon ~ Club Manager



Do you know anyone that might be interested in working at CPTC?
Have them email employeeservices@centralparktennisclub.com
to see what is open for the fall.

ADULT CLUB CHAMPIONSHIPS



Come and support your fellow members!

[Full Tournament Information/draws are available on our website](#)

Important Reminders:

- Men's and Women's Singles will be held Thursday, October 3 – Tuesday, October 8
- Men's and Women's Doubles will be held Thursday, October 3 – Tuesday, October 8
- Mixed Doubles will be held Wednesday, October 9– Sunday, October 13
- Players are responsible for checking match schedule times.
- Draws will be posted on the website 3 days before your event.
- Tournament on the weekdays start at **5:30 pm** and on the weekends starts at **10:00 am**
- Courts will be limited during these times

If you have questions, email: lisam@centralparktennisclub.com

2019 CENTRAL PARK MEMBER SURVEY

LET YOUR VOICE BE HEARD!

Don't miss your opportunity to give us feedback on your general satisfaction with all aspects of the club.

Although the survey is short (it should only take about 10 minutes), it covers everything from how you view the Board of Directors to your opinion of the court amenities.

Please answer the questions from your personal perspective, reflecting on your personal experience.

In order to get as much information as possible, we would like feedback from anyone in your household that uses the club. The survey is anonymous.

The survey will be open until October 15.

2019 CPTC MEMBER SURVEY

GAMETIME

LETS GET YOU SET UP WITH A GAME TIME ACCOUNT

Gametime is our online court booking system. Having an account allows you to book your own courts and much more!

If this is your first time logging in? Click on this link <https://cptc.gametime.net./auth>

Creating an account is easy!

1. Click or type in the link above
2. Select the tab - First time user?
3. Type in your last name
4. Type in your member number with the letter associated with the person setting up the account

Ex. 1234a - is the primary account holder

Ex. 1234b - is the spouse

Ex. 1234c - is your child if applicable on your account and so forth with d,e,f,g.

With this account you can:

1. Book your own courts
2. See available players that are in the same level as you
3. Sign up for club sponsored events such as - Phil's Skills and Drills, Singles Night, Cardio Tennis
4. Get important information about what is going on at the club!

If you need any help with this process, please call the front desk and we will be able to assist you.

GAMETIME
Reservations that Click

Sign In First Time User?

User Name:

Password:

☐ Remember my Username

Sign In

[Forgot your password?](#) [Forgot your username?](#) [Mobile Site](#) [Legal](#) [Privacy Policy](#)

COMMITTEE REPORTS

MEMBERSHIP | CHAIR TRACI LYNCH

There are lots of exciting changes to our committee this year. I have taken on the role of chairing the committee and luckily we welcome back some existing members - Coni Essinger, Anne Glenny and Carolann Castell. We also welcome new faces to the committee, Lindsay Price, Sandy Cummings, Lynda Carlson, Teresa Morrow, Jon Smith and Helen Suk as our board liaison.

We kicked off our new year on September 9th with some lively conversations around new ideas on how to attract new members as well as ensure our current members stayed tuned in and engaged!

With all the new faces, come some new ideas! We are excited to start the new year off with some great brainstorming around new mix up/socials and more opportunities for community outreach. Ultimately, our goals are to increase member participation in our club, whether it be social events, community outreach or helping acclimate new members.

CUP TENNIS | CHAIR CONNIE BALLOU

The CUPS season is off to a wonderful start. As always, some last minute changes to the teams are complete, finding team spirit developing and the fun of another CUPS season settling in. All the teams have been assigned an advisor from the CUPS committee, and reports that things are running smoothly have been coming in.

This year, our annual CUPS fundraiser is scheduled on Wed. November 6th – including a morning of tennis, a luncheon and hoping to bring joy to our designated non-profit organization: PEPS (Program for Early Parent Support). This non-profit organization assists with introducing, connecting, and educating new parents/babies in the Greater Seattle area. <https://www.peps.org/> The hope is to use our fundraising as seed money to develop an Eastside Spanish speaking PEPS class. Our wonderfully generous CUPS teams and captains will be organizing and donating baskets for the fundraiser. We are looking forward to a fun day and successful event for an amazing organization. Be on the lookout for more details in the upcoming weeks!

