



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS

2019

Team Tennis Recap

GO, BIG BLUE!



*Team Tennis is a celebration where everybody wins.
This year's event was no exception. Fun was had by all!*

September 28th was another memorable day at Toluca Lake Tennis & Fitness Club as once again we rallied together in more ways than one to celebrate our love for tennis and our love for charity. This was the culmination of a three week survival test known as the Team Tennis Charity Challenge, and the 4 top "survivors" had earned a spot in the playoffs.

Team Tennis is a unique event involving 60 players, 6 teams, and 68 matches where Members of all levels compete in doubles and mixed doubles matches, where "do-overs" can be purchased, let serves must be played, subs are allowed, all in an effort to raise money for the Pablove Foundation, a local charity committed to fighting childhood cancer by funding research and by providing quality of life choices (such as the Shutterbug program) to children currently dealing with the disease. Saturday's event also included a Silent Auction ripe with "experiences", items for lovers of tennis and fitness, and other such desirable goodies. Charity Committee co-chairs Lena Bouton and Matt Emerzian (who also co-captained **Team Red**), were instrumental in the success of the massive event, not only organizing the auction, but keeping track of all the money brought in night after night, week after week both on and off the courts, and a special thank you must go out to them. Gratitude.



The day began ominously. Gray clouds threatened, and sure enough, at 8:15 a.m. as we began setting up inside, the tennis courts were becoming soaked outside. Deep sigh. Could this really be the THIRD rained out tourney at Toluca Lake this year?! What? In So. Cal.? Where it never rains? NO! We were determined to beat the weather. To stay positive. To win one for Pablove! Time for more teamwork. Players, club managers, and front desk team members alike all headed out with rags, leaf blowers, rollers and squeegees to try to dry the courts. It was an awesome scene which truly warmed my heart ... and the courts, and by 11:30, it was GAME TIME!

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One semifinal featured #1 seeds **Team Blue** taking on #4 seeds **Team Green**, while the other semi saw #2 seeds **Team Gray** face off with #3 seeds **Team Red**.

Blue captains Debie Marsden and Kristy Swailes won each of their respective matches while **Team Green**, captained by Jerry Mersola and Ester Poe, was dealing with injuries and missing players and the resulting win for **Blue** earned them a trip to the finals. Meanwhile, **Gray** captains Phil Ramos and Sean Galligan teamed up to win their doubles match, and were pleased to see their teammates shine as well as they earned the other spot in the finals. This ended **Red's** run, but congrats on getting to the playoffs by earlier in the week coming up with a huge 20-19 over the previously undefeated **Blue** team. And again, Lena and Matt, great job chairing this event.

So the finals were set: **Blue** vs. **Gray**. 1 vs. 2.

Due to the weather delay earlier, sets were shortened from six to four games, and along with the no-ad scoring rule, this truly meant that EVERY POINT COUNTS! And boy did that prove true as an unforgettable ending soon took place. The first three sets were won by **Team Blue** and this gave them a 12-5 lead. Game over, right? Not so fast, in **Team Tennis** there are lots of unique rules and one of them involves the potential for "overtime". If the team that wins the final set of the day is



Congrats and thank you to all the players who participated and made this such a success, and special thanks to our amazing captains **Houry and Eric, Ben and James, Jerry and Ester, Lena and Matt**, Phil and Sean, and to our champs **Debie and Kristy!** Well done! Special thanks to Santuari Restaurant for donating a portion of their sales (all month long!), and also to **Team Tennis Commissioners Myrna Tafoya, Pat Ryan and Ben Hayes**. And kudos also to all at the Club who worked so hard this past month and especially on Saturday to make this event such a win for Pablove. The finals #s are still coming in, but it looks like we'll be cutting a check to Pablove for nearly \$25,000!!! Other winners were **Team Gray** who were voted as the team with Best Sportsmanship AND the team which raised the most \$. Outstanding.

Well done, Toluca Lake. Good on ya! We'll do it again next year!

*It came down to one point. Whew! Ben K. and Chris G. share a moment of relief, and help **Team Blue** capture the title.*



TEAM BLUE 2019 (left) - Team Tennis Champs! From left to right: Dorian Alan, Ben Kruger, Aparna Bhargava, Co-captain Debie Marsden, Co-captain Kristy Swailes, Ira Kasoff, Greg Macek, Chris Goodman; **not pictured:** David Goldman, Larry Stephenson and Travis Schuldt. Congrats, team! **True BLUE!**

TEAM GRAY 2019 (right) - Fundraising AND Sportsmanship Champs! From left to right: Jeff Bhasker, Co-Captain Phil Ramos, Hannah Fasick, Kelly Wee, Betsy Wanner (and swan!), Co-captain Sean Galligan, Karin Costa, Eric Goldman, Matt Cimber; **not pictured:** Mehran Pourzanjani and Pete Lindstedt.



2019 TLTFC

ANNUAL DOUBLES CHAMPIONSHIPS!

Saturday and Sunday,
OCTOBER 19-20
(one weekend only)

Sign up in 1 division only: 3.5, 4.0 or 4.5+/open
(Depending on number of entries, you may play twice on Saturday.
All finals will be played on Sunday, October 20)

Entry fee: \$50 per team
Entries close Monday, October 14

Need a partner? Contact Ben for help.

