

# Tennis Club of Rio del Mar

OUR SPECIAL COMMUNITY VIRTUALLY CONNECTING WHILE WE SHELTER IN PLACE



Sean & Monique Peterson & family



By Paul Zaretsky - see page 10 for more of his beautiful photos

# GOOD NEWS!



3.25.20: Patti S shared this photo and wrote: just a reminder that we will weather this crisis and our Father watches over us all! Took this today between showers.

TCRDM DONATES TO SECOND HARVEST FOOD BANK  
Monterey Bay Interclub A League captains decided to donate their end of season luncheon fees to food banks. The teams in Santa Cruz County gave \$1,400 to Second Harvest. The teams in Monterey County gave \$2,450 to the Food Bank of Monterey. In total \$ 3,850 to help others!

And following their lead, Santa Cruz B League (lead by Rio this year) has agreed to donate their unused fees to Second Harvest as well!

Betty's Burgers opened in Aptos and is doing Take Out! Pix by Alisa who also recommends Mentone and Akira for TakeOut.



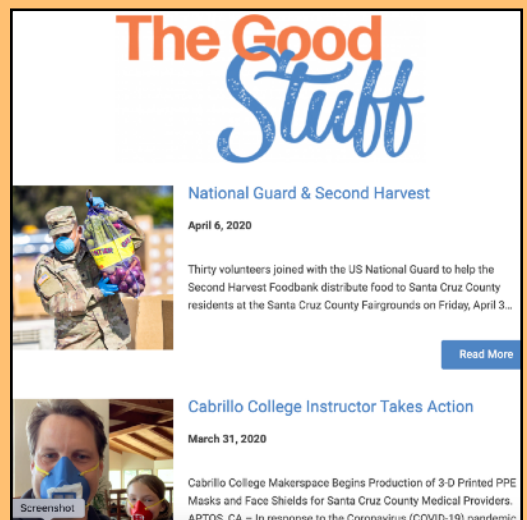
Jan Baines celebrated her 70th birthday in Baja! Her husband Whit and a friend drove two hours to the nearest town to get a birthday cake!



Alisa celebrating!



John Krasinski has a Good News show on YouTube.  
[growingupsc.com](http://growingupsc.com) features Good News!



# REMEMBERING WHEN.....

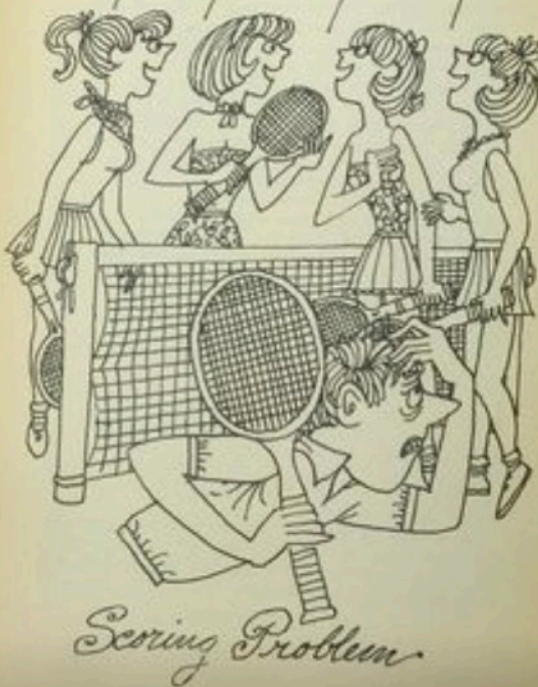


Owen and his partner, Bud, from Beverly Hills, won their first tournament in their new age division 🎉90s🎉 in Palm Springs. On to the Laguna Woods 90 National Hardcourt in May

Our Club Pro Paul Zaretsky and his daughter Autumn played the Seascaple MLK Day tournament and won 8-1 in the final. Yay!



*It's 40-15... No, it's 15-30... But you're serving... No, Phyllis is serving... I just love your scarf, Alice.....*



Remembering good old times: Mike surprised Carrie with a pro lesson on their honeymoon in Carmel Valley June 2019



See page 13 for more "recent" TCRDM tennis pix.

