

Tennis Club of Rio del Mar



**RIO CELEBRATES
45 YEARS WITH
A BIG PARTY!**
9.21.19

Read more on page 6 and see pictures throughout!



STAY CONNECTED!

OFFICE HOURS:
Mon-Fri 9-2 & 4-7 | Sat & Sun 10-3

OFFICE PHONE:
831-688-1144

OFFICE EMAIL:
riotennisclub@gmail.com

BOARD EMAIL:
tcrdm.board@gmail.com

 Find us on
Facebook

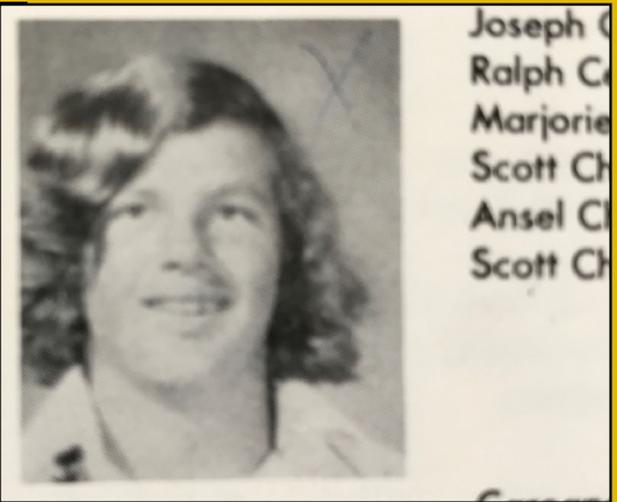
**3rd ANNUAL
GRANDFATHERS'
TOURNEY**
See page 3 for winners
and photos!

COURT RESERVATIONS:
www.riodelmar.topdoglive.com

CLUB PRO PAUL ZARETSKY:
paul@paulzaretsky.com

NEWSLETTER SUBMISSIONS
tcrdmnewsletter@gmail.com

BE SURE TO BOOKMARK WEBSITE:
www.riotennis.net



Joseph C
 Ralph C
 Marjorie
 Scott Ch
 Ansel C
 Scott Ch

Board Members Now & Then! Dave Miyashita • Laurie Glynn • Scott Christie

MARK YOUR CALENDARS!

BOARD MEETINGS

4th Thursday of the month, 6:30pm.
 Located in the Club Lounge
 Meetings are fun and informative.
 Please attend!

NOONERS

Mon/Tue/Thu/Fri noon - 2pm
 Men & Women, 3.5+

AFTER - NOONERS

Fridays 2 - 4pm
 Men & Women, all levels

CHALLENGE COURTS

Saturdays 9 - 11am
 Men & Women, all levels

FRIDAY SOCIAL FUN NIGHTS

1st Friday of the month, 6:00pm.
 Enjoy a potluck, tennis, games, pickleball,
 ping-pong, cornhole, and more!
 Guests FREE!

BOARD OF DIRECTORS

Scott Christie, *President*
 Dave Miyashita, *Vice-President*
 Don Peattie, *Treasurer*
 Rob Gaskill, *Secretary*
 Laurie Glynn
 Tami Harrington
 Vern Hart
 Eric Nielsen
 Neal Woods

COMMITTEE CHAIRS

Membership: Laurie Glynn
 Finance: Tami Harrington
 Club Usage: Scott Taylor & Jan Baines
 Building & Grounds /
 Beautification: Scott Taylor
 Personnel: Don Peattie
 USTA: Rob Gaskill
 Fun: Dondi Gaskill
 Newsletter: Laurie Glynn

Contact the office to join.

3rd ANNUAL GRANDFATHERS' TOURNAMENT

raised \$560 benefitting Santa Cruz Cancer Group



Winners
 A Division:
 1st: Bob/Jeff
 2nd: Marc/Shannon

B Division:
 1st: Leon/Len
 2nd:Owen/Cliff

C Division:
 1st: Scott/Denis
 2nd: Peter/Guy



Welcome

NEW MEMBERS!

The following people have joined the Club since June.
Please make sure to make them feel welcome if you meet them.

Julio & Joan Herdocia
Cam & Doug Chase
Matthew & Katie DeHart
Martine Watkins & Brandon Proctor
Andrew & Mimi Kreeft
Dwaine & Kim Tait
Rick Perez & Consuelo San Juan
Kathryn Nation
Rowena & Matt Arnold
George & Meredith Dies
Eliza Bradbury

Memberships Available:

Do you know someone interested in Club membership? We have a few memberships available. Bring them to a Friday Fun Night when guests are free. Or, encourage them to swing by the office for a tour and more information. If you refer someone who joins you will receive the equivalent of one month free dues! How awesome is that?

NEW TO THE CLUB?

Are you new to the Club and looking for ways to get involved? Or have you been a member for a while and just haven't utilized the Club to its' fullest? We are a small family Club and want you to feel you have a home. Let the Club Managers know your interests and they can absolutely help you find ways to get involved or connect you with others who may have similar interests. Have a great idea? Let us know that too. We're always looking for ways to make it a positive environment for everyone.