FACILITIES | CHAIR STEVE COLEMAN

I would like to thank committee members Brian Darrow, Merrie Vieco, Jack Goldberg, Steve Carl, Ashley Flinders and Andrea Gerth along with Board Liaison Steve Shimkus and Central Park Staff Julie Wheadon, Vlad Radojevic and Chris Kenan for participating in this year's Facilities Committee. We'll be working on many important projects for the club over the next few months and it's a pleasure to partner with such a talented crew. Projects completed over the summer were the replacement of the outdoor tennis benches, the installation of cabinets in the viewing area of the Reed Building, replacing the pool drain covers and, in August, the manufacturer's warranty replacement of all the indoor LED court lighting components.

FINANCE | CHAIR PETRA CARL

Greetings from the Finance Committee. We had our first meeting with me as the Finance Chair. I am happy to say that we have a great group and our financials are in good shape. This year we are going to take a look at refinancing our loan on the Roberts Building, as well as exploring options to increase revenue. If you are interested in joining our group, or just listening in, we meet the 3rd Wednesday of each month at 6:00.

COMMITTEE REPORTS CONTINUED

TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee welcomed three new members as we kick off our fall season – Wie Antono, Walt Paulson and Chris Kim. We are excited to have their fresh ideas and thinking as the committee undertakes some important work in revising policy guidelines.

I also want to thank those outgoing members that were so helpful to our discussions over the last season – Connie Ballou, Sandy Cummings and Frank Alexandro. The committee is still in discussions regarding non-member petitions. We hope to have a final draft to the board in October and will ensure that the changes will be communicated to the members and team captains. **In the meantime, we ask that ALL CPTC members consider updating their profiles in our GameTime system, in particular please include your USTA rating or your self-rating.** <https://cptc.gametime.net/auth> If you have never logged in before, see page 5 for details.

Thank you!

NEW MEMBER WELCOME

New Equity Members

Allison Porter and Andy Larson
Phillip Lu and Jane Huang
Sagar Kshirsagar
Ying Ning and Qian Liang
Tony Zhao and Becca Cai

New Junior Members

Eliot Low -Intermediate
Anderson Widjaja –Junior

New Seasonal Members

Jean & Marc Machiz

Leaving & to be missed!

Jean Wong and family
Christine Ker and family
The Angier family
Karen Schmitz



SAVE the DATE: Sunday November 3rd//Benefits Northwest Harvest



10 Anti-aging Hacks That Don't Cost a Thing!

1. Drink more water and stay hydrated

Increasing water intake and being adequately hydrated is a no-brainer for both inner and outer beauty - from your cells to your skin! This includes consuming foods that have a high-water content for example, cucumbers, oranges and lettuce.

2. Eat more whole, nutrient-dense foods rich in vitamins, minerals & Omega 3's

Fruits and veggies like cucumber, watermelon, tomato, avocados, ginger, berries (especially blue berries), pomegranate, dark green leafy veggies, garlic and Omega 3 fatty acid-rich foods like cold water fatty fish, walnuts and hemp seeds.

3. Drink less alcohol

4. Move your body and break a sweat daily. *Did you know?*

Regular exercise has quite a potent anti-aging effect - and best of all, to help slow down the aging process, it doesn't matter how much you exercise or what type you choose - just so long as you move your body regularly! On the other hand, a sedentary lifestyle speeds up the aging process and makes you more susceptible to age-related health issues down the road.

5. Rest more and get adequate restorative sleep.

Lack of sleep can really take a toll on your entire body. We're not just talking dark circles either - although those are still a good reason to catch enough zzz's!

Shut the laptop (and other devices) and get into bed, preferably by 10pm every night.

