

May 1, 2007

Volume 1, Issue 4

# Passing Shots

**Cupertino Tennis Club Newsletter**

Did you know that a group "Board" Photograph was taken for the CTC website? Check it out at [www.cupertinotennisclub.org](http://www.cupertinotennisclub.org)

## My Spin On Things **by Bob McCord, President**

Membership in the CTC has been increasing. For example, there were 223 members in 2003 and 300 members last year; this is healthy growth. Since a large percentage of Club members play on USTA teams, the growing membership has meant a growing number of teams that represent Cupertino. That meets a number of objectives defined by the city of Cupertino in the CTC's Constitution, so that's good.

The growing member-

ship, plus an annual USTA tournament in August, have combined to create a solid positive balance in our bank account. The CTC is a non-profit organization so it's important that the balance doesn't become too large. It would be great to hear any thoughts you may have on how to spend this money. Another constitutional objective of CTC is "to promote recreational and social tennis". One way that CTC meets this objective

is by providing some support for tennis programs in local schools. Other ideas around this theme would be great as well. (Don't suggest better lighting – the city already has that in their budget.) If you do have suggestions, please mail them to [Board@CupertinoTennisClub.org](mailto:Board@CupertinoTennisClub.org). We look forward to hearing from you. Play well and have fun.

## Membership Update **by Kathy Wheeler, Membership**

As of April 20<sup>th</sup>, the club has 283 members of whom 60 are new members to the club. During the first week of May, a copy of the roster with phone numbers and email addresses will be sent out to all current CTC members. A list of the new members will also be sent out. Please consider contacting one of the new members for a social match or as a fourth at the last minute.

For those of you reading the newsletter and who have not renewed, it's not too late!

Please check the website (<http://www.cupertinotennisclub.org>) and click on Membership.

## USTA PLAYERS WANTED! By Bob Gonzales



On **MAY 21<sup>st</sup>** I will register a men's 6.5 **COMBO** team.

This team will be a **COMPETITIVE TEAM**.

I am looking for **3.5s** and strong **3.0s**.

Players can **register** on the team immediately after **May 21<sup>st</sup>**.

If you have any **questions**, I can be reached at

**HOME: 408-559-4651**

**CELL: 408-807-1910** or

**EMAIL:**

**Bob.sarina.taf.gon@sbcglobal.net.**

## The Right Information. Right Now. By Jack Black, Senior Librarian at the El Camino Hospital Health Library & Resource Center

“What does a consumer health library have to do with tennis?” you ask. I would like to respond with “Everything!” but that would not be true. How about “Enough!” as an answer? We not only have books on medicine, therapies and drugs, we also have books on exercise, diet and stress.

Feeling anxious when you walk on the court for that “must win” match? Then check out a book explaining anxiety and anxiety disorders. Is arthritis beginning to bother you? Then you might want to read Dava Sobel's Arthritis: What exercises work. On a fat-free, low cholesterol, low-salt, healthy carb, gluten-free, or ayurvedic diet? We have a cookbook for it!

Plus, we can give you access, even from your home or office, to 16 databases with 3000 full-text journals, including *SportsDiscuss Full-text*, which, according to its own hype, is “the world's most comprehensive source of full text for sports and sports medicine”.

The El Camino Hospital Health Library & Resource Center is **FREE** and open to the public. For more information, call 650-940-7374 or go to <http://www.elcaminohospital.org/library>. You can visit us at the hospital from 8:00AM until 4:30 PM every Monday through Friday.

## Real Tennis

*And you thought you WERE playing real tennis...*

If you've been watching the new television series called *The Tudors*, about the early reign of Henry the VIII, you might have wondered about the scenes of the King playing what appears to be tennis in a racketball court (except with a gallery). The modern tennis we play in Cupertino is a game the Brits call Lawn Tennis. The origin of Lawn Tennis is from a game called Real or Royal Tennis and dates back to 1541.

In the summer of 2005, my family and I visited Scotland and while in a town called Fife visited Yet Another Castle (YAC) called Falkland Palace. To my surprise, I found this tennis court in the back of the garden:



It's slightly larger than a modern tennis court, has a saggy net and is surrounded by walls. The game uses a racket similar to the model used by John McEnroe, a bright yellow standard tennis ball and the walls are in play just like in racketball.



The court, built for James V of Scotland in 1541, is the oldest tennis court in use today! Falkland Palace is famous, not only for its Real Tennis court, but also as one of the homes of Mary Queen of Scots. She was, reportedly, the Sharapova

of her time, often playing in men's pantaloons (the equivalent of Maria's little black dress at the Open).

When I visited, I was fortunate to be present when a match was being played. The court is actively used by the Falkland Palace Royal Tennis Club. The play is fascinating with the walls adding a dimension that is quite annoying. Serving is accomplished from the back of the court and is generally accomplished with underhand spin. If you hit a ball into the gallery, it's out. However, there are openings in the end wall called lunes and if you get the ball through one of them, it's your point!

Do you think the Sports Center would be interested in cutting holes in the fence? Finally, there would be some value to hitting the fence on the fly!

Kathy Wheeler  
CTC Membership

## UP THE LADDER..... by Bob Gonzales, Ladder

**NEW!** New for the ladder is the addition of **MIXED DOUBLES**. In October, winners for first place and second place will be determined. Awards for each of the first place players will be a \$50 gift certificate. Each second place player will get a \$25 gift certificate. Players must first qualify by having a minimum of 10 points. Winners of a match receive 2 points and the loser gets 1 point.

