



**GREAT ENDINGS**  
*inspire*  
**GREAT BEGINNINGS.**

The TLTFC Annual Holiday Party was a great success with almost 200 people in attendance. Everyone celebrated the holidays with delicious appetizers from Chef Gary Jones, including caviar, lobster, and Uni (Japanese delicacy from sea urchin roe).

The stylish bartenders Adam Tucker, Tom K, and Josh created holiday special drinks and they also served amazing new wines and a variety of beers and spirits. DJ Jesse provided holiday themed music and set the tone for dancing and fun.

Midway through, Ben Brunkow, the TLTFC Tennis Director, announced the winners of the 2017 Sportsman and Sportswoman of the Year: **Vernon Sanders** and **Sharon Elliot**. Then Ben announced the two new members of the Tennis Advisory Board **Cyndi Menegaz** and **Eric Grodan**, as well as the new Co-Chairs for the Board, **Kristy Konopka** and **Ben Hayes**.

The evening finished with a live musical performance by TLTFC's own Agina Alvarez and her accompanist. Agina has appeared on *The Voice* and *American Idol*, and recently she was a finalist on *La Voz (The Voice Mexico)*, where she was personally mentored by Ricky Martin. The final episode was watched by over 1 million people and Agina performed on stage with Ricky Martin. During her set at the TLTFC Annual Holiday Party, Agina sang classic holiday songs as well as several top hits.

Many thanks to the hard-working staff of TLTFC, the Club owners and of course, the members, who make it all possible. As we say "farewell" to an amazing 2017, we look forward to making 2018 our best year ever!

*More photos on page 6.*



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# Congratulations

to our sportsman and sportswoman of the year!

For the third straight year, Tennis Members cast their votes for the man and woman who they felt best embodied the spirit of competition, but also class. These two players love to compete, but they are gracious and respectful to their opponents both on, and off, the courts.

**Vernon Sanders** and **Sharon Elliott** were the recipients of this year's coveted awards. Well done Vernon and Sharon, and well-deserved!!!



**ANNUAL SINGLES ROUND ROBIN**  
SATURDAY, JANUARY 27TH THRU SUNDAY, APRIL 29TH

**FLEXIBLE FORMAT! GREAT FOR PEOPLE WITH BUSY SCHEDULES. SCHEDULE WITH YOUR OPPONENT, WIN OR LOSE, GUARANTEED 3-5 SINGLES MATCHES! FINALS TO BE PLAYED ON SUNDAY, APRIL 29TH. \$30 ENTRY FEE. REGISTER AT THE FRONT DESK.**

TLTFC 2018

# love fest



**love tennis? love fest!**  
**saturday, february 10th**  
**9 am - 3 pm**  
**round robin doubles**  
**feel the love.**

Register at the front desk.

# 2018 SCHEDULE OF EVENTS

We are excited to release the TLTFC 2018 Schedule of Events for "most" things Tennis.  
The events highlighted in **RED** are our "can't miss" **FEATURE EVENTS**.

## JANUARY

- 1 — (Mon.) New Year's Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 8 — (Mon.) Men's Monday Night RR begins ... thru February 5
- 15 — (Mon.) MLK Drop-Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 15-28 — Australian Open!!!
- 27 — (Sat.) **Club Singles Tourney begins (Finals on Sun., April 29)**

## FEBRUARY

- 10 — (Sat.) "love fest", Member-Staff RR Doubles Tourney, 9 a.m.-3 p.m.
- 12 — (Mon.) Women's Monday Night RR begins ... thru March 12
- 19 — (Mon.) Prez. Day Drop Ins @ 7:30a.m., Club hours: 7 a.m.-7 p.m.

