



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE **NEWS**

LOB 'EM AND I LEAVE 'EM

2019 CLUB SINGLES CHAMPIONSHIPS



"Lob 'em and leave 'em!" What another day great day of tennis. As I said after the semifinals, if the matches are half as good as they were on Saturday, we'll be in for a real treat on Sunday. Sure enough, the players delivered. Those that were in attendance were treated to one of the best days of tennis that we've seen in a while.

A tournament that started in the latter, rainy days of January came to a dramatic end on a beautiful, sunny Sunday in mid-April. We started with 85 players in 6 divisions, and today we were down to the Top 12. Six matches were played and six new Champions were crowned.

Speaking of drama, the first match of the day ended prematurely due to an injury sustained on the "Hustle Play of the Day". 3.5 men Ken "Can Do" Robbins and Eric "Rojo" Goldman were in Set #1 when Ken went racing out wide to attempt a down the line passing shot as Eric approached the net off of a great angle. The ball was heading towards the side fence, and few watching thought Ken had a shot. Ken reached and swung and actually hit an amazing shot that barely missed wide, but unfortunately his momentum and low stretch sent him sliding and diving into the side fence. Ouch! He got up slowly and with a bloody and bruised elbow, he tried to also walk off an apparent leg injury. Sure enough it was the hamstring, not a muscle you ever wanna pull. He took a short injury time out, then bravely continued and played a few more points, but it was a no-brainer. Eric had won the first set 6-3, and it was over. Time to stop and call it a day. But wow, talk about effort and desire! Well done gents, and congrats to both of you! Special thanks to celebrity guest umpire Pat Ryan!

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Meanwhile, more drama was unfolding on Court 1 as our 4.0 men did battle. “Disco” Dave Mendel and “Pistol” Pete Heinbecker played one of the best matches of the day. To set the tone, the very first game of the match took nearly 10 minutes and featured 6 deuces and tons of perfectly placed lobs! Pete was able to procure that precious game and that seemed to propel him through the rest of the set which surprisingly saw no more deuce games. 6-2 Heinbecker. In the second set, Pete continued to roll going up 2-0. But Dave was not to be denied. Something clicked, and he found his focus and next thing you knew he was up 5-2! Pete fought back himself, tying it at 5, but eventually Dave won the set 7-5 forcing a 3rd set “Match” tiebreaker. First to 10. Win by 2. Both men played brilliantly as the chess match intensified. Time after time, both men looked to get to net, and time after time, the opponent hit brilliant lobs to counter the attack. Lob ‘em and leave ‘em. Late in the breaker, Dave could taste victory going up 9-7, but Pete wouldn’t relent. 10-9 Pete! But in the end, when the dust finally settled, Dave found a way and found himself with a 12-10 win. Game, set, and match! Well done brave lads, and thank you for such an entertaining, exciting match. You’re both winners. Special thanks to celebrity guest umpire and Board Member extraordinaire Ben Hayes!



Men

From top left, clockwise: Our 2019 3.5 Champion, Eric Goldman (see you in the 4.0s next year!); 4.0 Champion, Dave Mendel (see you in the 4.5s next year!); 4.0 Champ Dave Mendel (left) with finalist Pete Heinbecker; 3.5 Champ Eric Goldman (left) with finalist and all around tough guy Ken Robbins.

Women

From top left, clockwise: Our 2019 3.5 Champion, Aparna Bhargava (see you in the 4.0s next year!); 4.0 Champion, Hannah Fasick; 4.0 Champ Hannah Fasick (left) with finalist Dale Waddington; 3.5 Champion, Aparna Bhargava (right) with finalist Alex Evans.



Then it was time for the ladies to hit the stage. Court 2 saw 3.5 conquerors Alex “Big Apple” Evans and Aparna “Baseliner” Bhargava face off. This was an interesting match as Alex looked to attack whenever possible with her fast, flat forehands, and Aparna countered with some great defense and consistent play. At 2-1 in the 1st, the 4th game of the set featured 10 deuces!!! This “mental victory” was priceless and gave Aparna a boost which helped her cruise to a 6-1 victory. But in the 2nd set, Alex’s offense was more effective, and soon she built a 4-2 lead. Were we headed for another 3rd set thriller? Not so fast. Aparna stopped missing and fought her way back to an eventual 5 all tie. The next two games weren’t easy as once again we saw multiple deuces. But in the end, the defense outlasted the offense, and Aparna earned a 6-1, 7-5 victory. Well done. Bravissima ladies, and congrats to both of you on a great tourney. Hold your heads high! Special thanks to celebrity guest umpire and Board Member extraordinaire Houry Nadjarian!

