

Baseline Newsletter

September 2019



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Hello Central Park

Summer junior camps have completed and the kids are heading back to school. Fall adult league schedules are out and team planning is in full swing. The seasons of tennis roll by like so many other areas of our lives. I hope this newsletter finds you in the middle of a relaxing holiday weekend doing something you love.

August was a big month of competitions. Many of you participated in the Washington State Open at the beginning of the month. The matches I viewed were epic and intense. Later on, others of you participated in the Central Park Summer Team Challenge. I loved looking at the pictures of smiling faces and perusing the results of this popular annual event. Finally, we had four teams go to Oregon to compete in Sectionals during the month. I checked your tournament pages frequently and imagined the excitement of your tightly contested matches. A big congratulations to the 3.5 men and 2.5 women that made the finals!

I've participated in each of these three events. The strengthened friendships and deepened sense of community are what I remember from these opportunities, even more than the vague memories of shots made or missed. I hope you enjoyed the competition and camaraderie that comes with battling it out with and against friends.

I'm happy that we have four outstanding members that have stepped forward to be our committee chairs for 2019-2020. They are Christine Garnett (Tennis), Traci Lynch (Membership), Steve Coleman (Facilities), and Petra Carl (Finance). I'm very thankful for their interest and engagement. I'm looking forward to a great year ahead with these four leaders. I encourage you to reach out to any of them, Julie or myself to connect with one of our committees.

Central Park is a vibrant tennis community; the competitions never end. September kicks off a new season of league play. By this time next month, our annual Central Park Club Championships will be days away. I strongly encourage everyone to sign up. It's a great way to meet new players at your same level. Happy fall everyone!



PRESIDENT
ROSS LAURSEN

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



SEPTEMBER

Important Dates



Monday, September 2

Monday, September 2

Tuesday, September 3

Wednesday, September 4

Friday, September 6

Monday, September 9

Monday, September 9

Monday, September 9

Monday, September 9

Wednesday, September 18

Wednesday, September 18

Saturday, September 21

Wednesday, September 25

Thursday, October 3

Labor Day

Last Day for Pool Lifeguards

Fall team begins

Fall Women's Team Tennis begins

USTA 55+ and Mixed 18+ begins

Women's Cup Tennis Begins

Cup Committee Meeting - 1:00 pm

Membership Committee Meeting - 5:30 pm

Tennis Committee Meeting - 6:00 pm

Adult Club Championship Registration deadline

Finance Committee Meeting - 6:00 pm

Pickleball Social

Board of Directors Meeting - 6:00 pm

CPTC Adult Club Championships begin

Pickleball Social

Join us September 21 as we take the Big Woody to the Pickleball Station

4:00 pm -- Big Woody arrives at CPTC.

4:15 pm Sharp--We will head to Pickleball Station and the party bus pre-function begins.

5:00 pm-- Arrive at Pickleball Central with a brief introduction and overview. Let the games begin!

8:00 pm-- Leave Pickleball Station and return to CPTC.

9:00 pm (approx)--Arrive at CPTC.



MANAGER'S MISCELLANY

Here it is the end of summer... and we are working to complete some outstanding projects. Completed were the re-lamping of the indoor tennis courts, the new buffet area in the Reed Building lobby, the restriping of the front steps and this next week, repair of Court 16 and the Champ court. Just like your house – these projects are never ending.

We now begin Fall Season full of events. We have Women's Team Tennis starting Wednesday, September 4 and Cup and USTA seasons begin Friday, September 6. We have 6 teams playing in the Mixed 18+ league and 12 teams playing in the Adult 55 league, plus a Women's 5.0 team in the Adult 40 league. We also have Blakeley Bean organizing teams for USTA Junior Team tennis starting in October.

The junior program will begin Tuesday, September 3. We are excited to bring a pickle ball playing opportunity to you Saturday, September 21. Laurie has lined up the big Woody bus to take everyone to Pickleball Station for a little instruction and plenty of play time to show off your skills. Bus leaves at 4 pm – sign up at the front desk today.

