

Baseline Newsletter

November 2022



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One of my favorite activities to do in autumn is to walk in the woods. Fall is perhaps my favorite season with the leaves changing colors, crisp temperatures, and yes, even rain. To amble through the woods and smell the saturated forest floor and feel the damp on my cheeks; to gaze upon the vibrant reds, golden yellows, and blazing oranges, and hear the plop of leftover, errant rain drops as they slip and drip their way from leaves above to leaves below, is, for me, to feel grounded and find peace in the midst of the fray.



PRESIDENT
ELIZABETH GRAVES

We have arrived at November, a time to celebrate Thanksgiving and practice giving thanks. Since the word of the month is often *gratitude*, I decided to look it up in Merriam-Webster online. In the Merriam-Webster Thesaurus, listed under "Words Related to gratitude" I spotted the word *tribute*. Intrigued, I clicked the hyperlinked word which brought me to the Thesaurus page for *tribute* where the word is loosely defined as "a formal expression of praise". Perusing the page, I read a sample phrase, lists of words that are "Near Antonyms" and "Words Related to tribute", but there was one word listed as a synonym that caught my eye: eulogy. It is not coincidence that the words *eulogy* and *tribute* stand out. I write this article having just attended the Celebration of Life for a friend gone too soon.

At this beautiful gathering of remembrance, as cherished memories, funny stories, and laudations of his many attributes were shared, the story of a life well-lived unfolded. Men and women indeed paid tribute to a man who poured into and enriched the lives of all who knew him. Moments like these give us pause, time to reflect on what truly matters in life and what we value. For me, such reflection always brings me to a place of gratefulness. Life is precious and sometimes too short. It is so easy in the midst of busyness to put off that which seems less important; those items not in the top ten or even fifteen of the to-do list. Yet it is those 'items' that may be the most important ones: catching up with a friend you haven't seen in ages; pausing to intentionally thank a co-worker for doing a task that helped you out; sending a note of encouragement (card, email, text) to a friend or family member. In other words, taking the time to express praise, respect, or gratitude - to give tribute - to others.

If you haven't recently, or ever, I highly recommend a stroll in the woods of nearby Bridle Trails State Park, even on a drizzly day. Whether that is your cup of tea or not, however it may look and feel to you, I hope you find a way to slow down, reflect, and take stock of your gratitude meter. Let's not wait for Thanksgiving day to give tribute. Let's practice giving thanks and expressing gratefulness all month long. I am grateful for you, members of CPTC, for caring for the Club and for each other and I wish you all a very happy Thanksgiving.

November 2022

Sunday, November 6
Monday, November 7
Tuesday, November 8
Friday, November 11
Saturday, November 12
Monday, November 14
Tuesday, November 15
Tuesday, November 15
Wednesday, November 16

Daylight Savings Time - Fall back!
Membership Committee Meeting - 6:00pm
Facilities Committee Meeting - 4:30pm
Orange Match Play Event 4-7pm
Green Match Play Event 11:30am-2:30pm
Tennis Committee Meeting - 6:00pm
Pickleball Committee Meeting - 6:00pm
Finance Committee Meeting - 6:00pm
Board of Directors Meeting - 6:00pm

Welcome
to our
New Members

New Equity Member

*Katherine & Bill Binder
Wei Zhang & Ge Wang
Xiaoyi Ye & Zhimin Wang*

Non-equity member

Zaden Lecovin



Best to our Resigning Members

*Jolene Kotzerke (seasonal)
Michael Gale
Thanh Pham & Family
Pattie Boudier & Ron Schmid
(seasonal)
Vendant Kulkarni*

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [CLELLIE DOBBS](#)

So, how about our club tournament?!! Pretty awesome! It was great to see members coming together, having fun, feeling competitive, and enjoying the sport of tennis! Our Octoberfest celebration Friday night was a hit! It didn't matter if you were watching, or playing in the tournament, you got to have some great beer and hot pretzels! Shout out to the best darn pretzel team ever, Oliver Graves and John Pope, thanks guys, great job managing the hot pretzel table! It's fantastic that we are all waking up from the Covid coma of the past 2 years to lots of laughter and friendly smiles all over the club! More proof that we have a great community here at Central Park. We have a couple of charitable events in November that are in line with the kickoff of the holiday season, our annual non perishable food drive for Hopelink early in the month. Our tennis event is the Turkey call in on Saturday November 19th! For more info on these see the membership office or front desk.
Happy Thanksgiving!

