



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS



the pablove foundation
fighting childhood cancer with love

"And a Child Shall Lead Them" (or "Let's Go Ro-jo!") How fitting that in a charity event raising money for children fighting cancer, the youngest player in the tourney would turn out to be the hero.

It was another memorable day at our humble, little club as we hosted the playoffs of the 2018 Team Tennis Charity Challenge to benefit the Pablove Foundation. The weather was perfect: 72, breezy and slightly overcast so that the players were not blinded while serving. Four teams arrived to do battle on that Saturday morn in October, but only one would be left standing in the end.

But first, let's go back a few weeks. It all started in mid-September when 60 players were drafted by 12 captains onto 6 teams, featuring men and women of all levels. A "Kickoff" party was hosted by Kristy Swailes at her house where players met their captains and teammates, and an inspirational little girl from the Pablove Foundation, spoke to us about how "lucky" she is and reminded all of us what the bigger picture really is.



Our Charity Committee Goddess (and co-capt. of Team White) Kristy Swailes and Commissioner extraordinaire Myrna Tafoya making a Ben sandwich.

Then the TT season began and each team had to play 5 matches over the course of a 3-week schedule, and the top 4 teams eventually would advance to the playoffs based on won-loss records. Players and teams had several unique options as fundraising tools such as purchasing "do-overs" for \$20 each, or trumping the do-over for \$40 by saying "Love conquers all!" or "Pablove". Other rules included playing let serves, subbing, and forcing overtime by winning the final set of the night when your team trailed overall on the scoreboard (total games won determined the winner each night).

After completing the regular season, the 4 "survivors" were Team Red, captained by Matt Emerzian & Eric Goldman, Team Blue, captained by Sharon Elliott & Houry Nadjarian, Team Green, captained by Jerry Mersola & Ester Poe, and Team Purple, captained by Bruce Horowitz & *continued next page*



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Dale Waddington. Congrats to all of you! Special shout out to the captains of Team White, Debie Marsden and Kristy Swailes, and to Team Black, Phil Ramos and Sean Galligan. You are all winners in my book!

And so it was time for an October battle. The Playoffs! After a moving rendition of our National Anthem sung by Cortes Alexander, teams took to the courts for the semifinals. The #1 seeded Red team mixed it up with the #4 seeded Green team, while the #2 seeded Blue Team battled with the #3 seeded Purple team.

Blue showed no charity to the short-handed Purple Team winning three of the four sets and earning a 23-10 victory to punch their ticket into the finals; though kudos to Bruce and Emi for their hard-fought-never-say-die 6-5 win over Matt M. and Jeffrey S. (see photo). Great match guys!

The semifinal match between Red and Green was a bit more intriguing. After the first two sets were completed, each team had won the same # of games and we were deadlocked at 9 games apiece. But after the next two sets were in the books, Red had pulled ahead and earned a trip to the finals with a 21-13 win thanks to Capt. Eric G. and Trish H., who made an impressive mixed doubles team; and to the young guns Gianluca and Lorenzo, who more than held their own vs. two strong Green players Jeff G. and Luc D.

The young guns were ready for the challenge. But Blue players Matt M. and Jeffrey S. were ready too! They came out and won the first game increasing their team's overall lead to 7! Red now had to win the set just to force overtime, just to stay alive. And they did. Jeffrey was poaching and putting away volleys, Matt was equally impressive too, but the younger, quicker feet and faster hands on Team Red had an answer for nearly everything. The crowd was treated to quite a show as the tension built with each game completed. Upon winning the set 6-1, Red now trailed overall 13-14, and per the rules of TT, they now had a chance to tie it up and force a Match Tiebreaker. Lorenzo, the birthday boy, now 12 years old, was called upon to serve, and if he could hold, would earn his team one final shot in the form of a tiebreaker. Blue's best chance came at 15-30, second serve. But Lorenzo didn't buckle under the pressure of playing in the "fishbowl" known as Court 1, with all the fans watching, with all his teammates counting on him, nope, he was tough as nails and hit every ball where he was supposed to. He went on to hold making the overall score 14-14! Time for a tiebreaker. First to 7. Winner take all.

After some amazing points, strategically utilized do-overs, unfortunate errors, and much drama, the boys eked it out and won 7-5. Game, set, and match. Team Red are the Champs, and a child did lead them. Epic. Memorable. Fun. Let's go Rojo, and let's go Toluca Lake!



The Champs! Team Rojo (from left to right): Capt. Matt Emerzian, Mehran Pourzanjani, Karin Hoesli, Gianluca Brunkow, Capt. Eric Goldman, Janet Garrison, Lorenzo Brunkow, Trish Halamandaris and Lauren Haber. (Not pictured, Peter Lindstedt.)