Meanwhile, down on Court 1, 4.0 ladies “Happy” Hannah Fasick and defending champion Dale “All Day” Waddington also found themselves in a monumental, memorable match. Both players

are excellent at keeping that ball in play, and sure enough some amazing rallies ensued. There were angles and loopers, volleys and smashes, drop shots and lobs as both players needed their full arsenal of weapons to counter whatever their opponent threw their way. Hannah looked to attack and advance whenever possible, but Dale’s lobs were effective at keeping Hannah at bay. It was back and forth, and sure enough, they split the first two sets each winning 6-3. Then the stakes were raised as they entered a 3rd set TB. First to 10. Hannah really focused on maintaining an aggressive game plan, and took an early and commanding 6-1 lead with some deep, penetrating groundies. Dale held fast and cut the lead to 6-4. The warriors split the next 6 points to give Hannah two match points at 9-7. She only needed one, and after a grueling, two hour match, the deed was done. 3-6, 6-3, 10-7 for Hannah. Wow! Great match ladies. Well done! Special thanks to celebrity guest umpire and Board Member extraordinaire Kristy Swailes!

The men’s 3.0 final featured John “Chip and Charge” Chisholm and “Southpaw” Stephen Norris. Like so many of the other matches, these adversaries had contrasting styles. Stephen, a lefty, hit flatter, more aggressive shots, while John, a righty, played with more spin and control. When John chipped and charged the net, Stephen would go for the big passing shot and forced many errors off the frame of John’s racket. When Stephen was lured to the net of a Chisholm dropper, he often looked up as a lob would sail over his head for a well-placed winner. In the end, John’s experience was the difference and he took it 6-3, 6-1, earning his first Club Championship. Congrats, to both of you, great tourney. John, we’ll see you in the 3.5s next year!

And finally, to the match of the day, and perhaps the match of the tourney. The 4.5/Open men’s final featured two crafty veterans who each had impressive wins the day before over players half their age! After a tough week of matches, would there be enough in the tank to handle the heat of the day and the physical demand this match was sure to require? “Saint” Patrick Williams vs. “Bulldog” Bruce Horowitz. Patrick started fast and seemed the fresher, more aggressive player. His forehands were fierce, his backhands were blazing, and his speed was superior. He took the first set 6-3. He continued his dominance into the 2nd set and had a 3-2 lead when Bruce began his comeback. Bruce, who has won the Club Championship multiple times, never panics, and is a master at placement and counter punching. His backhand slice is a weapon, and perhaps above all, is fitness and conditioning is his biggest strength. He slowly chipped away at Patrick’s armor, and after a grueling, and very entertaining set, he had won 7-5. Time for another 3rd set TB. Patrick began to show signs of fatigue, and who could blame him, his sprints and gets and court coverage had been astounding. Bruce was now in control, and now looked to be the fresher of the two. The tennis level remained high, but Patrick could no longer hit winners, Bruce had an answer for everything, and sure enough, in the end, he earned yet another title. Bruce was champion with a 3-6, 7-5, 10-6 victory. Wow! Amazing to watch. Thank you both for “leaving it all out there” and treating the crowd to the match of the day. You are both Champions. Congrats. Special thanks to celebrity guest umpire, on loan from ESPN, the one and only Doug Adler!

Special thanks also to Winston, Kelsey and Marissa for making the Member’s Lounge and Player’s Food Table look so nice. We appreciate all you do “behind the scenes”. Special thanks also to Santuari restaurant, it’s very nice seeing so many people enjoying good food and drink while sitting court side. Well done everyone! We’ll do it again next year ... stay tuned for the newly updated Challenge Ladders, coming soon to a Member’s Lounge near you!