FACILITIES | CHAIR [LYNDA CARLSON](#)

A thorough review of the property was completed on 10/6. In addition to some maintenance items we identified some projects for consideration in the upcoming budget review. A couple of these include improvements to the landscaping around the entrance to the club, updates to the locker rooms and an interior refresh of the lounge in the clubhouse. The new exit gate is operational in the next couple days and it looks great. As a result of member feedback; In the Reed building lounge area we now have napkins, paper plates, utensils and a wine opener.

Thank you for your feedback.

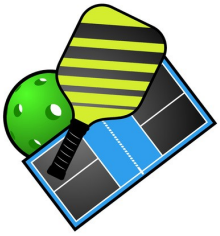
TENNIS | CHAIR [GEORGE HAYS](#)

The Tennis Committee met October 10. The Committee addressed adding a waitlist member to a USTA team, approved a request to allow the Club to reserve courts for the USTA 18-39 coed league, and supported a proposal to move next year's Club tournament to the second and third weeks in September. The next meeting will be Monday, November 14, at 6 pm.

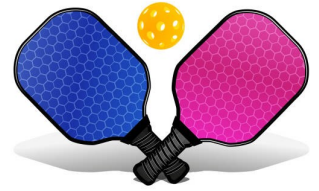
FINANCE | CHAIR [PETRA CARL](#)

The Finance Committee reviewed the new formatting of the financial statements, and it was presented to the Board for their comments. We also resumed our conversation of interest rates and options available for low risk investing. We met with representatives at Umpqua Bank and at Fidelity Investments and got more information. Next month we will discuss pros and cons and present options to the Board. We talked through the budget process so that we can be prepared to review in November and December.





Pickleball Committee Report



Pickleball continues at the Club on a trial basis, into the fall and winter seasons! Based on the success of the Summer Trial, the Pickleball Committee submitted a Proposal to the Board for Fall and Winter Pickleball at the Club, for the months of October through the end of February. The Board approved a continued Pickleball Trial for Fall and Winter, to include:

- Sunday Open Play on Court 18 will be scheduled for 2:30 – 5:30 PM.
- Court 18 will be reservable, for either tennis or pickleball, at any time, on a first-come, first-served basis.
- Reservation rules for pickleball will follow the same rules as for tennis
 - Members may have only one pickleball reservation in the court reservation system at any given time, with the exception of an existing reservation later on the same day that a new reservation request is being made.
 - Players may be named on only 1 pickleball court per day.
 - Members may have a pickleball reservation in addition to a tennis reservation, under the same guidelines.
- Guests will be allowed on reserved pickleball courts using the same rules as tennis guests, namely:
 - Guests for pickleball must pay the current guest fee of \$15.
 - Guests may not outnumber members on any court.
 - Non-members may be a tennis or pickleball guest no more than 6 times, total, per calendar year.
 - No guests permitted for Sunday Open Play Pickleball.
- Waitlist members may reserve a pickleball court under the same guidelines, and for the same fees, as for tennis.

The Committee has also created a WhatsApp chat group so that members can easily find other players for pickleball. If you want to be added to this group, send a message to CPTC.Pickleball@gmail.com.

Results from the Pickleball surveys and the Summer Pickleball Trial Summary can be found on the updated website: <https://centralparktennisclub.com/-new-pickleball>

Important reminder: Sign up on Gametime!

The Pickleball Committee continues to gather data and attendance records for pickleball usage on Court 18. Please make sure that all players are signed up on Gametime when you reserve a court or when you come to Sunday Open Play. Last minute players may also ask the front desk to sign them in on Gametime. Usage data will help support a continued offering of pickleball at Central Park.

The Committee welcomes your feedback and questions! Email CPTC.Pickleball@gmail.com

MANAGER'S MISCELLANY

October was another busy and fun month here at Central Park! The month began with the continuation and conclusion of the Adult Club Tournament. A thank you to Lisa Moldrem, our fearless tournament director who ran another great event, and a big thank you to all who participated! There were great matches, long rallies, and smiles all around. For results, please refer to page 8. The membership committee also got involved by hosting a fun Oktoberfest event during the club tournament, with Oktoberfest decorations, beer, and costumes. Everyone got in the true Oktoberfest spirit, all while cheering on their fellow members competing. For pictures, please refer to page 7.

