

Tennis Club of Rio del Mar

Join Us For Friday Night Socials!

Let's play and party together every **first Friday of the month!** We'll gather around 6:00pm to play pickleball, tennis, ping-pong and corn hole. Please bring your favorite drink and a dish to share. You don't need to be a tennis player to join in the fun.



Rio members and friends demonstrated that **rain or shine** they're prepared to have a great time. The first Friday Fun Night was Friday, March 4th. While the weather kept them from outdoor activities, they improvised - dominoes, Farkle, cards and Pickle Pong. Pickle Pong? Yes, once they realized the ping pong balls and paddles were locked in the office, Scott Taylor got creative. They set up the ping pong table in the men's bathroom and played with pickle ball paddles and balls, proving that anything can be competitive.

Tech Corner

TCRDM and technology go hand in hand with two new enhancements.

- Court reservations can now be made using Top Dog. Visit topdogtennis.com
- Ever wonder if the courts are dry enough to play? A new webcam has been set up on court 2. You can easily download an app to your phone and view a live shot of the courts.

For support in accessing and using both of these fabulous upgrades, feel free to contact the office. They are happy to help. You don't need to be a techie to use them!

Aptos High Boy's Tennis Season is Underway

Rio members, Carter Bond and Jackson Ward, will be representing TCRDM on the Aptos High Boys Tennis Team this year. The season kicked off at the end of February and runs through April. If you're interested in following the team, visit aptosathletics.org.



Carter and Jackson with Club Pro, Paul Zaretsky



FROM THE BOARD ROOM

The Board has been busy the last few months. It has been exciting to see the level of member engagement in both the monthly meetings and as participants in the newly formed committees. TCRDM Board meetings are held every fourth Thursday of each month at 6:30 PM in the Club Lounge. The next meeting is March 24, 2016. Members are welcome to attend all Board meetings and see their Board in action. This year's Annual Shareholders' Meeting is scheduled for April 28, 2016 at 6:00 PM in the Club Lounge. Hope to see you there!

We welcome all members to participate in a committee: the following committees have been formed - Club Usage, Buildings and Grounds, Finance, Membership, and Rules and Bylaws. For contact information, please contact the office. The Board of Directors will hold elections in April to fill four vacancies on the Board. Interested members wishing to be on the Board should send a short biography to President Peter Truman at peter@mpressdigital.com by March 23, 2016. Ballots will be mailed out to Shareholders in April. Please return your completed ballot as your vote does make a difference!

MANAGER'S MESSAGE

With spring well on its way it's lovely to see the club so active. This month has been challenging to keep our courts and club clean, with the abundance of pollen, wind and rain but thanks to our amazing dedicated staff we have achieved it. We have a hard working crew that some of you might not see or know so I would like to introduce them:

- Office Staff: Owen, Renee, Nick, Justin and Ally (Manager)
- Temporary Bookkeeper: Lauren Granlund
- Maintenance: Tony Rallojay and Floyd
- Nooner program: Owen, Jim Van Houten and Jim Bass
- Pro's: Paul Zaretsky and Jon Tarr
- Pool Maintenance: Rory (Progressive pools)
- Janitorial: Carmen

We have already made some improvements/beautification this year and you will see more as the year progresses. Our road has been in disrepair for many years but we are working closely with The Beach Pines Association to take care of it. We will also be repairing our parking lot this year. Other improvements have been the new pool covers, new safety pool lighting, entrance fence repainted and tree trimming.

I have an open door policy so please feel free to contact me with any questions or concerns, or contact me at TCRDM-manager@hotmail.com

GRANDMOTHERS' TENNIS TOURNAMENT — A LITTLE HISTORY:

Gay Finch recently interviewed Elenita Matthews, one of the original members of TCRDM. Elenita said that TCRDM was founded in 1974 and that the Grandmothers Tournament was started 5 years later in 1979. She remembers the tournament fondly as a “fun day with lunch,” and that the Sentinel would post articles about the tournament but would never come out and take any pictures. And she recalls that the Granny Tourney was suspended for a few years due to lack of volunteers to coordinate it. It was revived again in 1995 and has been growing stronger each year.

In 2007, after seeing family and friends battling cancer, Ginny Taylor and Gay Finch decided to turn it into a benefit tournament for the Santa Cruz Cancer Benefit Group. A committee of volunteers work year long on this wonderful fundraiser.