We also have our Adult Club Championships October 3 - 13. Check out the online sign up form here. <http://www2.cybergolf.com/sites/courses/template.asp?id=1085&page=116035>

Please help us welcome a few new (but not so new) faces to the front desk. Kyle Gurtler (Sandy's son) will be working our close shift a few nights a week, and Sam Suk (Helen and John's son) has picked up the morning shift while he readies himself for his new college leaving at the end of the month. Thanks to all the front desk staff for pitching in while we transition into our Fall schedule. Remember to be patient, check in and if you can give them the names of everyone playing on the court. And if you can help it... avoid calling at court change over. If you still are dragging your feet and have not signed in to Gametime or our website... please let us know so we can walk you through the steps!

And just a quick kudos to Laurie – she has been running like crazy these last few months planning events, signing people up for membership, getting logo wear for our teams, getting new members acclimated (check out page 5) and being as friendly as ever! Thanks Laurie!

And last but not least... a few friendly reminders to get us back in full swing:

Parking lot protocol – Follow the directional arrows, don't park in the no parking areas, park within the lines and check your speed. I know sometimes you run late, but it's not worth accidentally hitting someone's car or hitting someone.

Check your bags and your cars for those towels you may have accidentally taken home. No questions asked – we appreciate the return!

For USTA tennis and Cup tennis remind your team that warm-up courts for your home matches are to be walk-on only – and if you will be arriving late, you must notify the front desk, they are able to hold the court for you for 30 minutes. If your team will be late, remember to not disrupt the adjacent courts already in play. If you reserve a court and play in a match, this is still considered playing on two reserved courts...unless the match is at 8:30 pm. The same rules apply for overflow courts when it comes to USTA play!

Here's to a great rest of the year with lots of tennis!

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.

COMMITTEE REPORTS

MEMBERSHIP | CHAIR TRACI LYNCH

The Membership Committee is looking forward to introducing new fresh ideas for socials and new member engagements. Our committee of Lynda Carlson, Coni Essinger, Anne Glenny, Teresa Morrow, Sandy Cummings, Lindsay Price and Carolann Castell will have our first meeting, Monday, September 9 at 5:30 pm.

TENNIS | CHAIR CHRISTINE GARNETT

The tennis committee met during the summer recess to revise the current policies for USTA non-member participation. This has been a topic of concern over the past USTA season. We will be proposing the changes to the board the week of August 26th and will communicate the new policies once approved. I want to express my thanks to the committee members for the hard work and thoughtful approach to the new policies: Julie Dreyfoos, Lynda Carlson, Sandy Cummings, Brad VanVechten, Gail Domingos, Connie Ballou, Beth Lehman-Brooks, Sarika Calla, Frank Alexandro. The USTA season starts up next month and we wish all the teams the best! Go get 'em

CUP TENNIS | CHAIR CONNIE BALLOU

CUP season is here and we have tons to share! We have a wonderful committee with many new members serving as CUP Captains and Committee representatives for the first time, ready to get involved on an entirely new level at our club. We also have some returning members that are the glue to stick it all together. At the beginning of this new season, there are so many things to appreciate about tennis, our fellow members, and our dedicated staff. Lisa Moldrem, Julie Wheadon, and Laurie Uhrich spend endless hours to keep our club running smoothly, and the CUP program is no exception. We also want to send a BIG shout out to Elizabeth Graves who was our Committee chairperson last season. She did a spectacular job, and is involved in making a smooth transition while handing the reins over to the new crew. Over 150 ladies are involved in making daytime tennis fun, meeting fellow players from other clubs to make this circle of local athletes complete. Lifetime friendships are formed, as CUP tennis can be competitive, but truly more about competing with players from other clubs, playing your best game, and having snacks and conversation when it is over. Some players take on an extra job of serving as captains or CUP committee representatives during the season. If you are not involved yet and would like to be, please contact any of our CUP members and see how that can look for you.