Near the end of the month, the Cups committee put on their annual Cups Mixer, which was Halloween themed. Their committee consisting did a fantastic job of decorating the lounge area, and many showed up in spooky costumes. They played tennis, then indulged in some delicious foods after. For pictures, please refer to page 7.

November is now here, which is always a great month full of family and food. With November comes Daylight Savings time which will be on Sunday, the 6th - make sure to fall back! We are hosting our annual food drive until November 19th, if you have any food to spare, please bring to the dropboxes by the front desk. Any donation is appreciated!

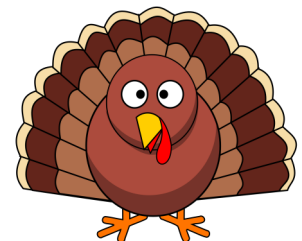
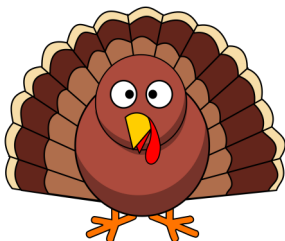
We are also planning our annual Turkey Tennis Mixer event on Saturday, November 19th from 11:30am-1pm. This is a fun mixer event to play some tennis and meet some new people. A social to follow afterward with light refreshments and snacks. Make sure to sign up in Gametime [HERE](#).

Another item to keep in mind for November (as you can see below), is that we'll be closing at 1pm on Thanksgiving day, and will resume normal hours on Friday, November 25th.

November is usually a month that goes by quick, so make sure to live in the moment and enjoy every November day, rain and all :) See you soon!

Interim Manager - Darin Rauso

THANKSGIVING DAY CLOSING AT 1PM



TURKEY TENNIS MIXER

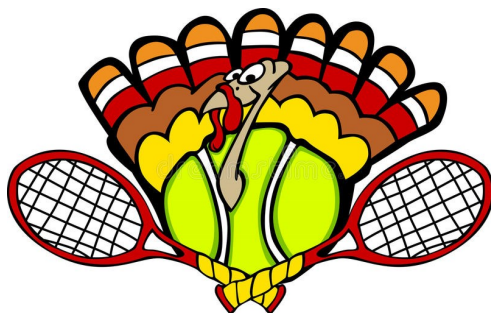
When: Saturday, November 19th @ 11:30am

Social to follow with light refreshments and snacks!

Cost: \$10

Food donations or checks made out to Hopelink would be greatly appreciated!

Sign up in Gametime [HERE](#).



Hopelink Food Drive Donations

From November 1st to November 19th, we will be accepting food donations in the clubhouse for Hopelink. Please donate anything you are able. Every donation small or large is appreciated!



Daylight Savings Time - Fall Back!