# FOOD IS VERY IMPORTANT THESE DAYS!



Cyndi E is looking forward to baking for home matches again!



Gay's Pizzas!



Ron is cooking up a storm for Dorothy!



Ann F made this topped by chocolate chip cookie dough ice cream of course!



Alisa's favorite meals at home: lentil soup, creamy mushroom soup, pork chops with apple pan sauce, roasted sweet potatoes and sautéed greens, and the above!



## Lynn Miyashita's Pesto

Makes approximately 3 cups. Lynn divides the sauce into 2-3 small mason jars, cover with plastic wrap and lids, then freeze or refrigerate.

- 4 cups fresh basil leaves rinsed and dried ( Trader Joes clamshell basil is perfect amount)
- 1 cup olive oil
- 4 Tbls pine nuts
- 6 cloves of garlic
- 1-2 tsp salt
- 1 cup fresh grated parmesan
- 4 Tbls fresh grated Romano (or use all parmesan if that's all you have)
- 6 Tbls softened butter

Put basil, olive oil, pine nuts, garlic, and salt in a food processor. Blend. Scrape down. Add cheeses. Blend. Add soften butter. Blend.

Bring to room temperature before adding to fresh cooked pasta.

See page 12 for another great recipe!

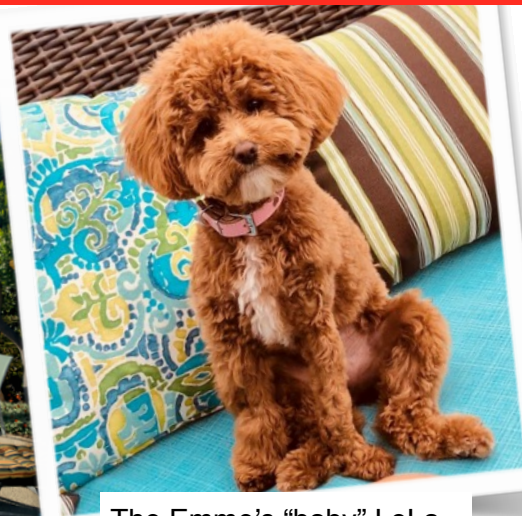
# BRINGING US JOY!



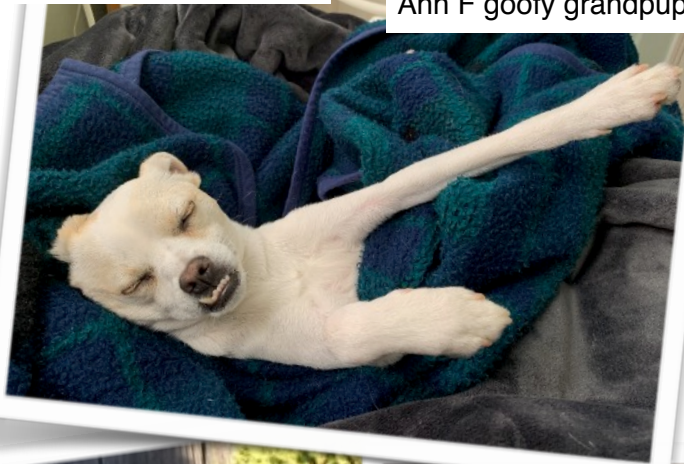
Grandma Kk (Kay Johnson) wrote:  
Happiness Still Exists In The Hardest  
Of Times: Miley Lauren Johnson.  
Still smiling despite the events that  
surround her.



Scott with 4 month old pup Maggie!



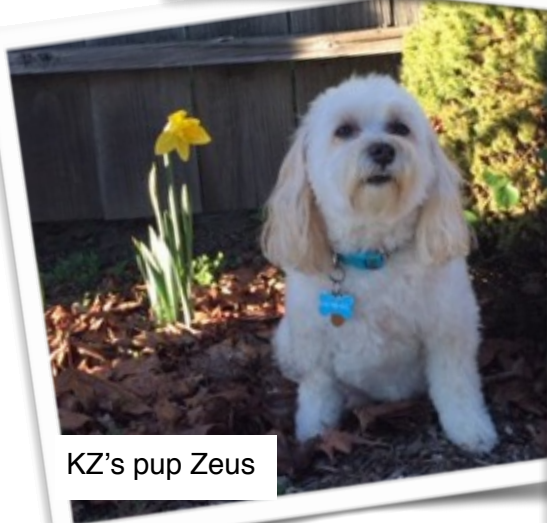
The Emme's "baby" LoLa



Ann F goofy grandpup Henry!