This year our CUP committee has chosen the PEPS organization as our fundraising opportunity. The Program for Early Parent Support (PEPS) is a local non-profit organization that is hoping to provide education and parental support to local Spanish speaking parents on the Eastside. It is our desire to help this dream get off to a good start. Stay tuned for how you can get involved, and help make this dream a reality. The fundraising event will happen on Wednesday, November 6th, and will include tennis, a luncheon and some amazing baskets to raffle off. Looking forward to an active and enjoyable CUP season.

FACILITIES | CHAIR STEVE COLEMAN

It is the primary mission of the Facilities Committee to ensure that the club maintains a facility that is safe, comfortable, attractive and supportive of all our members. To this end, the committee will develop and maintain an Asset Maintenance and Replacement schedule to allow Club Management to plan and determine short and long term facility needs. We will also provide regular input to the Board and Club Management regarding facility improvements, replacements and maintenance. Lastly, committee members will be available to Club Management and Members relating to facility issues and bring those issues to the Board if necessary. Should you have any thoughts regarding facility issues that you would like us to be aware of, please let me know at sncoleman@msn.com. Thanks!

COMMITTEE REPORTS

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.



WELCOME NEW MEMBERS

New Equity Members

Iwona Sakalus
Sean & Erin Croman
Amritha Bhat
Brenda and Marc Hutchinson
Thanh Pham
Saint Newton & Karin Marlowe
Lun Chen

New Junior Members

Kimi Price
Sarina Zhang
Scott Huang
Alex Takagi Stewart
Jasleen Shnider

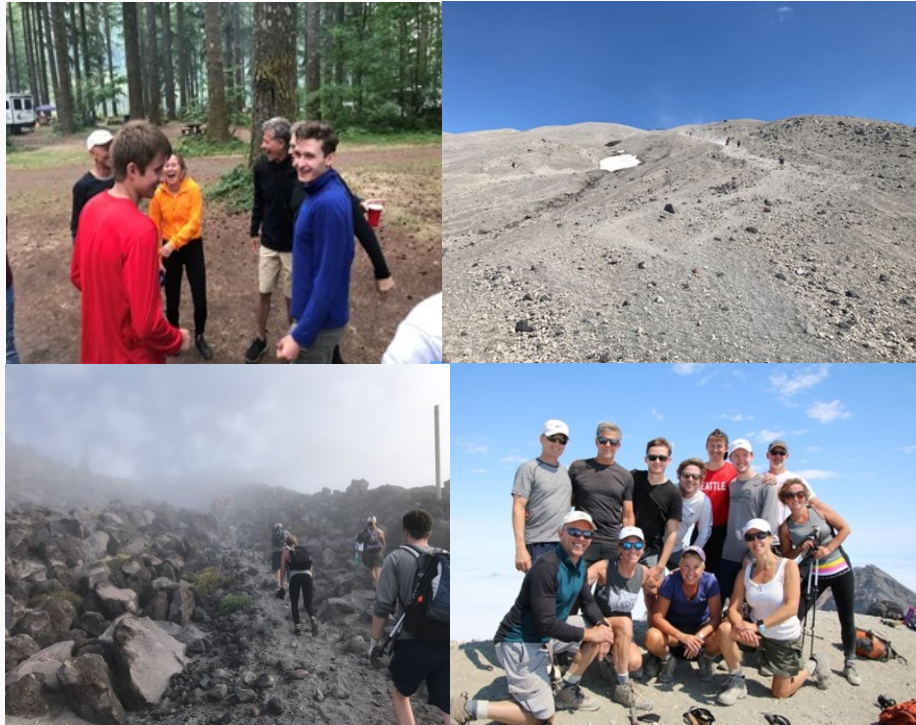
Leaving & to be missed!