THE DETAILS:
Saturday, May 7, 2016
9:00am - 3:00pm

Doubles
Three Divisions:
A (4.0)
B (3.5)
C (3.0)

- The A's and C's play 9:00am - 11:00am
- Lunch will be served from 11:30am - 1:00pm
- The B's play 1:00pm - 3:00pm

Cost: \$40 per player
Includes lunch & prizes for 1st & 2nd place

Must be a GRANNY to play!
Please bring pictures of your GRAND-DARLINGS to share on our special board!

Have fun shopping for tennis clothing & jewelry

TO REGISTER FOR THE TOURNEY and/or

VOLUNTEER TO HELP

Contact Ginny Taylor @ 831-359-1618
or Gay Finch @ 831-662-0726.

If you need a partner, Ginny and Gay will try to find one for you.

Raffle donations are greatly appreciated.

GREAT RAFFLE PRIZES!



Getting to Know our Members: A Chat with Owen Hand

Owen was born July 4, 1930; he was raised in Alameda. An only child, born in the depression era, Owen's father worked for the Southern Pacific Railroad in Oakland and his mother was a homemaker. Always an athlete, he graduated from Cal Poly and played semi-pro baseball for the San Luis Obispo Blues. Wanting to continue to play baseball, Owen took a job with PG&E, which allowed him to do both. But, years went by and responsibility set in and Owen realized it was time to use his college degree. He got a job teaching summer school in Oceana where he met the future Superintendent of Freedom schools. He recruited Owen to come to Santa Cruz, admittedly more for his baseball skills than his teaching ability at that point. But, Owen spent many years as a respected teacher in this county. His favorite? 5th grade.

It's hard to believe that he had never picked up a racket until he arrived here; he didn't even know how to keep score. Sitting in a bar on a beautiful Saturday afternoon, a friend suggested they play tennis. They borrowed rackets and balls from some girls they knew and had a great time. Cabrillo College had new courts and there was a group of guys that he began to play with competitively. And the addiction began.....

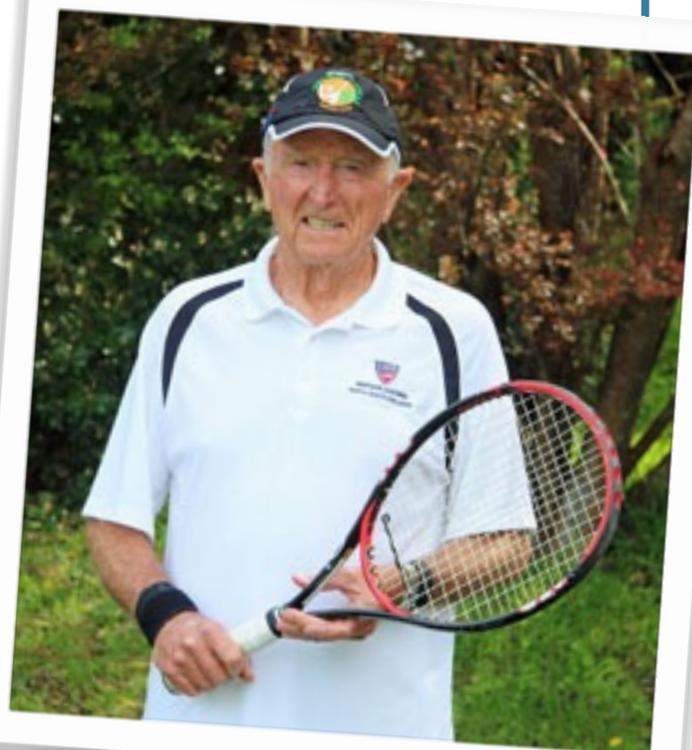
Owen played an important role in high school tennis - coaching among Harbor, Aptos and Watsonville for 22 years! He clearly shines in both coaching and playing abilities. In 2015 alone, Owen played in 3 of the 4 USTA National Championship Tournaments for men over 85. He made it to the doubles finals at the clay court tournament in North Carolina, came away with the bronze in Boston on the grass courts; and, he played one of the best matches of his life for the bronze on the hard courts in Laguna Woods, CA.

Owen is currently ranked 2nd nationally for men 85 and over. What an accomplishment! And, he says he'll keep trying to get better.