Send me your names, ratings and email addresses to be added to the ladder list.

Or, challenge other mixed doubles to begin your trip up the ladder. Neither couple need to be on the Ladder to begin with, but can play their match for the purpose of the Ladder and just send me the names of the participants, ratings, email addresses, score, and all will be added to the Ladder with respective points.



SEE THE LADDER WEBSITE FOR RULES IN DETAILS

**NEW MATCH MAKER NAME:**  
**Peggy Potter F, 3.5, any time weekends weekdays morning or afternoon**  
**kuglers3@gmail.com**

Need a ladder partner? How about calling someone on the "Match Maker" list in the April CTC newsletter? You can get a copy at [www.cupertinotennisclub.org](http://www.cupertinotennisclub.org).

# Sports Center Shorts

Until recently, Q has been "the" personal trainer at CSC. We have now added 2 new personal trainers, Lyja and Melissa. We are pleased to offer - for a limited time - 3 sessions for \$130. Please ask at the front desk for more details.



## LYJA

Lyja likes to challenge a client with exercises that maximizes his/her time and exceeds the desired results.

- ACE Certified Personal Trainer
- AFAA Certified Group Exercise Instructor
- Pilates Certified from the Physical Mind Institute
- Kid Fitness Certified from SCW Fitness Education

## MELISSA

Melissa loves to incorporate plenty of functional and core training into the workouts she designs and has a knack for making exercise fun!

- AFAA Certified Advanced Personal Trainer
- AFAA Certified Yoga Instructor

## Q

You will be amazed at what you're truly capable of when using Q's methods. Quickly discover what works best for you utilizing his no-nonsense approach!

- NESTA Certified Advanced Personal Trainer
- NESTA Certified Fitness Nutritionist
- Sports Conditioning Specialist



"Hitting stance", or placement of the feet, whether on the forehand or backhand (for this doesn't really apply to the volley or serve) can be described as:

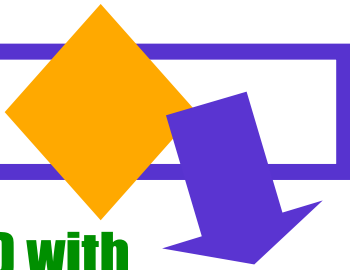
- a) open
- b) closed
- c) square
- d) all of the "above"

..... and speaking of the Sports Center, John Sperinde has an excellent reminder:

If you are like me, occasionally you reserve a court and then something comes up and you cannot use it. Be sure to cancel a court reservation if you are not going to play. Preferably, cancel the court more than 24 hours ahead, but in any case, cancel the court reservation when you learn you will not be able to use it. By not canceling unused court reservations, we are depriving our friends of the opportunity to play. May the curse of the tennis elbow be upon all of us who fail to cancel unused court reservations.

John





ENJOY YOUR VEGGIES!

Miss 'Meg



**No Time? No Veggies? No Worries!**

Love salmon and cream cheese? Thanks to **May Matsuzaki's** recipe for **SALMON BALL SPREAD**

You can bring a simple yet delicious treat to your next interclub match.

**You will need:**

- 1 can Chicken of the Sea **PINK SALMON**
- 1 package 8oz **Cream Cheese**
- 1-2 teaspoons Wright's **Hickory Seasoning Liquid Smoke** Concentrated (or your favorite smoke flavoring)
- lemon juice** to taste
- chopped walnuts**

Drain salmon, remove any bones, skin or dark part you find. Soften the cream cheese. Add salmon to cream cheese and mix. Add smoked flavoring and lemon juice, mix well. Wrap this mixture in plastic wrap, form a ball and refrigerate until firm. Roll the salmon ball in the chopped walnuts until salmon ball is covered, rewrap in plastic wrap until ready to serve. Serve with crackers.

**Special hint: use a little fresh cooked salmon for texture.**

## **BROCCOLI SALAD with Options!**

**Submitted by Marie Shrodes**

**Salad ingredients:**

- 8 cups finely chopped broccoli (usually raw but could see it blanched 1 minute)
  - 4-5 chopped green onions (maybe add red for zing!)
  - 2/3rds cup raisins (black or golden) plumped with hot water
  - 7-8 slices crumbled cooked bacon (or substitute bits)
  - 1 can water chestnuts diced (or slivered)
  - 1 cup (or more) diced red, yellow, orange (your choice) peppers
  - 2/3rds cup dry roasted peanuts (salted or unsalted)
- (Other options: jicama, rutabaga, celery, carrots – anything crunchy but small)

**Mix everything but the peanuts and cover.**

**Dressing:**

- 1 ½ cup light mayonnaise
- 1/3<sup>rd</sup> cup sugar
- 1 ½ Teaspoon cider vinegar

**When ready to serve, toss in peanuts and dressing** (you may not use all of the dressing, depending on your taste)

### **Want to save money? Love a bargain? Love to shop?**



**Debb's Tennis Shop of Los Gatos** is nestled in the heart of downtown Los Gatos at 276 N. Santa Cruz Ave. Debb's specializes in women's tennis apparel and accessories, including the latest spring and summer lines from Nike, Bolle,

Tail, Kaelin and Fila. Stop by! **CTC members will be given a 15% discount on ALL NEW ARRIVALS.**

I look forward to meeting you!

Debb

Open Tues-Fri 10am-5pm, Saturday 10am-4pm.

Closed Sunday and Monday. Call 408-354-6707 or email Debb at [debbstennisshop@sbcglobal.net](mailto:debbstennisshop@sbcglobal.net)