WE RAISED NEARLY \$25,000 for THE PABLOVE FOUNDATION!

trailing overall on the scoreboard, we go to overtime where they can try to catch up, while the team in the lead needs to win just one more game to end the match and secure the victory. This was the case. **Gray** captains Phil and Sean won their match 4-1 and thus trailed 13-9 overall. They then won three games in a row to cut the lead to 13-12. Nervous time. Crowd on the edge of their seats. Teammates cheering encouragements passionately. Drama in the air! At 13-12, it went to deuce, or "deciding point". If **Gray** could win just one more point it would force a tiebreaker, but if **Blue** could win it, they'd win the game and thus the overall match 14-12. A short rally ensued when Ben Kruger hit a delicate drop shot just out of the reach of the charging Phil "Vamos" Ramos. The crowd erupted as did **Team Blue** who knew the title was theirs. What a match. What a day. What a tourney!



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Mat Pilates

JOIN BIANCA ON MONDAY EVENINGS
AT 7:30 P.M. & THURSDAYS AT 7:35 P.M. AND
LARA ON FRIDAYS AT 11:35 A.M.

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. This low-impact class can aid in flexibility and improve posture while burning calories



BIANCA

Bianca has always had a passion for fitness and helping others. Having grown up with a love for the outdoors and adventure, helping others succeed with their own fitness goals was a natural progression and is what she finds most rewarding in her work as a group fitness instructor and certified personal trainer. She is known amongst her clients and friends for her positive energy and upbeat personality.

Bianca finds that being able to use her background as a personal trainer and her understanding of the human body is key in creating an effective and form conscious workout. She is all about helping you create a healthier, more positive lifestyle while achieving your personal goals and transforming your body!



LARA

Lara is Certified in Pilates by the Body Arts and Science Institute (BASI). In addition to Pilates, Lara is an accomplished dancer as well as a former NFL Cheerleader for the Cincinnati Bengals. Lara is also a Certified Reiki Master and Self Defense instructor and has been training, teaching and healing for ten years.

After suffering with back and knee injuries from years of dance, Lara found a way to heal her severe injuries as well as to stay in shape. She is always expanding her knowledge of new Pilates movements with continuing education workshops. She uses her knowledge of the body and the way the human body moves to help clients walk a bit straighter and enjoy life with a lot less pain.

WELCOME, DEREK CRAIGIE!

Derek is a nationally certified personal trainer through the National Academy of Sports Medicine and has a specialty in corrective exercise. With over 15 years of experience designing workout programs and training a wide variety of clientele, Derek is exceptional at helping people reach their goals. Whether it's an athlete looking to gain an edge, somebody desiring to get back in shape, or a grandparent looking to improve stamina to keep up with the grand kids, the approach is the same. Workouts are fun, safe and challenging and are tailored to individuals needs, goals and abilities. If you're looking to improve posture and mobility, gain strength or stamina, improve cardiovascular function, or just simply have fun in the gym, there's a workout for you. *"I look forward to helping members benefit from the gym and exciting them about new training possibilities."* Derek Craigie | Club Trainer | 818.209.2575



ALEXANDRA Catalano

Recipe

Recipe by TLTCF 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!*

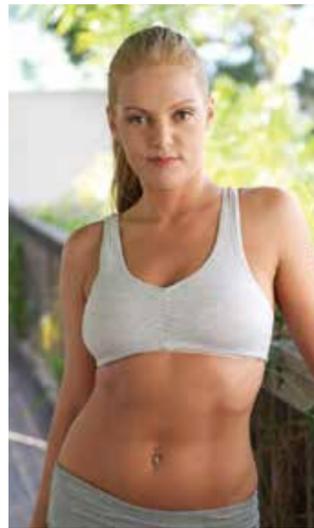
GUILT FREE PUMPKIN SPICE MUFFINS

INGREDIENTS

- 1 cup nut butter (unsalted)
- 1/2 cup pumpkin puree
- 2 whole eggs
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 tablespoon pumpkin pie spice
- 2 dates (pits removed)

DIRECTIONS

Preheat your oven to 350° F, and line a muffin tin with paper cups. In a blender or food processor, combine all of the ingredients and blend well until a batter is formed. Using a 1/4 cup, distribute the batter evenly among the 12 baking cups. Bake for 15-20 minutes at 350° F, until the centers are firm. Allow cooling before enjoying!



BACK BY POPULAR DEMAND!

THE TOLUCA LAKE TENNIS & FITNESS CLUB WILL BE OFFERING A **HEALTH AND WELLNESS PROGRAM** OCTOBER 7th TO DECEMBER 7th

Master Trainers Anna and Eddie are teaming up once again to offer a comprehensive health and wellness program that focuses on developing a healthy lifestyle based on daily exercise and mindful nutrition.