We know "love" means nothing in tennis. So, in the 1970's a mutual friend set up both recently single, Owen and Marcia. And she is still the love of his life.

For the past 5 years, Owen has had his own band, *The Tin Pan Alley Cats*. They play local gigs and recently played for the USTA NorCal Senior Awards Luncheon. Owen has been playing the banjo and ukulele for about 30 years.

Owen was a TCRDM board member for several years and president for 2 years. He can be found working part-time in the office and on the courts almost daily. Stop by and say "Hi!"





**RIO HAS
A NEW
MEMBER!!!**

**CONGRATULATIONS
JOHN & KENDRA
NEGREY!**



CLUB USAGE ADVISORY COMMITTEE

Meets first Thursday of the month at 6:30pm. All are invited to the meeting or please email suggestions or comments to Chair Ann Fitts, ann@guisc.com. We meet to discuss what is happening at the club and make recommendations to the Board of Directors. Current subcommittees include:

- FUN SOCIAL COMMITTEE - Chair: Ginny Taylor
- USTA TEAM COMMITTEE - Chair: Kathie Park
- CLUB USAGE SURVEY - Chair: Mark Vanderwoude
- QUARTERLY NEWSLETTER - Chair: Laurie Glynn

Recommendations to the Board have included:

- Web Cam for Tennis Court
- Guest Fee Equity
- Key Access to Lounge for Club Members

TIPS FOR RECHARGING YOUR BODY

By DONDI GASKILL

Nutrition Consultant, *Health by Design* and TCDRM member

Have you had moments when you are working out, swimming, or playing tennis and you felt weak, experienced a leg cramp, or suffered a headache? These are probably symptoms of electrolyte imbalances. We are electrical creatures so we need electrolyte minerals to function. Under normal conditions eating healthy foods and drinking plenty of water is enough to meet our needs. But if you do heavy exercise, are physically active and sweating, or have prolonged illness, you need to replenish electrolytes quickly.

“Electrolytes are minerals that use electric charges in the body to produce reactions such as muscle contraction, nerve movement and a regular heartbeat.” (LiveStrong.com) Six electrolytes are needed for optimal athletic performance: calcium, magnesium, chloride, phosphorus, potassium, and sodium. Water is needed to keep the blood thin enough to move the electrolytes to your cells.

While you might be tempted to rely on commercial sports drinks, know that they only supply a few minerals (sodium, potassium) and add ingredients detrimental to your health (refined sugar, high fructose corn syrup, artificial sweeteners, colors, natural flavor, sodium citrate, brominated vegetable oil, and fluoride.)

Instead, consider an easy and economical way to concoct your own healthy sports drink that supplies many bioavailable and balanced minerals. Here is a framework. (You will need to adjust the amounts to your own taste. The salt will taste good if your body needs it.)

INGREDIENTS TO MAKE YOUR OWN HEALTHY SPORTS DRINK:

- 2 T. of fresh flavor (lemon, lime, apple juice or ginger tea)
- 1/8 t. sea salt or Himalayan salt
- 2 c. filtered water and/or pure raw coconut water
- 1/4 t. natural sweetener (honey, maple syrup or stevia)

Avoid the use of distilled or reverse osmosis water as neither contains essential minerals.

HERE ARE A FEW OTHER IDEAS:

- Don't guzzle your drink – drink small amounts over time.
- Keep a small jar of Sea/Himalayan salt (75/84 minerals) in your sports bag so you can eat a pinch or add to your water. (Forget white table salt—it only has two minerals.)
- Snack on almonds or bananas for magnesium, potassium, and calcium. (But avoid bananas if you are blood type A or AB-- your body may not be able to digest them.)
- Drink MacroNight (a powdered mineral complex) dissolved in water nightly before bed.
- Drink Clark's plant-based liquid trace minerals daily in the morning.



Tennis Tip from the Pro
Paul Zaretsky - USPTA Elite Professional

Toss Your Way to a Better Serve

The single best way to improve your serve is to improve the most critical and often most neglected part...the toss. Having a consistent and reliable toss won't guarantee that your serve will be great, but it's certainly a prerequisite. You simply cannot have a fundamentally sound serve without a reliable toss. Once the toss is developed, the racket motion can start to take shape with proper mechanics allowing for an efficient motion and far less chance for injury.