Sunday, November 6th



Oktoberfest Event



Cup Mixer



Central Park Tennis Club

Adult Club Championship Results

Mixed 9.0 Doubles: Champion - Mike Costello/Lydia Sun

Runner Up - Doug Gong/Jessie Gong

Mixed 8.0 Doubles: Champion - Andrew Shen/Julia Zhang

Runner Up - Glenn Chinn/Alyssa Chinn

Mixed 7.0 Doubles: Champion - Sandeep Arora/Maggie Xu

Runner Up - Jordan Bluehdorn/Alex Crane

Mixed 6.0 Doubles: Champion - Jonathan Smith/Rose Smith

Runner Up - Jesse Crane/Laura Young

Women's 4.0+ Singles: Champion - Carol Lelivelt

Runner Up - Helen Chiang

Women's 3.5 Singles: Champion - Jillian Lee

Runner Up - Christine Garnett

Women's 3.0 Singles: Champion - Tracy Brodahl

Runner Up - Amy Wang

Men's 4.5 Singles: Champion - Aaron Song

Runner Up - Ian Morris

Men's 4.0 Singles: Champion - Chen Nie

Runner Up - Asif Hussain

Men's 3.5 Singles: Champion - Leon Ma

Runner Up - Tarun Arora

Men's 3.0 Singles: Champion - Justin Marquart

Runner Up - Will Wang

Men's 9.0+ Doubles: Champion - Asif Hussain/Aymaan Hussain

Runner Up - Lun Chen/Steve Chen

Men's 8.0 Doubles: Champion - Eliot Low/Jake McRoberts

Runner Up - Lael Banner/Glenn Chinn

Men's 7.0 Doubles: Champion - Mike Ensing/Jordan Bluehdorn

Runner Up - Rajesh Singh/Sandeep Arora

Men's 6.0 Doubles: Champion - Alessandro Contenti/Justin Von Gortler

Runner Up - Jay Allison/Jacob Che

Women's 8.0 Doubles: Champion - Becca Chen/Tracy Qi

Runner Up - Judy Greenstein/Genevieve Warren

Women's 7.0 Doubles: Champion - Cherry Ching/Mary Pope

Runner Up - Tina Chinn/Maggie Xu

Women's 6.0 Doubles: Champion - Tessa Chen/Rose Smith

Runner Up - Elizabeth Graves/Susanna Wilken



2022 Late Fall Junior Program

Current Session Dates:

October 31 – December 18th

(no class Nov 21 - 27)



- Each class/level is offered three times a week.
- Players can choose to attend class either 1 x, 2 x, or 3 x a week.
- Registration for classes is offered by the session(seven weeks of class).
- Scheduled Friday Match Play is included for every level except Red Stars.

[Click Here for General Program Info!](#)

JR Program Enter/Exit

The junior program are entering and exiting from the gravel parking lot through the gate on the left hand side of the pool. Signage is be posted for direction, and parents will drop off and pickup at that location. Please don't park cars outside the main entrance, as this clogs up our main parking lot area. The entry/exit location is implemented for the safety of our juniors, as well as separating the paths of the kids and our members/guests for traffic flow.

Accepting Captains' Forms for:

USTA 2023 ADULT 40+ League

Forms are due December 5 -- Season will run January-March

Please email [Darin](#) for the Captains' Form.





Quinoa Buddah Bowls - 3+ ways!

Inspired by simplyquinoa.com

These are soo easy and fun to make! Quinoa is actually a 'complete protein' so you don't need any extra protein like meat if you want to keep it vegan. Just start with the formula below and have fun. I've listed 3 example that are great but once you start making these let your creativity shine. Roasted sweet potatoes and squash are also amazing Fall choices! *To your health - Cathy*

Formula for Quinoa Bowls:

- 1.) 1 cup cooked quinoa and a handful of greens
- 2.) 1 cup veggies of choice (chopped raw or roasted)
- 3.) 1/4 cup healthy fat (eg: avocado, hummus)
- 4.) Dressing (eg: salsa, hummus, lemon tahini, peanut sauce)

Start each recipe below with 1 cup of Quinoa and some healthy greens:

Mexican:

- 1/2 cup canned black beans
- 1/4 cup cooked yellow corn
- 1/4 cup jarred salsa (acts as the dressing)
- 1/4 of an avocado
- Cilantro to garnish w a squeeze of lime



Mediterranean:

- 1/2 cup canned chickpeas
- 1/4 cup chopped cucumber
- 1/4 cup chopped cherry tomatoes
- 1/4 cup chopped olives
- 1/4 cup chopped parsley
- Dollop of hummus or Tahini dressing: (toss together: 1/2 c tahini, juice from 1 lemon and 1/4 tsp sesame oil, 1 tsp garlic)



Asian:

- 1/2 block extra firm tofu - cubed and sautéed w a few shakes of coconut aminos
- 1 cup shredded cabbage
- 1 cup shredded carrots
- scallions sliced
- 1/8 cup chopped cilantro and a shake of sesame seeds for garnish
- top w peanut dressing (1/2 cup peanut or almond butter, juice of 1 lime, 1/2 tsp garlic, 1 tsp sesame oil, 1 tsp maple syrup, 1/2 tsp+ hot sauce.)