Scott Watson
Omid & Michelle Soltani
Larry Brown
Derek Matthews
Chuck Chao & Kin Lam
Robyn Mattis
Jim Bassingthwaighte
Erica Kerwien
Adrian Davila
Colton Wheeldryer
Catherine Li
Connor Scott
Michael Sutanto
Crystal Xu

FITNESS COURT

We had a great time and an AWESOME group as we conquered Mt. St. Helens in August!.

A glimpse of our adventure:



Stay tuned for our 2020 trips, which will include taking us back to the Grand Canyon!!

"the body achieves what the mind believes"

Emotional Eating – What is it and how to get a handle on it

Picture this: You hit the snooze button one too many times, had a last minute project thrown at you at work, and then sat in an hour of evening traffic.

Finally home, you breathe a sigh of relief, head into the kitchen, and decide you deserve a snack after the day you've had. Maybe you reach for a few crackers, then a bit of chocolate.

Before you know it, you've munched your way through the entire kitchen without eating a proper meal. You're stuffed, feel terrible, and wonder what the heck just happened?!

Sound familiar?

It's called emotional eating, and in a nutshell, it is eating for any other reason besides actual physical hunger, fuel or nourishment.

3 Trademarks of Emotional Eating

- Binging - usually on high-sugar and carbohydrate-rich comfort foods (i.e. junk food). How many people do you know who reach for avocado and apples when they're upset?
- Mindlessly eating – you're not aware of what or how much you're eating or how those foods are making your body feel
- Eating to numb, soothe, please, relax, or reward self, i.e. *"I had a bad day and deserve it"* kind of thinking. Eating during these times provides temporary relief, but often leaves you feeling worse than where you started!

The trouble with emotional eating is it overrides your body's natural hunger cycle and can promote things like:

- weight gain
- an increase in your risk for inflammation and chronic disease
- create an unhealthy relationship between you and food
- may lead to other types of disordered eating

FITNESS COURT CONTINUED

What Triggers Emotional Eating?

Even though it's called "emotional eating" because people often reach for food to cope with their feelings, there are a lot of other non-hunger reasons that can prompt you to eat.

Some common non-hunger reasons include:

- ◇ Emotions, like anger, guilt, fear, and sadness
- ◇ Stress
- ◇ Boredom
- ◇ Need to feel pleasure and/or comfort

Six (6) Tips to Help You Get a Handle on Emotional Eating...for good!

If any of those scenarios sound familiar, know that you're not alone! Emotional eating affects a lot of people at one point or another.

Here are 6 great tips!

1. Have a non-food outlet to process uncomfortable feelings
 - Try journaling, exercising, or talking to a friend or counselor
2. Manage stress
 - Exercise, meditation, deep breathing, getting enough sleep, and not taking on more than you can realistically handle can help decrease stress levels.
3. Recognize boredom
 - Call a friend, take a walk, pick up a book, or tackle a DIY project or hobby you'll enjoy when you know boredom is likely to strike.
4. Practice self-care
 - Pamper yourself with a bubble bath, manicure, pick up a good book - whatever makes you feel good!
5. Practice mindful eating
 - Avoid distractions at meals. Your focus should be on the food in front of you.
 - Eat slowly, chew, and savor each bite. This helps give your body time to receive the signal from your brain when it's full.
 - Stop eating when you feel full.
6. Eat a balanced diet
 - The majority of your diet should be nutrient-dense whole foods.
 - Allow for occasional treats and indulgences so you don't feel deprived.
 - Include protein, fiber, and healthy fat at each meal to promote satiety.