But, how do we work specifically on the toss? Well, consider that we're all forced to use our non-dominant hand to deliver the ball up to a precise location into the optimal strike zone. Have you ever tried to brush your teeth or eat with your non-dominant hand? It feels pretty awkward and it's much harder to be precise. The same applies to tossing a ball up for the serve. It requires lots of quality repetition to develop better control and feel in the non-dominant hand.

One of the best exercises I use to dial in the toss is having my students learn to hit balance serves. The progression works like this: First, stand in a serve position behind the baseline and take a few easy practice motions making sure not to fall off balance. It's fine to have some body rotation and weight shift, but the feet shouldn't move from their original positions (especially the front foot). Next, during a slow practice swing stop your racket at the top of the swing with your arm fully extended where the contact with the ball happens. This should be slightly in front and to the right of your body if you're right-handed (slightly to the left for a lefty). The goal is to toss the ball up to this spot so you're putting the ball into your natural hitting zone. The height of the toss should be at least as high as your racket at full stretch, but slightly higher is fine. If the toss gets too high it's much harder to control and can cause an unnecessary pause in the racket motion waiting for the ball to come back down.

Once you've tried a few practice tosses into the hitting zone you can start hitting balance serves. If your toss is in the right place you should be able to hit comfortable serves without falling off balance. There invariably will be some tosses that you'll have to catch when they're fading out of the hitting zone and you know you'll lose balance if you try to hit them. That's to be expected. You'll be developing and improving the feel in your non-dominant hand by getting feedback from these errant tosses. You'll also develop a better sense of what a proper toss looks like when it's in the air before contact. Once you get to the point where you can hit 10 or 15 serves without falling off balance or having to catch errant tosses you've developed a consistent enough toss to start adding extra energy from the legs into the equation.

Improve your toss and you'll improve your serve, and in the process reduce your risk of injury and eliminate the number one cause of foot faults...chasing bad tosses. If you'd like some feedback on your serve or want to learn some other good exercises to improve your toss, sign up for a lesson. Even a half hour private lesson can get you well on your way to making some big changes.

See you on the courts!!!



Paul can be reached at:
TCRDM 831-688-1144
Home 831-685-2180
Email paul@paulzaretsky.com



SPOTLIGHT ON THE NOONERS

From **NOON** – 2:00 Tuesday through Friday you'll find high quality tennis at the Club. The *Nooners* gather together to compete and socialize. With coffee mugs in hand, the participants await their court assignments. While Jim Van Houten collects guest fees and keeps records for the group, Owen puts together equally matched doubles pairings. The players tend to be men, but women are always welcome. And on any given day ages can range from 19 – 85. Members and guests are welcome; the guest fee is \$6.00 (which includes balls).

The program brings in revenue for the Club, develops a

positive outreach in the community and creates an outlet for members to play a diverse group of players. Visitors from around the U.S. praise the quality of the *Nooners* program.



Did you hear?

In honor of his work preserving the environment, the City of Watsonville proclaimed **February 2, 2016, JIM VAN HOUTEN DAY,** coinciding with World Wetlands Day. Jim founded Watsonville Wetlands Watch in 1991. To read the full story, see the January 28th edition of the Register-Pajaronian.

ARE YOU INTERESTED IN PLAYING ON A RIO USTA TEAM?

**Rio has EIGHT teams registered for the next season -
there is definitely a team for YOU!**

We now have a USTA TEAM Committee to support the captains and help with organization and scheduling. If you have any questions please contact the committee or the Captain of the team you would like to play on.

USTA Committee Chair: Kathie Park: ka3@sbcglobal.net

USTA Home Match & Practice Scheduler:

Ally Koppel: tcrdm-manager@hotmail.com

USTA Committee Members

Chris Glynn: chris.glynn@whitewave.com

Doug Harrington: dh.likes.10ace@gmail.com

Dave Miyashita: dlmiya@att.net

******65+ Women 4.0 Team** : Season Mar 7th – May 27

Captain: Gay Finch: gay10sfinch@gmail.com

Home matches: Wednesdays 10:00 am

******18+ Men & Ladies** : Season Mar 28 – Jun 10.

-2.5 Women: Matches/Practices: Sundays 1:00pm

Captain: Tami Harrington: dtktr@sbcglobal.net

-3.0 Women: Matches/Practices: Saturdays 5:00pm

Captain: Tami Harrington: dtktr@sbcglobal.net

Co-Captain: Carolyn Mecozzi : cozzime@gmail.com

-3.5 Women: Matches/Practices: Sundays 11:00am

Captain: Kathie Park: ka3@sbcglobal.net

Co-Captain: Sayuri Sharper: ssharper@alum.mit.edu

-4.0 Women: Matches/Practices: Saturdays 1:00pm

Captain: Paula Witner: Paula.Witner@dole.com

Co-Captain: Ponce Abrahms: pssk@sbcglobal.net

-3.0 Men: Matches/Practices: Saturdays 3:00pm

Captain: Frank Damato: franco0409@att.net

Co-Captain: Moon Miller: keithdmiller22@gmail.com

-3.5 Men: Matches/Practices: Saturdays 11:00am

Captain: David Lee: david.lee3027@sbcglobal.net

Co-Captain: David de Jesus: dkw@sbcbglobal.net

-4.0 Men: Matches/Practices: Sundays 3:00pm

Captain: John Negrey: negrey@yahoo.com

Co-Captain: Chris Glynn: Chris.Glynn@whitewave.com



2.5 WOMEN'S TENNIS RETURNS TO RIO!

Are you a lady over 18 new to tennis and interested in playing in USTA matches? Then you should contact Tami Harrington, the captain of the women's 2.5 team. Tami is pulling together a mix of experienced and brand new players to form a fun and exciting team. This will be a great opportunity to hone your tennis skills while meeting other players at your level ready to try competitive tennis.

All Rio members at the 2.5 level are invited to join. Non-members should contact Tami first. Have questions? Call 831-246-0940 or email at DTKTR@sbcglobal.net.

Energy, Health and Healing Join Us For “Qi Gong”



“What is Qi Gong”? Qi Gong is the ancient art of keeping our bodies healthy and flexible by practicing “Effortless Power or Movement”, thru mirroring the movement of nature; like the effortless movement of water. “Qi” means energy or life force, and “Gong” means practice or skill; so Qi Gong is “energy practice/skill”, using breathing exercises, flow and stretch movements and meditation. Life Force Energy powers our whole body system; it powers every function of our body and mind.

The goal of Qi Gong is to strengthen the environment of the body, build the life force energy, improve the immune system, clear stress and tension from the body, and increase circulation throughout the body. When we are stressed and tense, our life force energy is depleted and blockages are created in our energy flow thus causing “dis-ease” in our bodies. Qi Gong through breathing exercises, flow and stretch movements, generates abundant energy - promoting healthy, flexibility and vibrant bodies.

The great benefits of Qi Gong for all ages and particularly seniors are: clears stress and tension, pain management, increases flexibility, increases circulation keeping us looking more youthful, slows the aging process, improves balance, great benefit for back pain and chronic pain, emphasizes neck and shoulders to relieve stress, tension, pain and stiffness, improves emotional well-being, trains the body to move with relaxation and ease, increases bone density and strength of bones, increases lung capacity, helps burn fat and activates our own healing.

Come get your “Qi On!”

Mondays at 10:00am in the club kitchen.

Sessions are free to members.

Hope to see you there!

Deborah Vanderwoude, 831-206-0521

Upcoming Events

-First Friday of the Month Social Fun Night

6 pm rain or shine!

Potluck, tennis, pickle ball, corn hole, games and more!

4 tennis courts will be reserved

-Pickle ball and Potluck

Every third Sunday of the month

Beginning April 17 at 5:00 pm

A fun court game. No experience or equipment required. We will be out there to teach you how to play.

-Annual Rio Grandmothers Tournament

Saturday, May 7, 9am- 4pm

-4th of July Doubles Tourney, 1pm -5pm

More info to follow

-Halloween Tourney Sunday, Oct 30

More info to follow

STAY CONNECTED!

OFFICE PHONE: 831-688-1144

OFFICE MANAGER EMAIL: tcrdm-manager@hotmail.com

OFFICE STAFF EMAIL: tcrdm-staff@hotmail.com

BOARD EMAIL: tcrdm.board@gmail.com

COURT RESERVATIONS: www.TopDogTennis.com

CLUB PRO PAUL ZARETSKY: paul@paulzaretsky.com

www.riotennis.com

THIS QUARTERLY NEWSLETTER BROUGHT TO YOU BY:

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