Being fit and healthy is a lifestyle and Anna and Eddie would like you to join them in a two month program to enhance your life and reach your fitness goals. The two master trainers follow the principal that to lose weight and improve health you must adopt a healthy lifestyle that suits your individual needs and that you can maintain for life. Physical activity and healthy nutritional choices will be the team focus. You will be guided through group workouts to improve your health and tone your body. There will be no fad diets offered in this program, instead you will learn ways to make better food choices that will become a way of life.

It is a proven fact that there is power in numbers, especially when you are gearing up to make a change in your exercise and food regimen. Anna and Eddie are proud to once again lead a group of like-minded participants.

The eight-week program will include three 60-minute group training sessions per week and a weekly support meeting on Saturdays. Each participant will be weighed and measurements taken. Nutrition will be the main topic as well as mindset, progress and challenges.

SPECIFIC DETAILS INCLUDE:

- 3 training group sessions per week with Anna and Eddie
- daily cardio log
- support via e-mail daily
- Saturday brunch meetings
- healthy meal planning suggestions



SESSION 1 GETTING INTO THE GROOVE

October 7-November 7

- setting goals as a group
- core strength, cardio and proper form
 - building strength and endurance
 - yoga and stretching basics
- nutritional suggestions with healthy patterns

SESSION II THE HOME STRETCH

November 7-December 7

- splitting into teams of 2 - accountability buddy system
- upping the ante on weight training and physical activity
 - more strenuous but shorter cardio - introducing cardio interval training
 - yoga core work challenge
 - nutritional suggestions

Join Anna and Eddie to feel your healthiest and improve your lifestyle. We have no doubt that you will make lifelong friends on this journey!

YOU CAN SIGN UP BY CONTACTING US DIRECTLY:

Eddie Crespo | trainwitheddie@gmail.com | 818-749-5842 Anna Koroknyai | anna@ankorfitness.com | 818-461-4481

JOIN US FOR HALLOWEEN FUN FOR THE WHOLE FAMILY!



Friday, October 25th
from 6-8 p.m.

- Wear a Halloween costume and receive a raffle ticket for prizes from the TLFC Pro Shop!
- Cardio Tennis on Courts 1 & 2 from 6:15-7:15 p.m. Please sign up in advance and wear a costume that allows for tennis play and non-marking shoes.
- Complimentary appetizers in the Members Lounge catered by Santuari Restaurant.
- Beer, Wine and Cocktails available for purchase in the Santuari Bar, along with Social Hour specials.
- You can also enjoy dinner at Santuari Restaurant that evening. Make reservations via e-mail: info@santuarirestaurant.com or visit santuarirestaurant.com.



Toluca Lake Chamber of Commerce
MONTHLY MIXER

mark your calendars

UPCOMING COMMUNITY EVENTS/ACTIVITIES

- **Toluca Lake Chamber of Commerce Monthly Mixers:** held on the First Friday of each month, the next two (October 4th and November 1st) will be at Santuari Restaurant and the Toluca Lake Tennis & Fitness Club. Free and open to all. Bring business cards!
- **Comedy Fundraiser with Fritz Coleman** to benefit the Toluca Lake Chamber of Commerce and the Garry Marshall Theatre on Sunday, October 13th at 3:00 p.m. (sold out) and 7:00 p.m. (tickets still available).

- **Village Clean Up!** A volunteer event Sunday, October 20th at 8:00 a.m. sponsored by the Toluca Lake Garden Club and the Greater Toluca Lake Neighborhood Council. Gloves and trash bags will be provided. Contact the Garden Club or the GTLNC for more information.

NOVEMBER & DECEMBER EVENTS

- The 7th Annual **Toluca Lake Turkey Trot 5K run/walk** on Sunday, November 10th
- **The Toluca Lake Holiday Open House** on Friday, December 6th
- Our very own **Toluca Lake Tennis & Fitness Club Members Holiday Party** on Saturday, December 7th

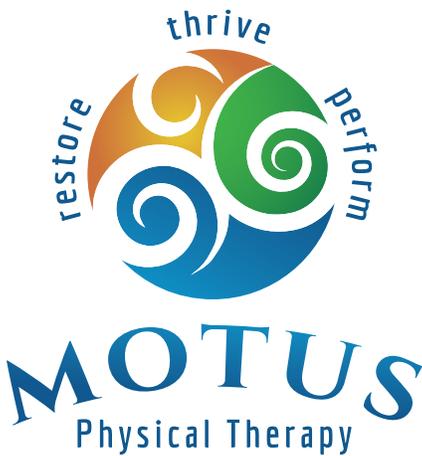
pro shop



New items
AVAILABLE!



member business network



October is National Physical Therapy Month, an opportunity to raise awareness of the benefits of Physical Therapy. Recovering from an injury? Adjusting to changes in your body? A Physical Therapist can help you get maximum benefits from your exercise. Did you know that Motus Physical Therapy is located right here in the Toluca Plaza?
Please contact them for a complimentary evaluation!

MOTUS PHYSICAL THERAPY, INC.
Darlene Eubanks, PT, MPT, OCS
at Toluca Lake Tennis & Fitness Club
6711 Forest Lawn Drive, Suite 104
323.851.7876

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:
Adam James, General Manager
323.851.6000 or e-mail at adam@tltennisandfitness.com



tltennisandfitness.com

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