



TOLUCA LAKE  
TENNIS & FITNESS CLUB

CLUBHOUSE NEWS

2019

# SPORTSMEN AND SPORTSWOMEN

OF THE YEAR!



*Pictured from left to right: Co-"Sportswoman of the Year" Trish Halamandaris (center) with co-"Sportsmen of the Year" winners Anthony DiNardo (right) and Ernie Mauritsen (left); Co-"Sportswoman of the Year" Houry Nadjarian.*

Congrats to 4 deserving award winners: Trish Halamandaris, Houry Nadjarian, Anthony DiNardo and Ernie Mauritsen. These four wonderful people each received the exact same # of votes in what turned out to be a unique year for Sports Person of the Year honors as chosen by our Tennis Members. Not only was there a tie on the ladies' side, but also on the mens' as each collected the same number of votes for our first ever two-way tie!

These 4 players exemplify class both on and off the courts. They constantly display good etiquette, they embody the spirit and fun of competitiveness, and always are there with a smile and a handshake after every match. Well done and keep setting the example, you are a credit to our club.

Congrats also to Trish for becoming our newest Tennis Advisory Board Member, AND for recently getting bumped up by the U.S.T.A. from 4.0 to 4.5! You GO, girl!!!!



**Ben Brunkow**  
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“ We have another action-packed year planned! Check out the **2020 Schedule of Events** on the following page and mark your calendars. Get set to ramp up your skills, have some fun, meet new people or simply try something new. If you are seeking skills development, check out the clinics schedule by clicking the quick link on the right hand side of our home page at [tltennisandfitness.com](http://tltennisandfitness.com) or visit the Tennis tab to explore private instruction. Our Tennis Pros welcome anyone from beginners to advanced tournament players! ”

## UPCOMING EVENTS

### 2020 ANNUAL CLUB SINGLES CHAMPIONSHIPS!

Who will be our 2020 Club Champs? Ready to wear the crown? Wanna sit atop the Challenge Ladder? It's time once again to begin our quest for the next Club Champions. Enter 3.0, 3.5, 4.0 or 4.5+ (Open). Flexible Format (make your own schedule)! Round Robin (many matches guaranteed)! \$30 entry fee. **Starts Saturday, January 25.** Ends Sunday, April 19. Sign up in the Members' Lounge.



### 2020 LOVE FEST

The 11th Annual **love fest** will take place Saturday, February 15. Member-Staff RR Doubles! One-point tourney! 9 a.m.-3 p.m. Sign up in the Members' Lounge.



## NATIONALS SUCCESS!

Well done GL in your first 18 & U National Level 1. In Orlando at the USTA National Campus (featuring 100 courts!) he held his own winning 6 matches while knocking off several Blue Chip recruits along the way. We are proud of you. Keep it up!!!



## GANG GREEN!

Let's hear it for our USTA 18 & U Boys Team. In early January they competed in the So. Cal. Sectionals in Palm Desert. Two strong wins on Day 1 earned them a spot in the semifinals where they fell just short of a trip to the finals losing by just one measly game. So close! But a strong finish to an up and down season it's what we were happy to see. Good job guys and good luck seniors as you head off to college this fall!!!

# 2020 SCHEDULE OF EVENTS

We are excited to release the TLTCF 2020 Schedule of Events for "most" things Tennis. The events highlighted in **RED** are our "can't miss" **FEATURE EVENTS**.

### JANUARY

- 1 — (Wed.) New Year's Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 6 — (Mon.) Men's Monday Night RR begins ... thru February 3
- 20 — (Mon.) MLK Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 20-February 2 — Australian Open!!!
- 25 — (Sat.) Club Singles Tourney begins (Finals on Sun., April 19)

### FEBRUARY

- 10 — (Mon.) Women's Monday Night RR begins ... thru March 9
- 15 — (Sat.) 11th annual "love fest", Member-Staff RR Doubles Tourney, 9 a.m. - 3 p.m.
- 17 — (Mon.) Prez. Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.

### MARCH

- 7 — (Sat.) Member-Guest Tourney ("Bring-a Ringa"), Doubles and Mixed Doubles; 9 a.m. - 3 p.m.
- 11-22 — BNP Paribas Open in Indian Wells
- 16 — (Mon.) Men's Monday Night RR begins ... thru April 6

### APRIL

- 4 — (Sat.) Foothill Clubs Tournament & Cocktail Party! Men's & Women's Doubles (1/2 day p.m. Tournament with 4 other clubs)
- 12 — Easter Sunday Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 13 — (Mon.) Women's Monday Night RR begins ... thru May 4
- 18 — (Sat.) Club Singles tourney Semi-Finals
- 19 — (Sun.) Club Singles tourney Finals

### MAY

- 8 — (Fri.) TLTCF Social Night & Head/Penn Demo Party @ 6 p.m.
- 9 — One-day Charity Event for St. Joseph's Hospital
- 10 — Mother's Day
- 11 — (Mon.) Men's Monday Night RR begins ... thru June 8
- 24-June 7 — French Open!!!
- 25 — (Mon.) Memorial Day Drop Ins @ 7:30 a.m.