This pup Cade makes Sheila happy!



KZ's pup Zeus



Lynn & Dave's cat Stubby

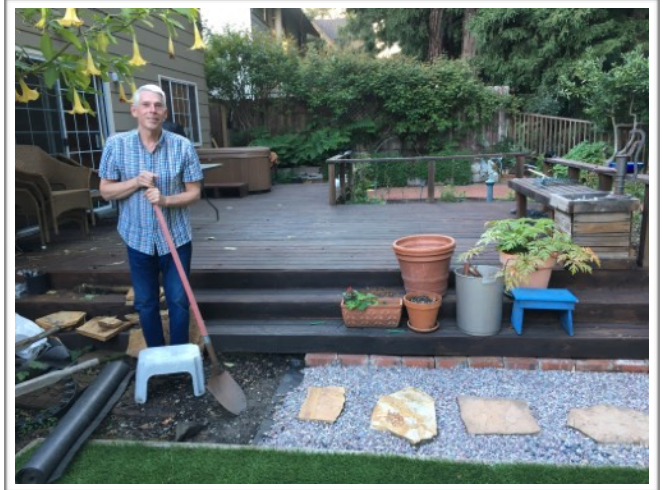


Alisa loves cuddling Rigby  
for stress reduction

# HOME!



Tami's new reality of working from home



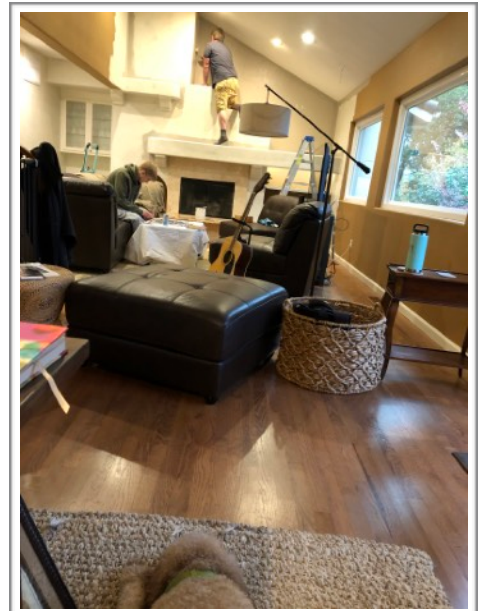
Chris Hoffman is working on a pathway!



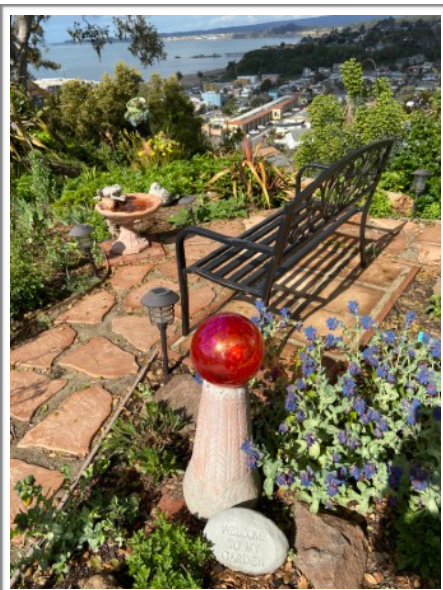
Lauren was icing and elevating after a knee replacement!



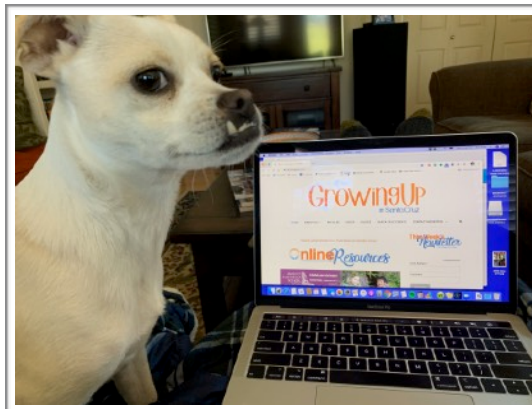
Jan G was desperate for a haircut and her husband Whit volunteered to do it. First haircut ever for him!