Chocolate Chip Almond Butter Energy Balls

Ingredients:

1 cup natural almond butter (or other natural nut butter)
½ cup oats
½ cup dark chocolate chips
¼ cup maple syrup
Pinch of sea salt

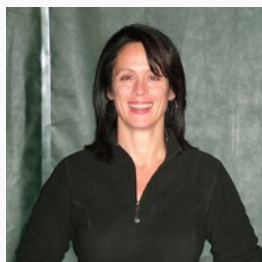
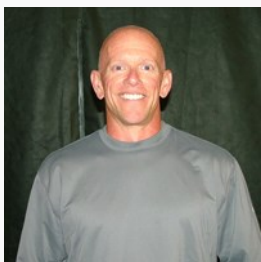
To prepare:

1. Combine all ingredients in a med. mixing bowl, stirring until smooth. If mixture is too thick, add 1 tbsp of water at a time to help the mixture come together.
2. Scoop 1 tbsp of the mixture and roll into a ball. Repeat with remaining mixture.
3. Store energy balls in an airtight container in refrigerator up to 1 week

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 425.822.2206 ext 126

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



PROS COURT

How to outplay the Pusher

With all the different opponents we come across as tennis players none is more challenging and most times as frustrating to play as the player who just doesn't seem to miss. The player that no matter how hard we hit the ball everything we hit keeps coming back over the net. The player that we know we should be beating handily but somehow keep losing points by making errors. Every rally is long but we seem to be coming up short most of the time on big points. Before we know it the match is over and we leave the court scratching our heads and saying to ourselves "I should have won that match easily but somehow they got the best of me". They are not always the simplest opponents to square off against but some simple tactics can assist in your goal to take down The Pusher.

Our first tactic starts even before we walk onto the court. We must accept that every player has a way of playing the game and consistency is certainly effective. We must respect that their style is just something we have to overcome. Though it won't be like most of the matches we play it will be a challenge we accept.

We must first start with what we can control: our footwork. So many times I watch people play pushers and throughout the rally they just stop moving their feet. They are forced into playing the slow game of the opponent's. This is exactly what a pusher wants you to do. They want you to get frustrated and start overplaying your shots. Your best tactic is to really be aware that your feet are moving quick regardless of the pace of the ball. As each point progresses you will find yourself with more and more opportunities to move forward and make things difficult for them. This will also help keep your strokes smooth and not get tight which comes from a lack of footwork. I see too many times our impatience gets the best of us and we wait for that one ball to crush because we are tired of standing behind the baseline and rallying. This playing right into the pushers hands.

Another tactic is ball control throughout the rally. Many pushers don't mind moving side to side but aren't as affective moving forward for angle balls. Shots that we would normally want to hit hard can be replaced by different spins and angles to make the pusher uncomfortable. Throughout that rally you will find the court has opened up more than if you had tried to slam them off the court. The pusher is now on the defensive and you are in control!

Most pushers are not crazy about being at the net. They are happy a few feet back of the baseline with all the time in the world. Another tactic is to get them out of their comfort zone, literally, and bring them to the net with soft touch or drop shots. This is another way to get them moving in a way they don't want to be and opens the court for a lob or passing shot winner!

We can also come across pushers in our doubles game. We can't understand how they got to every ball and never missed. The answer is simple: we hit hard and right to them. This goes back to the same ball control tactics as in singles. Most of the area in front of the baseliner and behind the net player is only able to be hit to if we utilize our touch. Once we start hitting hard at the doubles pushers we find they aren't moving at all and we are running for our lives all over the court. Short angles and lobs will turn the tables very quickly and you will find the pushers can't cover all the court!

Whether we are on the singles or doubles court we are always going to face opponents who are consistent and don't make a lot of errors. Though it is frustrating at times the determination to outcompete our opponents is why we love this great game! If we set our minds to the challenge and play smart and patient tennis we will raise our game to become a more tactical player!



See you on the courts!