From top left, clockwise: 3.0 Champ John Chisholm (left) with finalist Stephen Norris; 4.5/Open Champ Bruce Horowitz (left) with finalist Patrick Williams; T.D. Ben, Super Ump Doug and Club Champ Bruce; Dale with the “No Regret Egret”.



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welcome!

Please extend a warm welcome to Delaney, newest member of the Group Exercise team. She will be teaching the Monday 6:30 pm Cardio Dance class.



Delaney Hogan was born in New York City and started her dance training at 3 years old. She received a BA in Dance and Arts Management from the College of Charleston in 2017. Since landing in LA after graduation Delaney's professional dance career has led her to many exciting opportunities. Delaney is a certified barre and TRX Suspension instructor and loves these workouts to keep her in the best shape for her physically demanding professional dance jobs. As a dancer, her classes are always driven by the beat of music and focus on creating long, lean muscle. She is also a passionate vegan and runs a food blog called @bodybyplants which promotes a healthy plant based lifestyle.

dance party!

Join Delaney at the TLTFC Spring Social and Head Penn Demo on Friday, May 3rd for a Dance Party on Court 1 at 6:15 pm!

TUESDAY MORNING BOOTCAMP INTENSE WITH A TOUCH OF ELEGANCE.



By Dallas Malloy, CLUB TRAINER

I invite you all to come to my Tuesday 6:15 am Bootcamp Class. I know, I know, that's way too early – but listen! What better way to start the day than with a total body strength, core and cardio workout? I always keep it fun and interesting, utilizing different modes of interval and circuit training, using weights, TRX, bodyweight exercises, steppers and more.

This will not only help you face the challenges of the day, navigate the stress of living, and combat those city blues – it will empower you with the knowledge that you have already accomplished something great for yourself – mentally and physically – all before 9 am!

And with a special twist ... I will take you through a cool down with foam roll and stretching while serenading you with my classical piano skills which will calm your mind and soothe your soul. Join me!

Recipe



CANDY CANE BEET CHIPS

INGREDIENTS

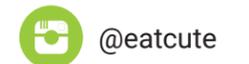
- 12 beets
- 1/2 cup of extra virgin olive oil
- 2 teaspoons of pink sea salt

DIRECTIONS

Preheat the oven to 300 degrees. Next, line a baking sheet with parchment paper. Use a mandolin slicer or slice the beets paper-thin. Place the beet slices in a large bowl and pour the oil and salt over the top. Toss well. Allow the beets sit in the oil and salt until they release their natural juices, about 15-20 minutes. Next, drain off the liquid. Lay the slices out in a single layer on the prepared baking sheets. Bake for 45-60 minutes until crisp, but not brown. Test after 45 minutes and only bake longer if necessary. Remove the beet chips from the oven and cool completely before

Recipe

By TLTFC Nutritionist Alexandra Catalano



If you're 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. **Schedule your 20-minute complimentary consultation at the Front Desk today!**



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WEIGHT TRAINING AND
MOOD ENHANCEMENT
WHEN YOU'RE OVER 65 ...

IT'S A THING!

Did you know there's a connection between muscle integrity and function and mood? Previous research has explicated these elements in college age adults, but the current work focused on determining whether the same mechanisms are at work with seniors.

Theoretically, exercise can affect genes located in skeletal muscle which can then have a cascade effect resulting in changes in neurotransmitters like serotonin. Researchers were curious to see if similar mechanisms might still be at play in seniors.

Published in the *American Journal of Cell Physiology*, a group of healthy men, aged 65 and over, followed a 12-week protocol of high-intensity interval training (HIIT) on a stationary bike once a week combined with bi-weekly strength training sessions.

Researchers analyzed blood samples and changes to muscle and determined that three months of exercise was enough to enhance gene expression within the skeletal muscle, and later the neurochemicals that protect against depression.

Before embarking on such intense exercise, however, it's critical to:



- 1) Obtain medical clearance
- 2) Seek professional fitness guidance including a comprehensive assessment of posture, biomechanical function, strength balance around key joints, mobility, cardiovascular endurance, and muscular strength
- 3) Have a progressive program designed to ease you into the intensity described in this protocol to prevent injuries, overtraining, or burnout.