## MARCH

- 3 — (Sat.) **Member-Guest Tourney ("Bring-a Ringa"), Doubles and Mixed Doubles; 9 a.m.-3 p.m.**
- 7-18 — BNP Paribas Open in Indian Wells
- 19 — (Mon.) Men's Monday Night RR begins ... thru Apr. 9
- 23-25 — (Fri.-Sun.) **Calcutta**

## APRIL

- 1 — Easter Sunday Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 7 — (Sat.) **Foothill Clubs Tournament & Cocktail Party! Men's & Women's Doubles (half-day P.M. tournament with 4 other clubs)**
- 16 — (Mon.) Women's Monday Night RR begins ... thru May 7
- 28 — (Sat.) **Club Singles tourney Semi-Finals**
- 29 — (Sun.) **Club Singles tourney Finals**

## MAY

- 12 — (Sat.) **Charity event. TBA.**
- 14 — Mother's Day
- 14 — (Mon.) Men's Monday Night RR begins ... thru June 11
- 27-June 10 — French Open!!!
- 28 — (Mon.) Memorial Day Drop Ins @ 7:30 a.m.

## JUNE

- 8-10 — (Fri.-Sun.) Interclub @ La Jolla Beach and Tennis Club - TENNIS GETAWAY!
- 11 — Junior Tennis Camp starts (runs thru Fri., Aug. 17)
- 17 — (Sun.) Father's Day
- 18 — (Mon.) Women's Monday Night RR begins ... thru July 16 (no RR July 2nd)

## JULY

- 2-15 — Wimbledon!!!
- 4 — (Wed.) Ind. Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 7 — (Sat.) **The Wimbledon Woodie Classic! - One day RR, wood rackets only! Got Wood?!; 9 a.m.-2 p.m.**
- 23 — (Mon.) Men's Monday Night RR begins ... thru Aug. 13
- 28 — (Sat.) **Annual Mixed Doubles Foothill Clubs Championships & Cocktail Party! (1/2 day only!) Competitive tournament, all levels, in conjunction with 4 other clubs.**

## AUGUST

- 18 — (Fri.) Last Day of Jr. Tennis Camp
- 24 — (Thur.) New Member Mixer 6-9 p.m.
- 27-Sept. 9 — U.S. Open!!!

## SEPTEMBER

- 3 — (Mon.) Labor Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 5 — (Wed.) Team Tennis Draft @ 6:30 p.m. (Captains only)
- 8 — (Sat.) Team Tennis Charity Challenge Kick-Off Party
- 10 — (Mon.) **Team Tennis Charity Challenge begins and runs thru Saturday, Sept. 29th. Social tennis event and fundraiser in which all levels compete together in this unique "team" competition. Very fun, very social! (Matches are played on Mon., Tues., & Wed. evenings.)**
- 29 — (Sat.) **Team Tennis Semis and Finals**

## OCTOBER

- 8 — (Mon.) Women's Monday Night RR begins ... thru Oct. 22
- 20-21st (Sat.-Sun.) — **TLTFC Club Doubles Championships**
- 29 — (Mon.) Men's Monday Night RR begins ... thru Nov. 19

## NOVEMBER

- 3 — (Sat.) Interclub at Valley Hunt from 2 p.m.-5 p.m. @ VHC
- 22 — Turkey Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 23 — (Fri.) Drop Ins @ 7:30 a.m., Club hours: 7 a.m.-7 p.m.
- 26 — (Mon.) Women's Monday Night RR begins ... thru Dec. 17

## DECEMBER

- 8 — (Sat.) TLTFC Annual Holiday Party, 5-8 p.m.
- 24 — (Mon.) Xmas Eve Drop Ins @ 7:30 a.m.; Club hours: 7 a.m.-7 p.m.
- 25 — (Tue.) CLUB CLOSED for Xmas
- 31 — (Mon.) New Year's Eve Drop Ins @ 7:30 a.m.; Club hours: 7 a.m.-7 p.m.





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## PERSONAL CHALLENGE

Use the Group Exercise Class schedule as a road map to a healthier, fitter and happier you! Each day select a different class to maintain optimal results. If you're new to fitness, ease in to a gradual routine. Start with yoga or mat pilates. Once you've gained strength move on to a more challenging class such as Power Sculpt or Cardio Boost, TRX and spin. The idea is to keep your body in motion so you stay healthy.