Jeff Eicher, USPTA Professional



55+ Women

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

55+ Men

9.0	<u>Wayne Lim</u>
8.0	<u>Wie Antono</u>
7.0	<u>Dan Doyle</u>
7.0	<u>Wie Antono</u>
6.0	<u>Mark Greenlaw</u>

Mixed 18+

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

40+ Women

5.0	<u>Kris Gibson</u>
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USTA ADULT 55+ & MIXED 18+ -

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



CPTC Men's 18+ Team makes it to the finals at sectionals:

Pictured Front Row: L to R

Fred Wurden, Craig Neal, Michael Hull, Walt Paulson, John Iwanski, Wie Antono,

Pictured Back Row: L to R

John Rose, Andrew Shen, Kristin Grobstok, Mark Peden, Larry McCarthy, Rob Leidle, Tod Wescott

Not Pictured:

Christopher Kim, Howard Behr, Thomas Rogers, Jacob Lin, Scott Skorupa



And the winners of the 2019 Summer Team Challenge

Team Kathryn & Phil!

Members: Michelle Becker, Jillian Lee, Tara Darrow, Brian Darrow, Laura Laun, Dan Olson, Lana Hansen, Robert Shen, Usha Rao, Prakash Kondepudi, Kim Wong, Merrie Vieco, Tara James, Colleen Grobstok, Virth Gamage, Tim McRoberts



CENTRAL PARK TENNIS CLUB

ADULT CLUB CHAMPIONSHIPS

Thursday, October 3—Sunday, October 13



REGISTRATION DEADLINE: WEDNESDAY, SEPTEMBER 18

Entry Form – Singles \$25.00 Doubles \$20.00 per person

- **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
- You **MUST** be free during the time period of your event.
- Players are responsible for checking match schedule times.
- Draws will be posted 3 days before your event.
- Matches will be USTA scoring (no ad, 10-point tiebreaker for the third).
- Consolation rounds for first match losers in all events, other than round robins.
- Match play is weekday evenings after 5:30 pm and all day on weekends, 10 am to 5:30 pm.
- **ENTRY DEADLINE IS WEDNESDAY, SEPTEMBER 18.**

**You may play up to 1 Singles, 1 Doubles and 1 Mixed Doubles
Check the events you want to enter (Top Level – Flight 1...etc.)**

[REGISTER HERE](#)

KNOWN CPTC NAMES & THEIR RESULTS 129TH WASHINGTON STATE OPEN/SENIORS TOURNAMENT JULY 29—AUGUST 4, 2019

Men's 45 Singles	David Ebel	Finalist
Men's 70 Singles	Ash Mitha	Finalist
Men's 85 Singles	Fred Pessl	Winner
Women's 45 Singles	Marne Whitney	Finalist
Men's 35 Doubles	Mike Costello/ Josh Basha	Finalist
Men's 45 Doubles	David Ebel/John Foster	Winner
Men's 45 Doubles	Mike Walters/ Darren Parsons	Finalist
Men's 50 Doubles	Hunter Liggett/ Greg Skaggs	Finalist
Men's 70 Doubles	Doug Denney/ Bill Cohen	Winner
Men's 70 Doubles	Mike Krummel/ Bob Schultze	Finalist
Men's 85 Doubles	Neil Roberts/Philip Jolly	Winner
Men's 85 Doubles	Fred Pessl/ Dennis Nielson	Finalist
Women's 45 Doubles	Susie Heimdahl/	Finalist
Women's 55 Doubles	Laura Lund/	Finalist
Women's 65 Doubles	Carolann Castell/	Winner

MASSAGE



Hello. I am Freeman. I am a Licensed Massage Therapist of 22 years and a part of Central Park Tennis Club for 7 years. I massage athletes from age 10-85 with my skills focused on tennis, golf, skiing, bicycling, kayaking and triathlons.

I blend my Swedish, Sports massage, CranioSacral, Deep Tissue and Facilitated Stretching techniques to give you a personalized massage.

Massage hours:	Monday	10 am - 8 pm
	Tuesday	10 am - 3 pm
	Wednesday	10 am - 8 pm
	Thursday	10 am - 3 pm
Massage fees:	30 minute Sportsmassage	\$25
	60 minute Massage.	\$70
	90 minute Massage.	\$100

My massage can help bring you to the next level of your health and wellbeing.

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

ADVERTISING

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