FITNESS COURT CONTINUED

7. Avoid excessive sun exposure

A little natural sun exposure each day is fine (*hellooo Vitamin D!*), but excessive exposure is detrimental and undoubtedly ages the skin.

Did you know? Vitamin D plays a critical role in several biological processes - skin health included, promoting a youthful skin appearance. Higher Vitamin D levels are associated with healthy aging.

8. Do not smoke.

And here's two you probably weren't expecting to be on the list...

9. Laugh more.

Laughter truly IS the best medicine.

10. Get outside and take in nature.

The outdoors and being in natural surroundings can be their own kind of therapy and can help relieve stress, improve mood to name a few benefits as well as increasing your general sense of well being. Nature can be part of any healthy anti-aging routine.

Obviously, there's nothing that completely halts the aging process, but these simple anti-aging hacks may help you slow it down - even if it's just a little bit.

More importantly, they may help you look and feel better RIGHT NOW, while promoting and helping you keep an overall healthier, and more energetic lifestyle!

"a little progress each day adds up to big results"



CLASSES

Join us for fitness and fun!

Come join us, start where you are and do what you can!

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

*Contact Clay CSCS // Clay@fit2playnw.com 425.822.2203 ext 126

*Contact Vicki NBC-HWC // Vicki@thewellfitlife.com 425.822.2206 ext 122

PROS COURT

Hello all C.P.T.C members and friends who might read this article.

I hope you had a great summer and were able to play some fun tennis. With the USTA mixed doubles and cups seasons in full swing, I thought I'd dispense some advice on what it takes to be a good doubles partner.

It goes without saying that you should be positive and encouraging. Especially if you're married to your partner, moans and groans are unacceptable. Body language is important, so keep your racquet head up in between points, and think of the positives after each situation.

Communicate about what you can do to help. Never place blame or make excuses. Try your best to make each other look good. Protect your partner and set them up. Keeping the ball low is the best way to do that. If you can aim for the "three T's" (the T's where the service line meets the singles lines, and the center T), you can almost ignore your opponents, aim for that target and your shot will inevitably be low. It's good to talk strategy but not technique. But stay off your heels, keep your racquet face closed and drive forward to keep it low.

It's important to have eye contact or even physical contact after each point, so you know you're on the same page. Smile at each other and look to what you can do next. If one partner is stronger than the other, don't put the weaker player in one spot and have them stay there. Encourage the weaker one to take what ever ball they're comfortable with and set them up for success!

Most importantly, you need to be a good person. Being nasty, or cheating on the court has more consequences than you might realize. Aside from tennis, people will be reluctant to invite you to parties, refer you for job openings, do business with you or introduce you to others. They remember how you act on the court for a long time. And the thing is, nobody will tell you about it. The cost of being a jerk is largely invisible to you, and measured in missed opportunities. How you do anything, is how you do everything!

With that said, the true key to successful doubles is... choosing the right partner. I hope you're the person that everyone wants to play with. If you are, you must be a great person!

Good luck in the club tournament and all your matches... Have fun! See you on the courts.



[Phil Ansdell](#)

Tennis Professional



Double the Fun

When? Friday Oct 25th 4:00-7:00pm

What Levels: Green and Yellow Balls -

know how to keep score, can serve and rally

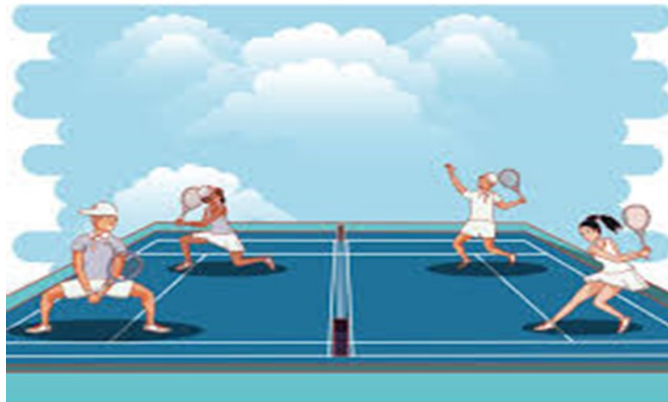
Cost? Member: \$30/player, Non- member: \$35/player

Limit: 24 players

Want to play more doubles? Come join us in a doubles fest where everyone will get a chance to play at least 2 doubles matches and during downtime, there will be fun on-court games, food and prizes. A great opportunity to play with friends and make new friends....