The big winner in all of this was Pablove. According to Kristy Swailes, our fearless and tireless leader in this event, we raised approximately \$35,000!

From left to right: 1) The Boys in Blue (and Purple?). Team Purple's Emi Fischman and Bruce Horowitz (in the center), won a close match in a tiebreaker vs. Team Blue's Jeff Shamberger (far left) and Matt Mecuk (right), but Blue advanced to the finals nonetheless; 2) Gang Green! Team Green teammates: Capts. Jerry Mersola & Ester Poe, Theresa Sterling and Carly Blumberg. Great spirit!; 3) Team White in the house! Skylar Keese made her TT debut this year as did sister Piper; 4) "Time for a do-over", or what?!" Players Cyndi Menegaz and Karin Costa from Team Black strategize on court; 5) Team Red's secret weapons; 6) Team Blue! Finalists in the Tennis Dept., Champs in the Sportsmanship Dept! Jordan Corngold, Jeffrey Shamberger, Eric Mok, Raphael Winick, Mary Strenn, Capt. Houry Nadjarian, Capt. Sharon Elliott, James Fregia, Matt Mecuk and Aparna Bhargava.

And thus the finals were set: Red vs. Blue. #1 vs. #2. Just what Vegas had predicted, just what the crowd was hoping for.

Red got off to a fast start as Lauren Haber and Karin Hoesli defeated Aparna Bhargava and Capt. Houry Nadjarian. They just didn't miss. No matter what Team Blue tried, Red had an answer, and before you could say "We love Pablove!", the set was over. 6-1 for Red.

But Blue was not ready to concede. They remembered that earlier in the season when these two teams met, it was a dogfight. A close one, with Red just barely winning 22-21. Sure enough, the next set was all Blue as Eric Mok and James Fregia played perfect tennis en route to a 6-0 rout over Capt. Matt E. and Mehran P. Whoa!

So now after two sets, the scoreboard read: 7-6 for team Blue.

The third set was nearly as one-sided for Team Blue as Capt. Sharon E. with her amazing serve returns and Raphael W. with his super serves cruised to an easy victory over Red players Capt. Eric G. and Trish H. Before you could say "Pablove", Blue had a 6-1 win.

Scoreboard? 13-7 for Blue.

Not looking good for Team Red, down 6, heading into the fourth and final set of the day. But Red knew they still had a chance in their medium and small packages known as GL and Ro.

But that's not all. The big winner in all of this was Pablove. According to Kristy Swailes, our fearless and tireless leader in this event, we raised approximately \$35,000! Yes, in just three weeks, our humble, little club rallied for this wonderful organization which brings hope to kids living with cancer, and contributes to progressive research to fight this terrible disease.

Each of the 6 teams were competing on the courts, but they were also trying to out-raise one another in the fundraising column. Team Red raised the most \$ (congrats and well done!), and thus earned a special dinner under the stars at Kristy's place; and Team Black, captained by Phil Ramos and Sean Galligan, was 2nd (and has earned a reward at Santuari!) Enjoy, and well done! By the way, in case you didn't already know, Santuari was generous enough to donate to Pablove a percentage of their sales from these past three weeks of TT action! Thank you Santuari and especially to Spencer and Kim for all your support and coordination.

More awards? How 'bout Team Blue?! Team Blue won the Sportsmanship Award for best embracing the spirit of the event both on and off the courts. Congrats Team Blue on a great event and for all your success this month.

Thank yous: Thank you Commissioners! Myrna Tafoya, Phyllis Adler, Pat Ryan, and Ben Hayes, you are all troopers for being out there all those nights collecting do-over money, making sure people follow the rules, keeping track of all those scores, etc. THANK YOU. Captains, there is no way we could hold this event without you. You picked the teams, you communicated with your players, you had to make tough decisions on who would play each night (or find subs), you had a very busy month and we thank you for all your hard work and dedication to this amazing event. Adam James, Rindy Errico, Winston, Marissa, and our whole team that makes the club run so smoothly and look so good ... THANK YOU. Club Members, family, and friends, thank you for supporting this event and the Pablove Foundation. You are all heroes, and we thank you.

KRISTY SWAILES ... MVP! Nuff said.



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LET'S BE VERSATILE!

We all know the importance of switching up your fitness routine so let's make an effort to do just that this month.

Take a look at the class schedule to find a class that you've never taken. We have a few suggestions:



Eddie's TRX class Monday afternoons at 1:00 p.m.

If you haven't swung from the rafters with TRX suspension training before, the chances are you have already heard about it or seen the yellow straps mounted on the wall in the Group Exercise room. Invented by a Navy Seal to keep his fellow troops fit in remote parts of the world, it involves the use of hanging bands to engage muscles using just your own body weight. By changing the way you angle your body, every muscle can be engaged in a pull or push motion.

