



FEBRUARY 2017

# NEWSLETTER



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I'm taking this opportunity to acknowledge the honor it is to serve as Golden Racquets President this year & next. Several of you have commented to me about how well you think GR has been operated and I hope to continue that level of excellence. Though the next few years may be challenging to acquire adequate court space to serve our 325 tennis seniors, we have a great group of people on the Board who will do all we can to provide quality, social tennis competition.



A heart-felt thank you to those who have given their time over the past few years in service on the Golden Racquets Board: CJ Dieteman, out-going President – THANK YOU; Pete Koenig, former Past President – THANK YOU; Steve Mateo, former Social Chairman – THANK YOU! I also appreciate the many hours put in by those who have served as captains of venues. You are the key to maintaining well-run weekly sessions – THANKS.

It takes the efforts of no small group of volunteers to deliver the excellence I mentioned earlier, as many of you who have stepped up over the years know. It also takes the cooperation of all of us to make our tennis experiences enjoyable. Keep up the good work.

This will be the last Golden Racquets Newsletter produced by Carol McAlee. Make a point to tell her how much you appreciate the interesting and informative Newsletters she's produced. **Better yet, show her your gratitude by volunteering to take over her invaluable position.** We need YOU. Don't worry – we'll figure out some way to sort out who gets the job from the many who can't wait to take on such an awesome responsibility!

As you probably know by now, the Board has decided to again close the membership of Golden Racquets for the time being. We're working hard to find appropriate court space at another indoor facilitate to replace the courts we'll most likely lose in May of 2018. Ed Byrne is chairing a committee to help Golden Racquets through this difficult transition period. Please let him or me know if you have suggestions.

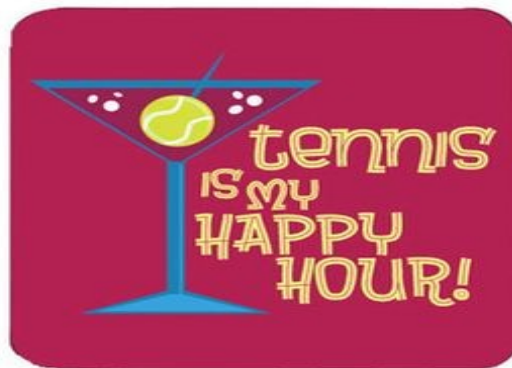
I look forward to seeing you on the courts.

Sincerely,  
Ed Grose

## MORE FUN STUFF.....

Kesh Prasat suggested to the Board that an organized Happy Hour once a month at PJ Skidoo's would build friendships and give members a chance to enjoy the companionship of players off the court. It was agreed that this was a great idea. Howard Ho, GR's new Social Chairman, jumped into action and organized a happy hour in January and February. The plan is to gather the first Wednesday of every month from 5pm to 7 pm. PJ's is located next to Fairfax Racquet Club. All will meet in the bar. There will be a table reserved under "Golden Rackets". This is a no-host event (you pay the restaurant directly for your own drinks and food). Watch your email for reminders of this monthly event.

See you, and bring your friends, to the next "Tiebreaker" Happy Hour in March.



**NEEDED NOW    NEEDED NOW    NEEDED NOW**  
**NEEDED NOW .....**

It's time for some new blood with fresh ideas to publish the newsletter. Carol McAlee has been doing the job for about 7 years and it's now time for you to step up. GR will provide you with the necessary publishing software. You'll attend the Board meeting being the first to get the "scoop". Three newsletters are published a year and articles are contributed by the Board as well as members. Email Ed Grose to volunteer or to get more information.

### Why I Like Retirement !

How many days in a week? - 6 Saturdays, 1 Sunday

When is a retiree's bedtime? - Two hours after he falls asleep on the couch.

How many retirees does it take to change a light bulb? - Only one, but it might take all day.

What's the biggest gripe of retirees? - There is not enough time to get everything done.

Why don't retirees mind being called Seniors? - The term comes with a 10% discount.

Among retirees, what is considered formal attire? - Tied shoes.

Why do retirees count pennies? - They are the only ones who have the time.

What is the common term for someone who enjoys work and refuses to retire? - NUTS!