Why we need to keep moving: exercise decreases your risk of death from certain diseases and improves the quality of your life by keeping difficult medical conditions at bay. The Harvard School of Public Health states that engaging in regular physical activity can help you prevent a vast range of health problems, including cardiovascular disease, stroke, type 2 diabetes, certain cancers, osteoporosis and arthritis. If you've already been diagnosed with a challenging medical condition, exercise might alleviate or eliminate some of your symptoms, including pain. Working out can also improve gastrointestinal function and improve the quality of your sleep.



## LAPD TOY DRIVE SUCCESS!

Thanks to the generosity of the TLTC members, we presented LAPD's Rob Benvidéz and John Catalano, both senior lead officers for our area with a giant box of toys for the LAPD Holiday Toy Drive. Spearheaded at TLTC by Marie Landsberger, our Group X Director, the Toy Drive allows the LAPD to share toys with underprivileged children during the holiday season. To all of you who donated toys, thank you very much for your generosity and kindness.



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## STREAMLINE YOUR 2018 FITNESS RESOLUTION!

### 7 SIMPLE HACKS FOR BIG WELLNESS IMPACT

It's the New Year and time to take advantage of that feeling of renewal that inevitably comes when we realize we just can't tolerate one more dessert after a three-course meal. But we all know that renewal energy starts off strong, then soon hits the ramparts of bad habits, lack of energy and enthusiasm, or just plain apathy when the results seem negligible.

To combat the inertia, here are 7 hacks that are easy to implement and carry a big wellness bang for your buck:

1. Whenever you eat, **add as much fresh fruit and vegetables to the meal as you can.** People who eat more of this vital food category have less of everything bad that could go wrong in a body.
2. **Put a special emphasis on the cruciferous veggies like cabbage, cauliflower and especially broccoli.** These vegetables contain the key ingredient of sulforaphane, a compound that has been reliably shown to reduce the toxic effects of air pollution, prevents various forms of cancer, as well as heart disease.
3. **Condense the time during which you feed yourself.** Translation: take all your coffee and meals within a 10 to 12-hour window. For example, breakfast by 8 am, last bite of dinner by 8 pm. Solid research by Dr. Rhonda Patrick shows this optimizes your insulin metabolism and can decrease inflammation and increase your muscle mass and endurance.
4. **Make your workouts shorter.** To make that more effective, that means work out **harder.** Try interval training with your cardio, getting breathless for 30-60 seconds followed by a few minutes of an active recovery where your breathing approaches baseline (above resting but not labored). For weight lifting, try circuit training and ditch checking your phone or the TV in between sets, instead choosing another exercise to power through. This cuts your "down time" and can slash your workout by 20-30 minutes. It also boosts your cardiovascular fitness and enhances working memory.
5. **Add balance training to your regimen.** Working in unstable positions and surfaces increases proprioception (sense of the body in space), coordination, and balance, as well as tuning the brain to pay attention to your physical space. Do your normal exercises on one leg, on a BOSU ball, a foam pad or roller, or any wobbly surface that requires extra concentration.
6. **Practice gratitude daily.** A significant amount of research exists to show that spending only a few minutes a day reviewing things big and small that you're grateful for decreases inflammation, increases immune function, and shifts one's outlook on life, which can reduce emotional reactivity to stressors.
7. **Practice kindness towards others.** When you make an extra effort to remember that most people are trying to find safety, belonging, and meaning, just like you, it's easier to make the leap to treat people with dignity, respect, and friendliness, even those we have a hard time with. The biggest beneficiary? You. Your immune system, your muscle tension, your outlook on life. It's simple, and it's transformative.





## 5 WAYS TO LOOK AMAZING AND PRESERVE FUNCTIONAL INDEPENDENCE

By **Jade Princess** (USAW L2, CrossFit Trainer L2, CrossFit Gymnastics, Takano Athletics certified, Kripalu Yoga Certified)

Did you know 85% of successful people work with a personal trainer? Having a regular workout routine, that is deliberate, methodical and purposeful will allow you to do the things you love to do, for the rest of your life. It will also preserve your functional independence and generally make you a happier human. The side effect is a healthy, strong and sexy you.