### JUNE

- 5-7 — (Fri.-Sun.) Interclub @ La Jolla Beach and Tennis Club - TENNIS GETAWAY!
- 8 — Junior Tennis Camp starts (runs thru Fri., August 14)
- 15 — (Mon.) Women's Monday Night RR begins ... thru July 6
- 21 — (Sun.) Father's Day
- 29-July 12 — Wimbledon!!!

### JULY

- 3 — (Fri.) Ind. Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 4 — (Sat.) The Wimbledon Woodie Classic! - One day RR (9 a.m. - 2 p.m.), wood rackets only! Got Wood?!
- 13 — (Mon.) Men's Monday Night RR begins ... thru August 3

### AUGUST

- 10 — (Mon.) Women's Monday Night RR begins ... thru August 31
- 14 — (Fri.) Last Day of Jr. Tennis Camp
- 21 — (Fri.) TLTCF Member Mixer 6-9 p.m. Summer Social & Head/Penn Demo Night
- 31-September 13 — U.S. Open!!!

### SEPTEMBER

- 7 — (Mon.) Labor Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 11 — (Fri.) Team Tennis Draft @ 6:30 p.m. (Captains only) and Team Tennis Charity Challenge Kick-Off Party at 7:30 p.m.
- 12 — (Sat.) Annual Mixed Doubles Foothill Clubs Championships & Cocktail Party! (1/2 day only!) Competitive tournament, all levels, in conjunction with 4 other clubs
- 15 — (Tue.) Team Tennis Charity Challenge begins and runs thru Sat., October 3. Social tennis event and fundraiser in which all levels compete together in this unique "team" competition. (Matches are played on Tue., Wed. and Thu. evenings.)

### OCTOBER

- 3 — (Sat.) Team Tennis Semis & Finals and Silent Auction
- 5 — (Mon.) Men's Monday Night RR begins ... thru October 26
- 17-18 — (Sat.-Sun.) TLTCF Club Doubles Championships

### NOVEMBER

- 2 — (Mon.) Women's Monday Night RR begins ... thru November 23
- 7 — (Sat.) Interclub @ Valley Hunt from 2-5 p.m.
- 26 — Turkey Day Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 27 — (Fri.) Drop Ins @ 7:30 a.m., Club hours: 7 a.m. - 7 p.m.
- 30 — (Mon.) Men's Monday Night RR begins ... thru December 21

### DECEMBER

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



**Marie Landsberger**  
Group Fitness Director  
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# DID YOU KNOW?

## Mat Pilates & Yoga Classes

ARE A GREAT WAY TO STRETCH AND LENGTHEN YOUR MUSCLES? WHY STRETCH?

Stretching will keep your body feeling younger and healthier, along with making your workouts more effective and sustainable. Stretching makes exercises, like squats and deadlifts, easier by improving your overall mechanical efficiency and functional performance. It could even prevent damage or injury from occurring. The aim of flexibility work is to freely move your body through a wider range of motion. A deep stretch reduces wear and tear on muscle tissue and connective tissue around the joints, which cuts your risk for injury. There is a psychological component to stretching as well. Pain is your brain's perception of a threat to your body's status quo. When you stretch your tight hamstrings past their comfort zone, your body sends a protective alert that you should ease up. This mechanism helps you from further injuring yourself. When you persevere and push past moderately painful new positions, you teach your brain there is nothing to worry about, so the pain will be less the next time. The more you stretch, the easier it becomes. Stretching should never result in cramping. Lengthen to the point of mild discomfort and breath deeply into the position, forcing oxygen to the muscle/s. Too much pain can cause injury and too little is ineffective. How much you focus on flexibility depends on how much and how hard you exercise. The more strength training you do, the more collagen you produce. The more collagen you have in your muscles, the less elastin you have, and the stiffer the tissue will be. How often you work out should be directly proportionate to how often you opt to loosen up. Stretching in Mat Pilates and Yoga will change your body and lengthen your muscles. Stretch before you work out or take a fitness class to prepare your body for the stress of exercise. Stretch post workout to help relieve aches and pains and speed up your recovery process.

WE OFFER 13 MAT PILATES OR YOGA CLASSES AND 2 HALF-HOUR STRETCH CLASSES PER WEEK! CHECK OUT OUR CLASS SCHEDULE AND JOIN US. WE HOPE TO SEE YOU ON THE MAT!



NEW MEMBERS AND CURRENT MEMBERS NEW TO PERSONAL TRAINING WITH OUR CLUB TRAINERS QUALIFY FOR

# TWO COMPLIMENTARY SESSIONS WITH A CLUB TRAINER!



**NEW IN 2020!** Starting in 2020, we will give 2 complimentary sessions with a Club Trainer to all new members when they join the Club. The first session is a fitness consultation with a brief workout and the second a full, custom designed workout. We are also offering this 2-session package to all current members who are not currently training with one of our Club Trainers! *Plus, you still have time to take advantage of our New Year Special Offers - our best pricing of the year!*

The Club Trainers at TLTCF offer a wide range of skill sets to keep you motivated and help you achieve what is personal to you including weight loss, performance enhancement, strength and cardiovascular conditioning.