Why are retirees so slow to clean out the basement, attic or garage? - They know that as soon as they do, one of their adult kids will want to store stuff there.

Why does a retiree often say he doesn't miss work, but misses the people he used to work with? - He is too polite to tell the whole truth.

And, my very favorite.... What do you do all week? - Monday through Friday, NOTHING. Saturday & Sunday, I rest.

## UPCOMING EVENTS – PUT ‘EM ON YOUR CALENDAR

April 22 – Spring Tennis Party  
 June 6 – Captains’ Picnic  
 August 19 – Summer Tennis Party

Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' She simply replied, 'No peer pressure.'

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

Know how to prevent sagging?  
 Just eat till the wrinkles fill out.

**Sign ups for summer play are coming to you shortly.**

**Watch your email!!**

From the database for the Fall 2016-17 season 324 members were in the database of which members played:

At least once—138 members

Played twice—40 members

Played three times—3 members

Many members are snow birds during the winter season and others prefer to be social members rather than players.

GR's goal is that each member is guaranteed at least one venue per season. This goal was achieved this past season with only one player not getting their preferred slot. The picture will change shortly with the closing of Four Seasons. This is the reason GR is closed to new members. The board is still considering various courses of action to lead the club thru the closing of Four Seasons and believes it will still be able to keep all members happy. Four Seasons plans to close in 2018 although that could change.

## Wellness Report

As reported by Alle and Jack Cogdell.  
**Get Well Cards sent for injuries or illness & family issues**

Jack Donahue	Steve Mateo
Wayne Zajac	David Fleming
Ann Gratz	Pete Koenig
Paul Haas	Bob Richey
Gaylord Draper,	Joe Hight
Carol McAlee	Lou DeRosa family
Stu & Heidi Rabinowitz	

## NEW MEMBERS

Call these new members when you need a substitute

<u>Name</u>	<u>Rating</u>	<u>Phone</u>
M.E. Jehn	3.5	703-256-7765
Lydia Newsom	3.8	703-867-7132
Don Camp	3.7	703-536-8835
Paul Schultz	3.8	703-620-0247
Lisa Buskell	3.8	703-255-7055
Norm O'Meara	3.9	703-764-0587
Fred King	3.8	703-307-2285
Bill Hafker	3.8	703-716-4728
Candler Brooks	3.8	571-289-4097
Chip Vernon	3.8	703-281-0738
Zdenek Deneark	4.0	404-408-7257
Enid Weber	3.6	703-425-5780
David Baird	3.7	703-281-9225
Joel Palley	3.2	703-646-4234;
Tom Lundquist	3.8	703-439-8456
Jeanne Culbert	3.8	703-444-4774
Bob Linett	3.7	703-978-6650
Barbara Skinner	3.6	703 568-1155
Seven Bayard	3.6	301-434-8730

**Robert (Bob) Lee Layne** was born March 10, 1932 & died Dec. 25, 2016. He was a past member of Golden Racquets. Bob was a school teacher, a profession which he loved and found great purpose in. He later went on to become an honored and beloved principal for Fairfax county for 32 years.

**Louis R. DeRosa**, 89, passed away on December 7 at his home. He joined the CIA in 1951 as a logistics officer and had several tours of assignments to include South East Asia, Africa and Europe. Lou was honored with the CIA's Career Intelligence Medal when he retired in 1987. Lou's passion for travel took him to 89 countries. He was a life long tennis player winning bronze medals in the 2008 and 2011 North-



## THANKS LAURA FOR STEPPING UP!!

One of our newest members has graciously volunteered to join the GR Board of Directors, Laura Riesenbergs began serving as Vice President of Golden Racquets in January. A very brief summary of Laura's recent life....

She and her husband Dan, also a recent member, relocated to Alexandria from San Diego, California in the fall of 2015. Laura is a retired attorney. She and Dan have been married 42 years, have three grown sons, and a grandson. Laura and her husband migrated East following two of their sons who live and work in the area. She's delighted to have found Golden Racquets and enjoys both the competitive tennis and camaraderie. When not on the court, she enjoys oil painting, American history, ballroom dancing, various volunteer organizations, and playing the role of doting grandmother.