PRO REPORT

The most exciting and rewarding times of my life were playing college tennis. When you achieve success as a team in such an individual sport, it creates a bond with your teammates that you carry for the rest of your life. Apart from the thrills of college tennis, USTA League tennis can give you that feeling too. The team atmosphere can push your game to a new level. If you can find a team that wins at the Playoff, Sectional and especially the National level, there's nothing like it!

Here are 5 keys that need to happen to make up a successful team:

TOTAL Team Effort

1. **TALENT.** Putting together a group that has the same goal is probably the key. Players who want to win the whole thing (Nationals). They're in it to win it! Borderline next level, but want to win at the level you're on first.
2. **ORGANIZATION.** The Captain is important!
They need to find a team coach, set up practice scrimmages and coaching sessions, delegate scouting reports, determine line-ups (with the Coach), and keep the team focused, inspired and on the task at hand.
3. **TEAMWORK.** Always do what is best for the team. Everyone has a bad day on the court once in a while. The advantage of being on a team is that your teammates can pull you through those times, and you them. Don't let your Ego be your Amigo! :)
4. **ATTITUDE.** A positive, never give up attitude goes a long way. Fight until the end because you never know when it can turn in your favor. Remember, you only have to win 53% of the points to win a match. Don't be too hard on yourself. Enjoy the battle. It's more fun when you have to fight for it.. and more rewarding.
5. **LEARN.** Be willing to be coached. Chalk it up to experience, but learn from your mistakes. Learn new things to help you win. Get better as the season progresses. Peak towards the end. Learn how to deal with pressure. Learn what helps your teammates perform better. And, learn how to be gracious in victory, and defeat.



Phil Ansdell
[Tennis Professional](#)

The Over 40 USTA season is right around the corner in January, and the Over 18's in March. I hope you can find a suitable team. If not, talk to Laurie in member services for a list of the Captains. There is nothing better than winning as a team. The camaraderie and joy that comes with it is the meaning of life. Growing and achieving something as a group is exactly what we need in this post-pandemic age.

Good luck everyone! I hope to see you on the courts! Enjoy!



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Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

Footwork Technique at the Net

mouratoglou.com

Footwork technique at the net

Playing near the net is the result, the culmination of playing forward, offensive tennis. This means taking time from your opponent by striking before the rebound, preventing the ball takeover strategy celebrated by many attackers. In fact, seeking to end a rally with a winning volley, a provoked error (destabilizing shot), or a direct error (often due to putting increased pressure on the opponent), is tactically, mentally, technically, and physically different to a more defensive approach where regularity is a player's cornerstone.

This game tactic made famous by McEnroe, Edberg, Rafter, Henman, Stepanek, not to mention Sampras, is less present in today's tennis. The game has become much faster and players are in better physical and mental (mental preparation is very present) shape, meaning that volley focused players have trouble remaining effective throughout a whole match, facing all players, while constantly at the net.

Defense has improved and the game has shifted towards the back of the court with players approaching the net to finish a point once they have a real advantage over their opponent and are ready to close. Nevertheless, net-play remains a spectacular, acrobatic game style that requires both great mental strength and a fair amount of "courage" to remain constantly in danger.

The race at the net

When a player intends to volley, the first step is to come inside the back-boundary line and position themselves in the service box. The more decisive the attack, the more the player can approach the net. Inversely, for a medium attack a player should keep a slight distance in order to anticipate needing to move laterally or further back if the opponent lobs. Whatever happens, this race to the net, from the attack to balance recovery, depends on the timing of the point. The faster the game, the quicker one must approach the net and position themselves to volley, ensuring that they're "in the right place at the right time."

Balance recovery and positioning

Recovering balance before returning a hit is fundamental when executing a good volley. It allows one to slow a run since heading full speed for the net leaves no way to control the volley or be technically precise. The step must be perfectly timed according to one's own rhythm and the rhythm of the point.

As well, it's the opportunity to collect information on the return hit, to anticipate and to position oneself according to the situation (final volley, approaching volley, smash).

The placement depends on three different situations:

- The lateral return requires one or more adjustment steps following balance recovery in order to hit the ball from a balanced stance. These adjustment steps are necessary about 50% of the time.
- The volleying player is on the ball and places himself in the series of returns.
- The player is lobbed, side steps backwards, and repositions himself near the line or scissor kick smashes if late.