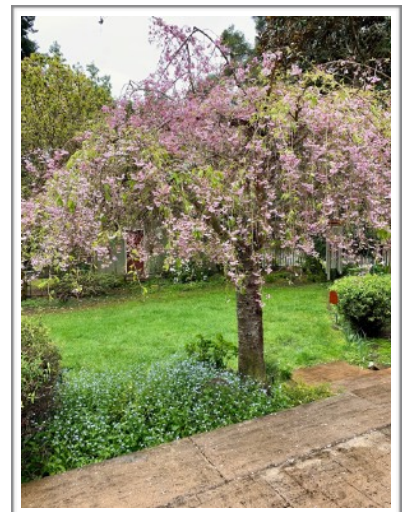
Carrie Goodwin shared: Puppy supervising Puzzle and Painting



Jan G has been doing a lot of gardening!



Ann F co-worker at home, Henry!



Spring at Alisa's house!

# HOBBIES, GAMES, PUZZLES, ETC!



Jan and Lauren G staying busy!  
Jan is also learning calligraphy when she needs a break from weeding!



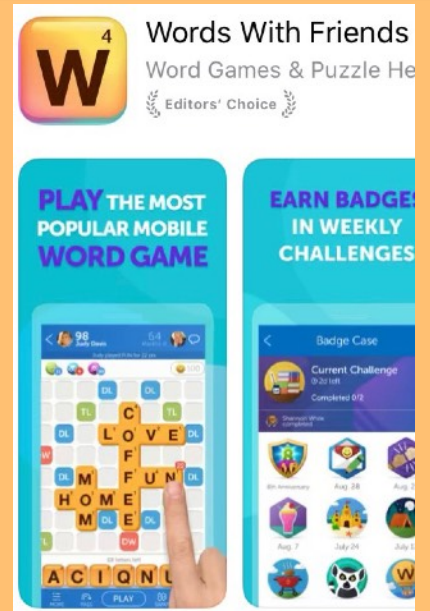
Dondi and Rob have dusted off their old Wii box and sharpened their Wii tennis skills! No double faults!!



Alisa and family have been doing lots of puzzles, crafts, binge-watching *Killing Eve* on Hulu and hot tub!



Paula Rettig has been sewing tablecloths for the club and masks.

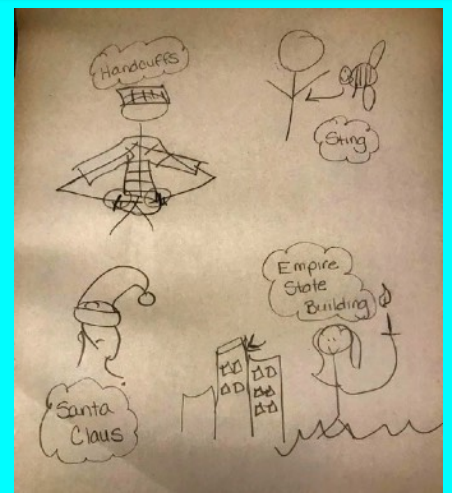


Lots of Rio members are playing! Check it out!



Ann F working on a 1100 piece puzzle - it's hard!

Laurie Glynn shared: Everyone in the family is responsible for dinner and a game 1 night a week. Chris and Laurie took on the kids at Pictionary. Shocking these mad drawing skills did not get them a win!



# STAYING FIT & ACTIVE OFF THE COURTS



**WALKING!** We are so lucky to live here (Seacliff Beach)

toadalfitnessclubs

feeling strong  
feeling strong  
feeling strong  
feeling strong

**Check out our online classes by visiting our website today**

Barre    7 Min Workout    HIIT

**WORKOUT!** There are lots of free workout and dance classes online right now, and on Facebook and Instagram Live. Down Dog has some great free apps. and for Toadal Fitness members, they have lots of recorded and zoom classes.