## Study: Consider Racket Sports and Swimming to Help You Live Longer

There's no shortage of evidence showing that being active can extend your life. Less widely known, however, is whether certain types of activities may work in your favor more so than others.

Surprisingly, research on the health benefits of specific types of activities is scarce, so researchers from Europe and Australia examined the associations between six different sports/exercises and risk of death from heart disease and all causes. Three of them rose squarely to the top.

### 3 Top Physical Activities to Lower Your Risk of Death

Researchers analyzed data from more than 80,000 people, and it turned out racket sports, swimming and aerobics topped the list of best physical activities for lowering the risk of premature death.

A significant reduction in cardiovascular death was also found for the three activities.

### Are Full-Body Workouts Best?

Racket sports, aerobics and swimming require the use of your full body — arms and legs — which makes your heart work harder. This could be one reason why these full-body workouts lower the risk of death more than other activities. In addition, they often require intense bursts of activity, which could be responsible for their life-enhancing edge.

*"Racquet sports alternate bursts of high-intensity exercise while you score points, with brief rest periods while you pick up the ball and serve. This stop-and-start activity is similar to interval training."*

### Working Out Smarter

Research has clearly demonstrated that short bursts of intense activity are safer and more effective than conventional cardio — for your heart, general health, weight loss and overall fitness. The bonus is that exercising in this way allows you to exercise much more efficiently.

*"...You and your opponent should agree to play for the aerobic benefit, as well as for fun. Instead of firing aces past each other, plan on a volley-and-return match that keeps you both moving. Scatter your shots around the court to make the most of the distance you both run. Also limit your number of serves. Or play for total points instead of using traditional scoring."*

## How are players rated?

The way GR is currently structured is that we have an "independent" committee that evaluates numerous individuals throughout the seasons. The members of the committee develop a keen sense of what a person's rating should be based on evaluating a lot of other players. They have the advantage of comparing players that have different ratings. They really have an eye in deciding a person's rating.

There are occasional situations in which a rating is not clear-cut and in those cases we normally will rate the person lower. This is usually the case when a person is just getting back into tennis and might be a little rusty. Tom usually lets them know that he can see where their ratings might be raised after a few months.



Visit our Web Site! <http://www.GoldenRacquets.org>



**This *Golden Racquets Newsletter* is published by The Fairfax County Golden Racquets, a non-profit volunteer organization dedicated to senior tennis.**

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Former President: CJ Dieteman

Vice President: Laura Riesenber

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Treasurer: Al McFarland

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Rating Committee Chairman: Tom Burroughs

Social Committee Chairman: Howard Ho

Caring Committee Chairman: Alle & Jack Cogdell

Chief Information Officer: Bob Dineen

Web Site Manager: Lindsay Wozniak

Newsletter Editor: Carol McAlee

Operations & Planning Chairman: Fred Hart

Please make Newsletter  
Inquiries to Carol McAlee at  
[cmcalee@verizon.net](mailto:cmcalee@verizon.net)

Burke Lake Seniors **Golf** League seeks players. You must be 55 or older, The league has tee times on Tuesday & Thursday mornings. Annual dues for the April to October season are just \$20 plus green fees. Call Charlie for more info 703-455-5132

How about the NoVA Senior **Softball** group? The average age in this group is 66 and there are three skill levels. The schedule is Tuesday and Thursday mornings for the Apr/Jul and Sept/Oct season. For fun, fitness and friendship, sign up at [nvss.org](http://nvss.org).

**We received a nice letter from Fairfax County Parks thanking us for our 2016 contribution.**

Dear Mr. McFarland:

On behalf of the Fairfax County Park Foundation thank you very much for Golden Racquet's generous donation of \$1341.50. We appreciate your members making donations that will support the Park Authority's tennis activities..

Your donation is even more critical today since the Park Authority only receives 0.614% of the Fairfax County General Fund budget. With less general funds, the Park Authority and Park Foundation look to Corporations and individuals to maintain our excellent parks.

Please express our gratitude to your members for their donations. The Golden Racquets are a great group that many of my neighbors belong to.

Best wishes for a Happy Holiday and prosperous New Year

Sincerely

Margaret P. Thaxton, Director of Development