Volleying player stance

One must be dynamic from start to finish when volleying in order to maximize the effectiveness of net-play. When recovering balance, the player must spread his feet in order to have a lower center of gravity in the waiting stance than on the backline. Body weight should be at the front of the feet. Maintaining bent legs, the volleying player must be quick to respond, moving frequently (both feet at once and not alternately), eyes fixed on the ball, informing the legs. This state of physical and mental vigilance will be key for maximizing reflexes and efficiency when using this offensive game tactic with no room for a passive, defensive stance.

Weight Dispatch

Dispatching body weight is key to uniting control and power, notably during the first decisive volley. Momentum from the standing leg (right for someone right-handed) sets off the strike while the left foot goes down on impact or slightly after on a low or high volley. To smash, the player places himself in line and must be as balanced as possible before striking, adjusting himself. Once balanced on his back leg, he shifts weight to his front leg to push the ball towards the desired zone.

For a very acrobatic scissor kick smash, the player, who is falling backward after sidestepping towards the back, will push off his back leg at the moment of contact to jump and land back on his left foot (for someone right-handed).

Repositioning

All good volley-focused players know how to reposition themselves reflexively since they have less time to cover the field than when at the back of the court. It's important not to watch your own hit. Repositioning must take place using lateral side steps with bent legs. Placement depends on the previous move and should close angles and eliminate openings. When repositioning, leg stance should remain dynamic, in constant motion, with weight grounded in the lower limbs.

In conclusion, it's important to clarify that volley-focused players often find themselves in ill-adapted, unbalanced body postures. This is due to the fast pace of the game, and that they do what they can to reach the ball and hit it back over the net without respecting previously cited technical parameters on each volley. This is what gives this game strategy its spectacular nature.

As such, overall stance, mental vigilance, and precise footwork are crucial in order to make up for the strategy's shortcomings.

Frequently Asked Questions

Q: Has the Pickleball Trial been extended?

A: The Pickleball Trial has been extended through the end of February on Court 18. Pickleball and tennis are reservable at all times on Court 18 on a first come first-served basis. To reserve a pickleball court, please check the Gametime tennis tab first to make sure Court 18 isn't reserved for tennis, then call the front desk to reserve.

Q: When is pickleball Sunday Open Play?

A: Pickleball Sunday Open Play will now be 2:30-5:30pm. Please sign up in Classes & Events.

Q: How do I schedule a private lesson?

A: We now have open lesson times, available to reserve in Classes & Events! Look for "Pro Open Lesson" and register. It's that easy!

Q: Can I use my personal ball machine?

A: Yes! You may use your personal ball machine on Courts 5-8 ONLY.

Q: Can I move my indoor court to an outdoor court?

A: Yes! Just please check in with the front desk so they can switch you to an available outdoor court.

Q: Is the Phone Mount holder only available on Court 4?

A: Yes. We have a designated bracket on Court 4 to hang the mount. We will gauge interest and discuss adding additional brackets on other courts if the demand is there.

Q: Where is the Junior Program Entering/Exiting?

A: The junior program will be entering and exiting in the gravel parking lot through the pathway to the left of the pool. Signage is posted in the gravel parking lot.

Q: How do we reserve the multi-purpose room for FitnessOnDemand?

A: Go to Gametime, select the tab "Fitness On Demand" and reserve your one hour slot!

Clinics & Programs At CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30 am	4	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30 pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	9:00 – 10:00 am	6	\$25
Chad Cardio Tennis	Wednesday	9:00 – 10:00 am	6	\$25
Chad Cardio Tennis	Wednesday	10:00 – 11:30 am	6	\$35
Phil's Skills & Drills 3.0+	Wednesday	7:00 - 8:30 pm	6	Sign up dependent
Phil's Skills & Drills 3.5+	Wednesday	8:30 - 10:00 pm	6	Sign up dependent
Chad Cardio Tennis	Friday	8:30 – 9:30 am	6	\$25
Chad Cardio Tennis	Friday	9:30 – 10:30 am	6	\$25
Lisa's Beginner Skills & Drills	Friday	9:30 - 10:30 am	4	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	4	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

Thinking of a Move?



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Russell K. Nomi, DDS
1981 UW Dental School

Wesley K. Nomi, DMD
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History to see if coaching can help you feel your
best!