



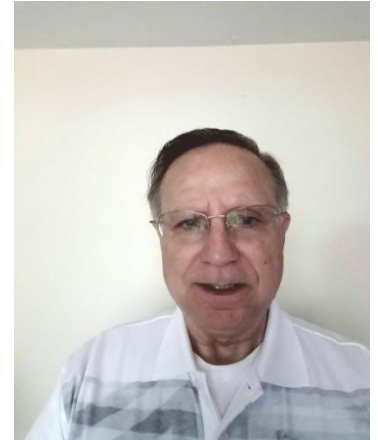
# NEWSLETTER



## Winter 2018

Greetings,

It seems that the Fall/Winter venues are running well, and for this we give many thanks to all who run their groups on a regular weekly basis. Being a Captain **IS** a lot of work, but the pay is great! Thanks also to Howard Ho and Zdneck Denmark for the wonderful work they've been doing on putting together and supervising member-wide socials.



Courts have been reserved at Fairfax Racquet Club and the Arlington YMCA (Y) for Golden Racquets (GR) Spring/Summer 2018 Season. Reservations will also be made for Mason District Park and Wakefield Park. We're also considering starting another outdoor venue this year and would be interested to get a consensus of the General Membership as to park preferences (for possible outdoor venues). Fred Hart, our current Operations Chairman, conducted an analysis of where GR members live, and came up with the following results:

- Washington, DC = 5
- Maryland = 9
- Fairfax City Area = 130
- West of Fairfax City = 47
- East of Fairfax City = 156

Given these demographics, it seems sensible to look for another outdoor venue somewhere in the East of Fairfax area. While Fairfax County has been very gracious to allow GR to reserve outdoor courts for GR venues without requiring a reservation fee (partly because we collect voluntary contributions from GR members each year that are then donated to the Fairfax County Park Authority), we may not get the same deal if we look at parks outside of Fairfax County. Though our membership remains closed to the public, **FULL** Members of the Arlington YMCA Tennis and Squash club may still join GR as an accommodation to the Y. We continue to get a few members from there. It would not be against our rules for someone to join the YMCA with a full annual membership and then apply to join GR. You may advise others of that possibility.

Finally, we are looking to allow two faithful, dedicated GR Board members a chance to retire from their respective committee chair positions: Ellen Johnson, Membership, and Fred Hart, Operations and Planning. The responsibilities of those two positions are available on the GR web site under the topic of Constitution and By-Laws. One benefit of serving as a committee chair is that (while you are serving), your seniority number is lowered to "0," giving you preferential selection of venues where you would like to play. Anyone interested in either of these positions should contact me or another GR Board member.

Sincerely,

Ed Grose, President of Golden Racquets

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**Caring Committee** by Bala Balakrishnan

The GR Board and the entire membership owe a great debt of gratitude to Alle and Jack Cogdell for chairing the Caring Committee for several years. Their selfless work, dedication to our members, and many contributions to the GR Board over the past several years has been greatly appreciated. Together, they have helped make GR a true "family." Our special thanks and a big round of applause go out to Alle & Jack!



Taking over the role of Caring Committee Chair is Bala Balakrishnan, who will be assisted by Jin Marsh. All our Captains and GR members are asked to please keep the Caring Committee informed of any member injury or other health issue so that an appropriate contact can be made and "get well" wishes can be sent on behalf of the GR Board and community. The Caring Committee wishes to maintain the wonderful tradition of a close "family" so well nurtured and developed by Alle and Jack over the years.

In that spirit, we wish a speedy and full recovery and early return to the courts to the following GR members: Jamil Ahmed, Ellen Johnson, Terri Kapoor, Mike Morton, Joel Palley, and Marianne Schoener. See you on the courts soon!

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## Lobby Day in Richmond by Connie Dineen



On Thursday, January 25, Golden Racquets member Connie Dineen, along with 25 other members of FCRE (Fairfax County Retired Educators), had the exciting opportunity to meet and share information with newly elected Governor of Virginia Ralph Northam. Governor Northam addressed the group in a specially arranged

gathering at the State Capital, and asked the members of the group to share with him their concerns or issues regarding educational issues. Pam Northam, the First Lady of Virginia, is a former classroom teacher, so public schools and educational issues are high on the priority list of the new First Family. Governor Northam is very approachable and seemed genuinely appreciative of the dedicated work performed everyday by teachers across the Commonwealth. Everyone in the group was honored to have this time with the Governor!

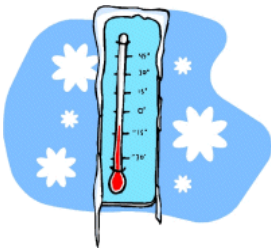
Connie (middle, gray sweater) and two friends had the added opportunity of speaking directly with Governor Northam about a project on which they are involved. Unbeknownst to Connie and her friends, the project (having to do with School Climate) coincides with a current House Bill under consideration, so they took the opportunity to briefly share their thoughts and ideas about school climate with the Governor, and to offer their support of the House Bill. It was wonderful and thrilling to have this unique occasion to speak personally with the Governor.