It's going to be a blast for the kids. Contact [Coach Dea](#) if you are interested.

** Priorities for junior players currently enrolled in the Jr. Program*



Summer Session Junior Awards 2019

Level	Most Improved	Player of the Session
Gold/Silver	Taraneh Khalighi	Avery Lin
Bronze/Green Stars	Max Caldas	Caden Katz
Orange/Red Stars	Conrad Lin	Kaylee Scott

Its Pickle Ball Time!



We had a great time at our Pickle Ball event, September 21

**Be on the lookout for our Oktoberfest Mix-up,
Friday, October 25 at 5:30 pm
We would love to see you here!**

It's that time of year...



It's that time of year again... Where it gets cold and rainy. Please be careful as it starts to rain more frequently, **our walk ways can get pretty slippery**; especially while walking up and down the outside stairs from the main deck area.

Cold and Flu season: Remember it's okay to stay home if you are not feeling well. If you do have a little bug—please make sure to use the Purell sanitizer provided around the club and on the courts—and wash your hands after sneezing. We also have Clorox wipes available to keep it clean! We need to keep every one healthy this season. There's too much tennis to be played!

We are also susceptible to power outages happening more frequently. We would like to remind you of what our protocols are in the event of a **power outage** at CPTC.

If you are at the club, our staff will let you know how we will be proceeding.

If you are scheduled to play later in the day,

1. **Check Game Time.** We send important updates regarding the clubs status of being opened or closed.
2. **Call the club.** If there is no answer during regular business hours, we have no power and the club is closed. Please stay home and be dry! Staff and member safety are our priority.

What happens to the Junior Team Classes?

CPTC follows the Lake Washington School District weather policy. If the School District is closed, all youth and junior tennis classes will be cancelled.

If there is a loss of power only at CPTC, an email will be sent to you regarding the status of Junior Team Classes.



OTHER NEWS



SPECIAL CONGRATULATIONS TO

FRED PESSL

FRED WON THE USTA NATIONAL MEN'S 85 & 90 GRASS COURT CHAMPIONSHIPS SILVER BALL WINNER IN THE MEN'S 85 DOUBLES

USTA SEASON IS IN FULL SWING

- TAKE A LOOK AT THE [CALENDAR](#) TO SEE WHAT CPTC TEAMS ARE PLAYING AT CENTRAL PARK!



2019 Junior Club Championships November 7-10, 2019

- Entry Form – Singles \$25.00 Doubles \$20.00 per person will be available Friday, October 4.
- Play begins Thursday, November 7 at 5:30 pm.
- Players are responsible for checking match schedule times.
- Draws will be posted Monday, November 4, after 7:30 pm
- Match play begins weekdays after 5:30 pm and all day on weekends from 10:00 am - 5:30 pm.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third set).
- Consolation rounds for first match losers in all events, other than round robins
- In entry level play, matches will be 2 out of 3 sets. The set will be to 4.
- While we will try to work with your schedules (conflicts kept to a minimum and filled out on form), please make sure you are available most of the time.
- Entry deadline is Wednesday, October 30.

MASSAGE



Hello Members,

I am Freeman Held the Licensed Massage Therapist at Central Park Tennis Club where I am happy to have served for 7 years. My specialties are Swedish, CranioSacral, Deep Tissue and Facilitated Stretching. Facilitated Stretching is a technique where I help you achieve safer, deeper stretches than you would on your own. See for yourself how Facilitated Stretching helps your flexibility and improves your recovery. Book your \$30 Facilitated Stretching today.

Thank you.

Be Well,
Freeman

To book your next appointment, Click here [\[http://freeman.youcanbook.me\]](http://freeman.youcanbook.me)

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