Chris and Laurie Glynn enjoyed a fly fishing trip in Central Oregon. The craft beers weren't bad either.

OUT & ABOUT



Jan and Lauren at Stagnaros on the wharf!



Sheila and Clarence Prado fishing in Gunnison-Crested Butte in Colorado

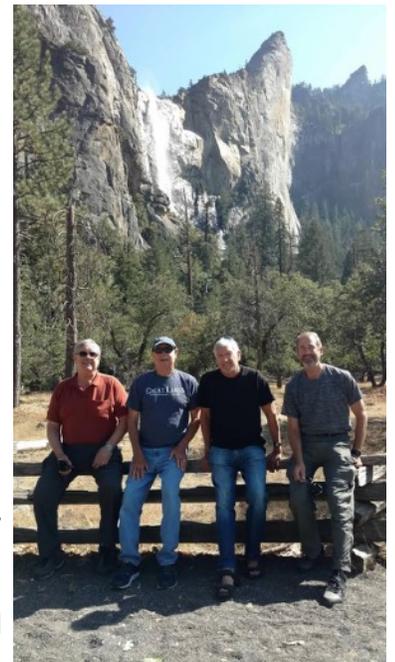


Alisa Van Dissen in Wild Basin RMNP



Karen Shibata traveled to Europe this summer. This is a photo of Chamonix. The receding glacier in the background comes from Mont Blanc.

Rob Gaskill & 3 high school buddies visited Yosemite and tackled the Half Dome hike!





A huge **THANK YOU** goes out to the Fun Committee! This newly formed committee threw an amazing **45th ANNIVERSARY PARTY** with live music, food, drinks, and dancing. It was truly a special event with amazing weather! Everyone had a great time and loved the band, *The Ten O'Clock Lunch Band*. We want to recognize Sandy, Dondi, Cyndi, Alisa, Doug, and Marcia for taking the lead. We can't wait to see what you have in store next!



TEAM NEWS

USTA season: Congratulations to the Women's 55+ 8.0, Mixed 7.0 and Mixed 8.0 teams for outstanding seasons and making it to playoffs. The Mixed 8.0 team won their first round and looks to take on a powerhouse in La Madrona the last week of September. And 6.0 Mixed has made it to sectionals! Go Rio!

Aptos High Girls Tennis is in full swing. Check out Rio's own, Lindsey Foos and Autumn Zaretsky. Both girls play on the Varsity team. Visit the Aptos High web page for the season schedule.

Interclub is underway with Rio fielding Monterey Bay A League (4.0 and above) ladies playing Monday mornings, captained by Ginny Taylor (ginnytaylor8@gmail.com). And two Santa Cruz B League teams (4.0 and under) playing Thursday mornings. Rio1 captained by Ann Fitts (annfitts123@gmail.com) and Rio2 captained by Cathy Atwood (bougecat@aol.com). All teams need ladies on the sub list. If you are not already on the sub list and would like to be added, please email the captains.



UPCOMING USTA TEAMS & CAPTAINS

All Club members are welcome to sign up for a team at their designated level, however some teams may be at full capacity. You **MUST** contact the captain before signing up. Please contact the specific captain or the office with questions.

ADULT MIXED 40 & OVER

7.0: Captain Tami Harrington, email: dtktr@sbcglobal.net

COMBO DOUBLES

6.5 Men: Captain Moon Miller, email: keithdmiller22@gmail.com

7.5 Men: Captain Doug Harrington, email: dh.likes.10ace@gmail.com

7.5 Women: Captain Margo Chisholm, email: margo@tothesummit.com

ADULT 70 & OVER

8.0 Women: Captain Gay Finch, email: gay10sfinch@gmail.com

A Few Reminders for Captains and Players:

- Please clean lounge after home matches.
- Empty garbage and recycling bags if 1/3 full.
- Last team brings in cushions, checks floor, starts dishwasher, locks door.
- PLEASE TAKE ALL ALCOHOL HOME AFTER MATCH. (NO ALCOHOL LEFT IN REFRIGERATOR AT END OF DAY)
- Parking: Captains should notify their opponents of limited parking and ask them to carpool. Also, pay attention to parking signage and respect parking area for our townhouse neighbors.

Please refrain from using our parking lot as a carpooling point for away matches when home matches are held.

- Please help ensure your USTA guests sign in and complete the waiver.



Before and After Tennis

Approximately 5 Minutes

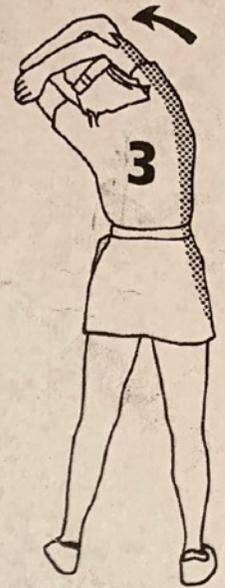
Walk or jog for several minutes before stretching.