This fantastic and simple method of exercise can allow anyone to reach their desired goal, whether it's to improve muscle tone or overall fitness. The benefits of TRX suspension training include low impact while engaging your whole body and improving cardio and overall strength. This class is suitable for all levels

Tanya's Mat Pilates classes Monday and Thursday evenings at 7:35 p.m. and Lara's Mat Pilates at 11:35 a.m. on Fridays

The goal of a mat Pilates class is to strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes. Through a series of floor exercises using resistance bands and rings, the workout helps build, sculpt and tone these muscles, giving your body a long, lean look. Pilates can aid in flexibility and improving posture, as stretching your body is a vital part of class. Low-impact Pilates burns fat during and after class. You will learn to breath from your belly instead of your chest connecting the breath to the body. Since you are concentrating so hard on breathing the mind will become more relaxed reducing stress and anxiety during and after class.

SAVE THE DATES!

The Club will be hosting a Halloween Party on Friday, October 26th and our Annual Members Holiday Party on Saturday, December 8th. Mark these dates on your calendar and plan to join us for celebration and fun!

RICH IN NUTRITION(ISTS)!



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If you are looking for the ultimate results, or you need a little guidance with your nutrition, the Club Nutritionists at the Toluca Lake Tennis & Fitness Club can help you get on the right track.

We offer several programs to fit your needs. **The Nutrition 101 Program** is offered to new clients as an introduction to the benefits of a personalized approach. Those people who want a focused transformation will benefit from our **3-Month Detox Program** with 7 sessions. For those seeking weekly consultation, we offer the **Ongoing Nutritional Consulting Program**, a commitment designed to help you stay focused and achieve maximum results. And for those simply wanting to purchase individual sessions, we offer **Nutritional Consulting Packages** ranging from 1 session to 20 sessions in one-hour and half-hour options. Schedule your 20-minute complimentary consultation today! Stop at the Front Desk and fill out a consultation form or contact one of the TLFC Club Nutritionists directly.

Club Nutritionist

Alexandra Catalano is a holistic nutritionist, author, keynote speaker, healthy lifestyle expert and creator of the popular lifestyle brand Eat Cute. She is a proud graduate of the University of Southern California, and The Institute of Integrative Nutrition. Traveling the country, Alexandra lectures at colleges and corporate events, provides nutritional counseling, cooking demonstrations and cleanse programs. Alexandra has helped hundreds of clients meet their healthy lifestyle goals, and has hosted countless workshops across the country.

Club Trainers/Nutritionists

Ray Knecht has been in the fitness industry for over 30 years. He currently holds certifications from the American Council on Exercise and the National College of Exercise Professionals. Ray enjoys playing and coaching sports with his grandchildren.

Dallas Malloy has over 14 years of experience as a Certified Personal Trainer and Wellness Coach through the National Academy of Sports Medicine. Dallas loves to uplift and inspire people at all levels - from beginner to professional athlete, teenage to senior.

Ester Poe is certified as a Personal Trainer and a Holistic Nutritionist from the National College of Exercise Professionals. Ester has years of experience as an athlete and more recently as a functional fitness instructor. Her expertise is in structuring a personalized and custom built program to reach your fitness and overall health goals.

Adam Tucker is a certified as a personal trainer and holistic nutritionist by the National College of Exercise Professionals. Adam has over 15 years of experience in a variety of sports including basketball, baseball, hockey, football, shot put and discus throwing. He specializes in strength and conditioning, weight loss and specific sports training.



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INSPIRATION, GRATITUDE AND FITNESS!

Sometimes motivation to reach our fitness goals isn't enough to keep us on track. While having goals is important, often there is not a specific goal keeping our fitness on track. Working out can become redundant and for some that can take the joy out of training. This is where inspiration and gratitude come into play. Ask yourself what is important to you? Being healthy for my family? Having the ability to participate in physical activities? Being helpful to others? Are you grateful for your body and how it serves you? Do you take your health for granted? As health professionals, we have seen the benefits of inspiration and gratitude to our clients' mindset. Here are two perspectives from Master Trainers Alana Silvani and Amber Thompson:

Inspiration is everywhere if you open your mind and your eyes. I've seen seniors walking down the street with a walker and I'm overwhelmed with emotion at their will to keep moving. I'm inspired by my clients. I've participated in their rehabilitation from surgeries. Hips, knees and backs amongst others. I've worked with a heart transplant patient pre and post op. He is an amazing man both mentally and now physically. I've worked with people going through cancer treatment, type 1 Diabetes complications, HIV, addiction and severe depression. I've seen the human spirit at its best. Progress and getting back to normal or a new normal is powerful. I love seeing someone getting back to the activities they love after a surgery or rehab. There is a sense of accomplishment that is priceless. I'm inspired by having a workout partner my friend and colleague Amber. We push ourselves beyond what I think I'm capable of and it makes me believe that age ain't nothing but a number. -Alana S.