It's becoming increasingly clear that exercise can benefit everyone at every age, including memory and affect. Time for that lifetime membership!

SPRING HAS SPRUNG OPPORTUNITIES!

SPRING SOCIAL AND HEAD PENN DEMO NIGHT - Friday, May 3rd from 6-8 pm

Join us for this annual event! HEAD PENN DEMO featuring drills and test rackets and Doubles with the TLTC Tennis Pros all evening. Drills on Court 2, Doubles on Courts 3 & 4. DANCE CLASS/PARTY led by our newest instructor, Delaney. Everyone is encouraged to join the dance party at 6:15 p.m. on Court 1!

15TH ANNUAL TOLUCA LAKE PANCAKE BREAKFAST - Saturday, May 11th from 8 am-Noon

In celebration of Fire Service Day, Fire Station #86 and the Toluca Lake Chamber of Commerce present the 14th Annual Old-Fashioned Pancake Breakfast. Proceeds will benefit Fire Station #86 and the Widows, Orphans and Disabled Firemen's Fund. Free parking will be available at North Hollywood Adult Learning Center (East of Vineland and Whipple). For more information, contact Diane McCreary at (818) 985-0676.

MOTHER'S DAY BRUNCH AT SANTUARI RESTAURANT - Sunday, May 12th from 11 am-3 pm

Treat the deserving women in your life to an exquisite brunch at Santuari Restaurant! Featuring seasonal ingredient-driven California cuisine by Chef Brendan Mica and specialty Mimosas. And don't forget, Toluca Lake Tennis & Fitness Club Members receive 20% savings. Offer is good on regular price items, not including special promotions, Social Hour specials, discounted items or promotional events. Please tell your server that you are a Member of the Club upon arrival and prior to processing your final bill. To make a reservation, call 323-902-9700 or visit www.santuarirestaurant.com.

LADY DAY AT EMERSON'S BAR & GRILL – A Billie Holiday Story, May 15-June 2

There is great LIVE THEATRE right in your neighborhood! Did you know the Garry Marshall Theatre presents year-round entertainment in the heart of where Burbank meets Toluca Lake? The critically acclaimed and Ovation Award-winning theatre was founded in 1997 as the Falcon Theatre by Hollywood legend Garry Marshall. Reestablished as the Garry Marshall Theatre in 2017, the theatre continues to produce exciting shows, concerts, and experiences for all ages. Come see a show! The Garry Marshall Theatre is presenting a new production of the Tony™ Award-winning Broadway Play *LADY DAY AT EMERSON'S BAR & GRILL – A Billie Holiday Story*, May 15-June 2. Over a dozen Billie Holiday hits are interlaced with salty, and often humorous, reminiscences to project a portrait of the lady and her music. For more information and tickets, visit www.garrymarshalltheatre.org or call 818.955.8101.



WOMEN'S HEALTH AND WELL-BEING EVENT BENEFITING PROVIDENCE SAINT JOSEPH MEDICAL CENTER - SAVE THE DATE! Thursday June 6, 2019 from 4-6 pm

Enjoy a fabulous ladies night out! Small bites, signature cocktails and wine will be served. Fitness information, gifts, raffle, silent auction and maybe a little dancing too. Marie Landsberger and Alana Silvani will be your hosts. Guest speakers include Alana Silvani, Amber Thompson and Dallas Richardson. More information to come soon regarding tickets.

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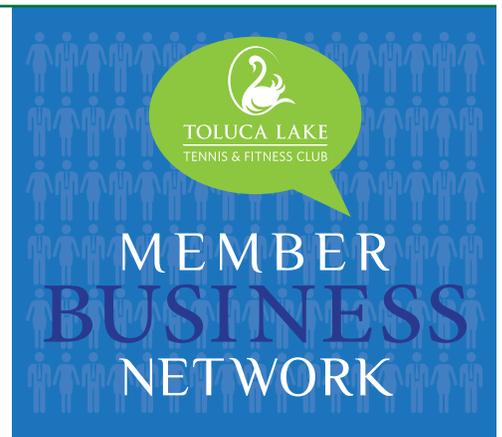
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local businesses together.

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

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