10 seconds
each arm
(page 43)



5 seconds
2 times
(page 46)



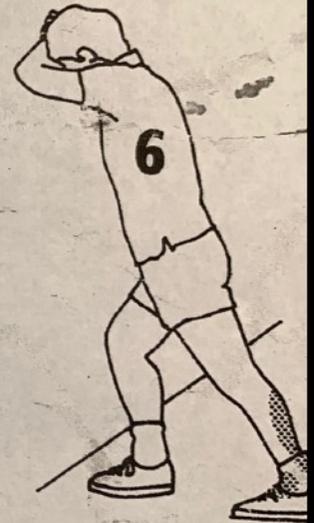
8-10 seconds
each side
(page 44)



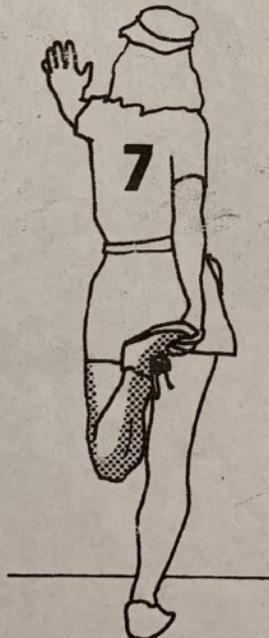
15 seconds
(page 46)



10 seconds
each side
(page 80)



15 seconds
each leg
(page 71)



10 seconds
each leg
(page 75)



15-20 seconds
(page 55)



New Club Roster

Interested in connecting with other Club members? We have a new member roster. The roster contains the name, contact information and tennis rating of each member (if a tennis player). If you'd like a copy, stop by the office. If you find an error or would like your contact information removed, please notify the managers.

Looking for court time without the planning? You have options! And, no prior reservation is necessary - just drop in.

- Monday, Tuesday, Thursday and Friday from 12:00 - 2:00, men and women 3.5 and above are welcome to join in on the fun with the "Nooners" program.
- Friday afternoons from 2:00 - 4:00 join the "afternooners." Men and women of all levels are welcome.
- Saturday mornings from 9:00 - 11:00 drop in for "Challenge Courts." You and a partner will pair up to take on other teams in fast paced matches. All players are welcome. No need to bring a partner, we'll match you up.



Club Guest Policy:

It's fun to bring guests to the Club and we want them to feel at home. We also need to balance and respect the dues paying members while protecting the Club's liability. So, we ask that you follow a few simple guidelines:

- Please sign your guests in at the office with each visit.
- A guest is allowed at the Club up to 2 times per month.
- The guest fee for adults is \$10.00 and for children \$5.00.
- Visitors not utilizing the Club facilities (such as watching a match) are not required to pay the guest fee. If you have a question about whether you are bringing a "visitor" or "guest," please clarify with the Managers.
- The Board recently approved the following....If you would like to bring a guest to the Club more often than 2 times per month, you may obtain up to 7 vouchers to be used at your discretion between now and April, 2020. The guest fee still applies but this allows you to share the Club facilities with friends and family when the "2 times per month policy" doesn't meet your needs.

DID YOU KNOW? Another side of Margo Chisholm



40th Birthday Party - 1988



Climbing in Colorado- 2005



2008 at the Sheldrick Wildlife Trust Nursery

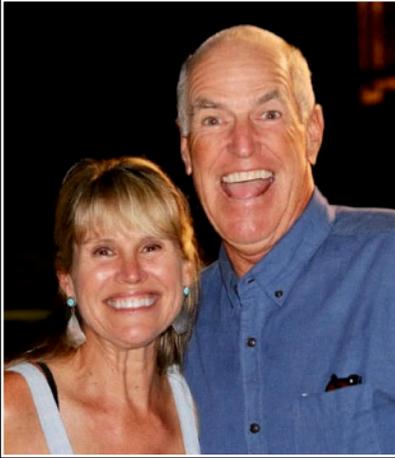


Khumbu Icefall on Everest - 1993. Yup, that's Margo!

2019 Facebook post by Margo: As most of you know, elephants have been my spirit animal since I was 4. The minute I heard about the Sheldrick Wildlife Trust and the work they do with orphaned baby elephants, I wanted to volunteer there. I was a bit heartbroken when I learned that was not possible. For many years, I have had dreams that I was a keeper, feeling the joy even in my sleep of being with those extraordinary beings. Today I got to don a keeper's green coat and live out that dream, at least for a bit. Full heart, tears of joy, gratitude flowing quietly through my being. And the wonder overflows.



**And a few more pictures from
the 45th Anniversary Party!**



45 years of playing tennis, swimming, working out;
Solving life's problems, healing injuries;
Sharing food, fun, competition;
Commiserating our losses and celebrating our successes.

-Dondi Gaskill



THIS QUARTERLY NEWSLETTER BROUGHT TO YOU BY:

Newsletter Committee:

Laurie Glynn, Lynn Miyashita, Ann Fitts

We welcome articles and photos. Please email contributions to:

tcrdmnewsletter@gmail.com