**NEW YEAR SPECIAL OFFERS!**

Club Trainer Personal Training  
10 sessions for \$800 (\$80 per session) -OR- 20 sessions for \$1500! (\$75 per session)

*Promotions are limited to one package per member. New Year Special Offers end 1/31/20. See a Club Trainer or visit the Front Desk for more information.*



**Brian Shiers,**  
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Personal Training Director  
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## 8 WAYS TO BRING MINDFULNESS TO YOUR EXERCISE ROUTINE

For devoted and aspiring exercisers, here is some good news. Research suggests that those who intentionally focus on the feeling of moving and deliberately take in their surroundings enjoy exercise more. After tracking how much people exercised, how mindful they were while doing it, and how satisfied they were with their workouts overall, scientists at Utrecht University in the Netherlands suggest “mindfulness may amplify satisfaction, because one is satisfied when positive experiences with physical activity become prominent.” What that means for your daily routine is that being mindful can support your exercising habits, and vice versa.

- 1. Pause and consider your purpose.** Remember why you want to meditate. Is it to train your mind to focus and sustain attention? To learn to navigate emotions? Consider your intention for exercise, too. Is it to live longer, lose weight, or have more energy for your kids? This twofold motivation can help get you up and out, and keep you going.
- 2. Unplug.** To meditate during exercise, don't listen to your favorite playlist, talk on the phone, read a magazine, or watch TV. Be fully present where you are: in the woods, on the sidewalk, or on the treadmill.
- 3. Tap into body sensations.** Bring your attention to your physical experience. Are there any parts of your body that are working extra hard? Does your body feel different today than it did yesterday? When I swim, I focus on the water gliding over my body, the muscles in my arms, and the sensation of my torso rotating with each breath.
- 4. Use your breath as a cue to challenge yourself more or ease up as necessary.** As you learned with mindful breathing, your inhale or exhale can be an anchor of attention while exercising. If your mind wanders, noticing a new “For Sale” sign in the neighborhood while you run or recalling an email you forgot to return, just notice the thought and reconnect with your breath. Observe the tempo of your breath as you work harder and as you cool down.
- 5. Play with different anchors of attention.** Experiment with attentional focal points other than your breath: each full rotation of your bike pedals, the up and down of a lunge. You can switch anchors as you vary your exercise, but stay focused on the rhythm of your anchor, returning to it when your mind wanders.
- 6. Note your surroundings.** There are two aspects of directing attention—focused attention and open awareness—and you can practice both while exercising. To tap into the latter, check out what's around you. How is the air? Temperature? What are you hearing?
- 7. Renew your resolve — burning hamstrings and all.** One of the attitudes of mindfulness is acceptance—not wishing the present moment to be different than it is. Exercising is a brilliant time to practice this. Do you notice any resistance to the workout experience—perhaps wishing you were almost done, or that the pain in your right foot would go away? Commit to your workout time, remember your reasons for being there, and try to stay present from start to finish.
- 8. Exercise kindness.** Notice the quality of your thinking during workouts: Can you appreciate your current ability, speed, and endurance just as they are? If you work out in a group, can you let go of the “comparing mind” and instead thank yourself for showing up for this healthy activity, and then go at the pace that's just right for you?

## SANTUARI RESTAURANT

presents

### Maisons, Marques & Domaines “Tour de France” Wine Dinner

Wednesday, January 22nd at 6:30 pm

Join us at SANTUARI for a special dinner prepared by Executive Chef Brendan Mica paired with the wines of Maisons, Marques & Domaines led by Brand Ambassador Dirk Smits.



*Dirk Smits*  
Maisons, Marques & Domaines  
Brand Ambassador

Tour de France

To reserve your experience,  
call 323.902.9700 or visit the  
happenings tab on our web site

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

- ~ TRAY PASSED HORS D'OEUVRES ~  
Pastrami salmon gravlax, mustard aioli, pickled red onions, pumpernickel crostini  
Gaufrette potatoes crème fraîche, caviar, chives  
Fresh Gougères  
*Champagne Louis Roederer, Brut Premier, NV*
- ~ 1ST ~  
Endive Salad  
Apple, candied pecans, nigella seeds, buttermilk vinaigrette  
*De Ladoucette, Pouilly-Fume 2018*
- ~ 2ND ~  
Roasted Mushroom Risotto  
Lobster mushroom, saffron parmesan brodo, salsa verde, chili thread, bread crumb  
*Delas, Chateanneuf du Pape 2017*
- ~ 3RD ~  
Grilled Squab  
Faro, mirepoix, balsamic rehydrated currants, red wine jus  
*Chateau de Pez, Bordeaux, Saint-Estephe 2016*
- ~ DESSERT ~  
Cara Cara Orange Vanilla Soufflé  
Spiced Crème Fraîche  
*Schlumberger, Riesling, Vendange Tardives Cuvee Eric 2014*
- \$140 per person*  
*Plus 20% Gratuity and Taxes*

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SWING IN AND CHECK OUT OUR NEW MERCHANDISE!



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Bruce Horowitz  
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Los Angeles, CA 90068  
323.878.2500

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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 adam@tltennisandfitness.com



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