My clients are one of my biggest inspirations and sources of gratitude. Watching them commit to getting stronger and reach their goals is amazing, but what they're doing outside the gym is where the real magic is happening. I encourage them to take what they've learned through physical fitness and apply it in their daily life. For example, I often talk to my clients about the importance of "working to failure"- pushing way past their comfort zone. I've seen them apply this approach to hardships or failures in other areas of their lives, and it's a reminder that this is how we transform. And having someone express so much gratitude for functional fitness, because they are now able to bend over and pick up a box without back pain-which is life changing for them-keeps them motivated to continue training, and it is a blessing for me to see how physical fitness can improve one's life. We live in a world that tells us we need to achieve more in order to be happy. There's always someone further along spiritually, faster or stronger. We can learn from them but appreciating and accepting who and where you are right now-is the first step to an improved fitness mindset. -Amber T.

Physical changes will happen with good nutrition and exercise. That's physiology and science. Connecting to the process of creating better health using inspiration and being grateful is one of the keys of long term success. Appreciate your body. Find

happiness in your age. Believe you are exactly where you need to be at this time. Feel privileged to live the life you've been given.

Join their Facebook page 'Amber and Alana Master Trainers at Toluca Lake Tennis and Fitness Club'. Alana and Amber are offering a complimentary first workout to members. One session per member only. Contact them directly at Alana 323.251.7294 or Amber 812.620.7124.

From left to right: Master Trainers
 Amber Thompson and Alana Silvani.



GET PHYSICAL FOR NATIONAL PHYSICAL THERAPY MONTH

Annual check-up visits to your doctor and dentist have become non-negotiable routines. However, your annual wellness program is incomplete without a musculoskeletal assessment by an experienced physical therapist. Whether you're an elite athlete, gym regular, weekend warrior, or a desk jockey, a clinical movement screen will capture an overall picture of your body's performance. This check-up can ensure your muscles and joints support, stabilize, and move your body effectively during all of your daily activities and recreational passions.

Darlene Eubanks, founder of **Motus Physical Therapy**, has 20 years of professional experience, is a certified practitioner of the Prague School Method/Dynamic Neuromuscular Stabilization, and is

Board Certified as an Orthopedic Clinical Specialist for 14 years. Darlene understands her clients desires to be active and pain-free. That is why she is offering a comprehensive wellness exam as a way to celebrate National Physical Therapy Month. **Club members as well as their friends and families can enjoy a special discounted rate of \$99 for a 1 hour wellness exam (normally \$175) during the entire months of October and November. See details on Page 7.**



SUPER SINGLE NEW EPISODES!

The musical comedy series *Super Single* is back with two new episodes! This series is written by, produced by, and stars our TLFC member Christa Nannos. Look out because our amazing trainer and manager, Adam Tucker, stars alongside Christa in Episode 5 (pictured above)!

Get ready for a sexy boudoir photo shoot, some 1950s dating tips, and some pretty terrible dates in episodes 4 & 5. Watch all five episodes on YouTube at www.youtube.com/supersingle



SANTUARI RESTAURANT

The Toluca Lake Garden Club welcomes Santuari Restaurant to the community. Garden Club member Marie Landsberger presents Spencer Ramsey and Kim Gregory with an arrangement in acknowledgment of the opening of Santuari, a new, exciting addition to Toluca Lake.

pro shop

HUGE SALE!

All Polar products are 40% off during the month of October!

Tailor your exertion and start meeting specific fitness goals by monitoring your heart rate.

POLAR



member business network



Get Physical for National Physical Therapy Month

SCHEDULE YOUR ANNUAL PT CHECK-UP TODAY AT A SPECIAL \$99* RATE WITH

Motus Physical Therapy

Darlene Eubanks, PT, MPT, OCS

6711 Forest Lawn Drive, Suite 104 (at the Club)

323.851.7876 or motuspt.com

Special offer for TLTCF members/friends/families:

**In celebration of Physical Therapy Month, Club members as well as their friends and families can enjoy a special discounted rate of \$99 for a 1 hour wellness exam (normally \$175) during the entire months of October and November.*

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 TLTCF Member Business Network, please contact:

Adam James, General Manager

323.851.6000 or e-mail at adam@tltennisandfitness.com



MEMBER BUSINESS NETWORK



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