### 1. Resistance Training/ Weightlifting: ( Food. Water. Shelter. Weightlifting.)

You MUST implement some weightlifting into your regimen. Proper technique is imperative and it can be a lot of fun and very rewarding in strength gains. Start off with very light weight to work on technique then add weight little by little. **Where to start:** If you're new to weightlifting, I recommend getting a Club Trainer who specializes in strength and conditioning to guide you. You get a complimentary consultation from the Club, just for being a member. The Club also has a "Train As You Go" program where you can meet with your trainer once, twice or three times a week, to get the full benefits of strength training. Take advantage, your muscles and your future self will thank you.

### 2. Balance.

As we get older we lose our ability to balance due to loss of muscle strength and joint flexibility, as well as reduced vision and reaction time. And the risk of inner ear dysfunction, which can throw you off balance, increases with age. With practice and determination you can battle the effects of aging and the detrimental effects of losing your balance can have. **Where to start:** Try our yoga classes in the Group X room. We have some amazing instructors who will guide you and you can even make a request to work on balancing poses. If you're working with a trainer, working on balance is already in the programming and you can certainly ask for extra balance work if there are any concerns.

### 3. Flexibility.

Flexibility is one of the pillars of fitness. Your muscles should feel supple, not like beef jerky. Ignoring tight muscles and knots can cause permanent damage to your body, so it's important to do your part. **Where to start:** 1) Use the therapy balls around the Club. Ask a Club Trainer to help you figure out what size ball you need and the best way to roll out. 2) Foam roll. We have foam rollers in the Group X room and in the Strength room. Use them! 3) Get a massage! Sepo at the Club is a great massage therapist with many years of experience. I've gotten a sports massage from him myself and it helped me perform better at a competition.

### 4. Metabolic Conditioning/Stamina/Endurance.

Your heart is a muscle too and it needs to be worked. This is your "cardio" portion of the workout. You want high intensity and you want to switch things up. Your body is smart and it will adapt to exercise, so get uncomfortable and do things that you've never done before. **Where to start:** Monday: Spin + Resistance Training; Tuesday: Boxing Class with Grant; Wednesday: Work with Club Trainer (weightlifting, metabolic conditioning, flexibility, balance); Thursday: Active Recovery Day - yoga, swimming, going for a walk, generally low intensity; Friday: Work with Club Trainer; Saturday: Hike/ Recovery; Sunday: Boot Camp Class. Recover! (The example program above should be planned for each individual after an assessment and consultation.)

### 5. Deliberate, focused movements and recovery.

There is no "overtraining" there is only under recovering. Do EVERYTHING deliberately and with focus. We don't do things just to do them. There is a purpose to the exercise and you'll improve your technique quickly if you approach your workout in this way. **Where to start:** Invest in your health and fitness. You've taken the first step in joining the Club. In 2018, choose to get healthier, stronger, determined and dedicated. You have an amazing team of professionals ready to help you on your journey.

Contact Jade at 818.571.5871 for a complimentary consultation!

## THE TOLUCA LAKE TENNIS & FITNESS CLUB ANNUAL HOLIDAY PARTY





# pro shop

## PRO SHOP POP UP SHOP!

Our Pro Shop has taken the form of a pop up shop until renovations are finished. We still have access to everything we carry. Simply inquire at the front desk if you have any questions!



# member business network

## FEATURED MEMBER:



*Make long term financial success  
your New Year's resolution.*

### **Innovative Wealth Strategists**

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[iwstrategists.com](http://iwstrategists.com)

**Exclusive offer for TLTFC members:**  
*Free Consultation; 20% off planning services.*

## Bringing our members and local businesses together.

Market your business to some of the most influential and important people in Los Angeles ... your fellow members.

For more information on how you can join the TLTFC Member Business Network, please contact:

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