**BOOGIE BOARDING!** (Gay)



**SNOW!** Alisa is able to escape to the snow for lots of healthy outdoor exercise.

**YOGA!** Owen leads a one hour daily stretch yoga class with Marcia as his student. As you can imagine he is a very strict taskmaster!



## Listen to these podcasts to keep your tennis skills up at home!

Essential Tennis Podcast - Instruc...  
**Quarantine Mindset Keys - Essential Tennis Podcast #354** **PLAY**  
Today - 22:03 13.2 MB

Believe it or not being stuck at home presents 3 big opportunities for tennis players! Unfortunately they're overlooked by most because their mindset and perspective has been thrown off by the difficult situations around them. Find out how you can break free of the negativity and fully take advantage of the chances to improve your tennis game at home on this episode of the Essential Tennis Podcast.

Essential Tennis Podcast - Instruc...  
**Improve Your Tennis At Home - Essential Tennis Podcast #352** **PLAY**  
Mon, Mar 23 - 26:29 15.9 MB

With leagues cancelled, clubs closed, and tennis courts all around the world being shut down it feels like the improvement journey has to be put on hold. Wrong! There is SO much you can do right in your own living room, garage or yard to improve every aspect of your tennis performance and IQ. In this special episode of the Essential Tennis Podcast you'll learn which 6 parts of your game you can work on away from the court as well as step by step resources to help you with each of them. Stay safe, stay healthy, and keep working hard on your game!

Shankcast - A Tennis Banter Podc...  
**7 Ways To Improve Your Tennis At Home - Shankcast #24** **PLAY**  
Yesterday - 1:05:00 39.0 MB

Tennis clubs and public courts are closed all around the world so players are completely out of luck, right? Wrong! There are 7 different ways you can improve your tennis skills right from home with no extra equipment at all. Better yet you only need THREE steps of space to do everything Megan, Kevin and Ian talk about in this special episode of the Shankcast Podcast. Please enjoy our tennis banter!



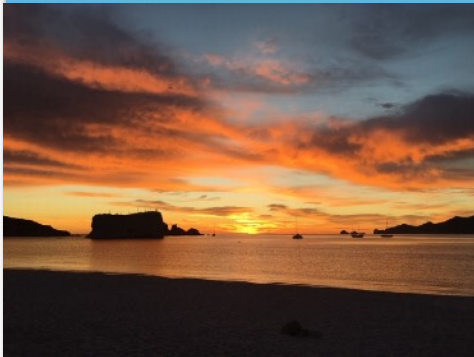
# BEAUTY NEAR & FAR past & present!



Karen & Ted at the last pass on the Tour de Mont Blanc



Don Peattie sends greetings from Sedona where the weather is great!



Jan Baines wrote: It was much easier to practice social distancing on a remote beach in Baja. Wishing we were still there.



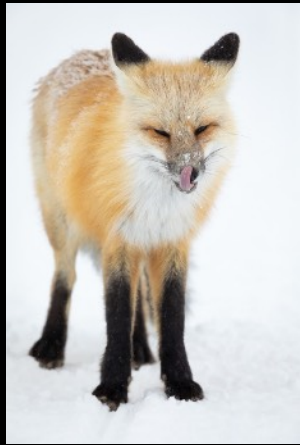
Lynn has been photographing while walking!



**PHOTOS BY PAUL ZARETSKY**  
Email Paul if you would like to purchase a print:  
[paul@paulzaretsky.com](mailto:paul@paulzaretsky.com)



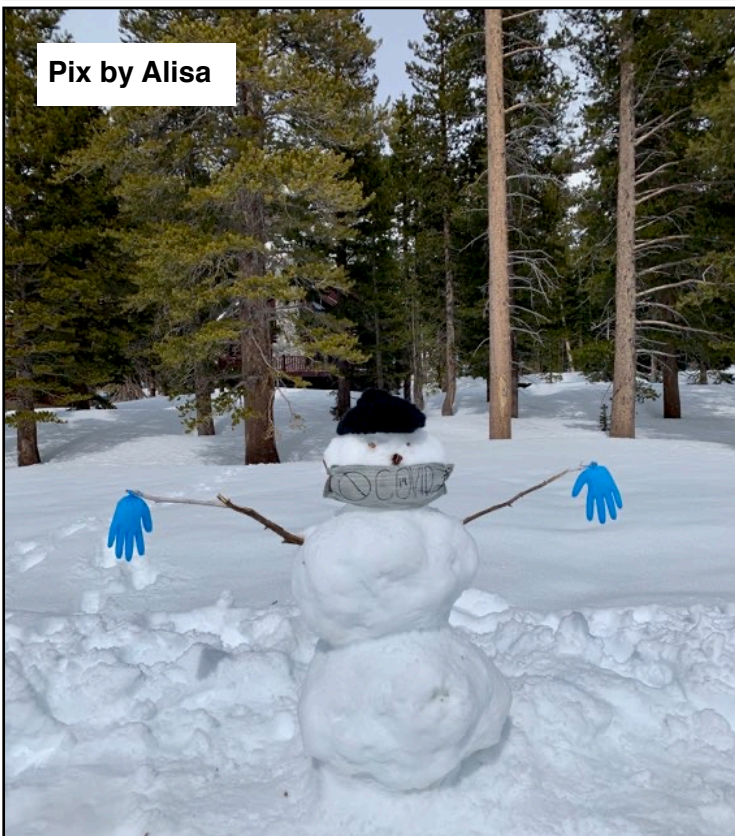
**YELLOWSTONE**  
End of January 2020



**SCOTTS VALLEY**  
Glenwood  
Open Space  
Preserve,  
Managed by  
the Land Trust  
of Santa Cruz  
County.



# STAYING SAFE



Instagram

tennischannel

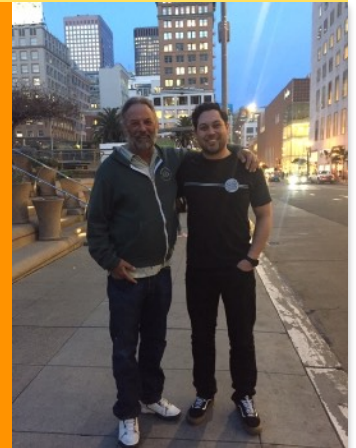
## CHOOSE YOUR QUARANTINE HOUSE

<b>HOUSE 1</b> Naomi Osaka Matteo Berrettini Karolina Pliskova Rafael Nadal Serena Williams	<b>HOUSE 2</b> Simona Halep Roger Federer Angelique Kerber Gael Monfils Sloane Stephens
<b>HOUSE 3</b> Novak Djokovic Coco Gauff Stefanos Tsitsipas Ash Barty Dominic Thiem	<b>HOUSE 4</b> Nick Kyrgios Venus Williams Alex De Minaur Daniil Medvedev Bianca Andreescu

# THIS AND THAT



Before Shelter in Place, Karen Z's son Peter and friend Katie played at the Paradox and hope to play at the Crows Nest sometime in the future!



SF visit with Niko



Margo!



## Egg Canadian Bacon Cups *(Thank you Robin N)*

These are a perfect addition for Easter Sunday brunch!

Serves 4-8 using 8 cup muffin pan

### Ingredients

- 8 Eggs, organic, pasture raised
- Canadian bacon, uncured, nitrite/nitrate free, 8-16 sliced rounds\*
- 2-3 shallots
- Butter for greasing the muffin cups
- Sea salt and pepper

- Preheat oven to 350 degrees
- Use the butter to grease an 8-cup ceramic muffin pan
- Fit 1-2 pieces Canadian bacon into muffin cups so it will hold the egg - it may need to fold to fit.
- Chop shallots and sprinkle 1 tsp into the center of the ham in each muffin cup
- Crack an egg into each cup and sprinkle with salt and pepper
- Bake for 20 minutes or until eggs are done to your liking
- Carefully lift from muffin pan and transfer to a pretty serving platter or directly onto plates.

\*The Trader Joe's Canadian Bacon rounds are the perfect thickness and size, but if you don't have a TJs then you may need 16 slices so you can use two per cup.



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