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## WINTER WEATHER

It seems to have taken a little while and it continues to come and go, but winter has arrived! As we get older, we lose body heat faster than we did when we were younger, and if we are not paying attention to that "chilly feeling" we could be presented with some real problems like hypothermia -- even indoors! Snowy or cold weather does not mean we need to stay indoors all winter (as anyone who has ever skied or ice skated will attest!), but it does mean doing what is appropriate for the weather and temperature. So the following tips



are offered as suggestions to help us stay warm both indoors and outdoors while enjoying the winter weather:

- when indoors:
  - ✓ set your thermostat at 68 degrees or higher (keep the doors to unused rooms closed, with the vents turned off, to help with heating costs);
  - ✓ place a rolled up towel at the bottom of a door or window to prevent air from drafting into your home;
  - ✓ throw a blanket or afghan over your lap while you are reading or watching TV;
  - ✓ drink alcohol in moderation, if at all, as alcoholic beverages can actually speed up the rate at which body heat is lost;
  - ✓ if a power outage is experienced for an extended period of time, ask a friend or family member if you can stay with them until power is returned. This is no time for "pride" to take over, and being with others will help pass the time during the outage:-)
- when outdoors:
  - ✓ dress appropriately for the weather by wearing loose layers of clothing vs. just one big heavy sweater or coat;
  - ✓ wear a hat and scarf to prevent losing body heat from your head and neck. Wear gloves for your hands, and if it's snowing, wear a waterproof jacket.

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## **? ? ? Did You Know ? ? ?**

It was 45 years ago that the movie "The Exorcist" made its debut in movie theatres. "The Exorcist" was a horror film starring young actress Linda Blair as a girl possessed by an evil spirit. It earned the reputation as one of the scariest movies in history.

A typical lightning bolt is only about 2-4 inches wide, but about 2 miles long.

France was still executing people by guillotine when the first Star Wars movie came out in 1977.

If an item cannot be removed from your credit report, you have the right to add a permanent 100-word explanation to it. Anyone who receives the report will see your explanation. If, for example, you had a disagreement with a doctor over a charge, you can explain the details for anyone looking at your credit report to see.

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## **Tax-Aide in Brief** by Pete Koenig

The AARP Foundation Tax-Aide program provides free federal tax return preparation and e-filing from February 1 through April 18, 2018. These services are provided by IRS-certified volunteers at twelve locations throughout Northern Virginia. The twelve centers are also prepare Virginia, Maryland, and DC tax returns. Counselors handle almost all forms of income, and work with taxpayers to help them get all the deductions and credits for which they qualify. Although the program has no income limits, Tax-Aide clients are generally low and middle income taxpayers.

You do not need to be an AARP member to take advantage of this service, which is available to taxpayers of all ages, but with special attention to seniors. Taxpayers need to bring with them the following items: a photo ID, social security cards for themselves and dependents, a copy of the previous year's tax returns (even if the taxes were done at the site the prior year), and all tax documents they have received, including but not limited to W-2s social security benefit statements, 1099 interest, dividend, and pension/IRA statements, brokers' statements, and W-2Gs for gambling winnings. Self-employed individuals should bring information about the earnings and expenses of their businesses. Also necessary, for those who itemize deductions, are documents and records concerning outlays such as mortgage interest, real estate tax, personal property tax, medical expenses and charitable contributions. Those claiming education credits should bring form T-1098 from the relevant educational institution and records of outlays for tuition and other qualifying expenditures such as course books. Direct deposit of refunds and direct debit of taxes owed require the bank routing number and taxpayer's account number.

The following are the locations of the twelve centers that provide tax-aide services. Contact the location nearest you for times and days of operation:

|                                                                                      |                                                                                         |                                                                                     |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Arlington Central Library</b><br>1015 North Quincy St.<br>Arlington, VA 22201     | <b>Columbia Pike Branch Library</b><br>816 South Walter Reed Dr.<br>Arlington, VA 22204 | <b>Providence Community Center</b><br>3001 Vaden Dr.<br>Fairfax, VA 22031           |
| <b>Bull Run Regional Library</b><br>8051 Ashton Ave.<br>Manassas, VA 20109           | <b>James Lee Community Center</b><br>2855 Annandale Rd.<br>Falls Church, VA 22042       | <b>Reston Community Center</b><br>2310 Colts Neck Rd.<br>Reston, VA 20191           |
| <b>Centreville Regional Library</b><br>14200 St. Germain Dr<br>Centreville, VA 20121 | <b>Mason District Government Center</b><br>6507 Columbia Pike<br>Annandale, VA 22003    | <b>Sherwood Regional Library</b><br>2501 Sherwood Hall Lane<br>Alexandria, VA 22306 |
| <b>Chinn Park Regional Library</b><br>13065 Chinn Park Dr.<br>Woodbridge, VA 22192   | <b>Mott Community Center</b><br>12111 Braddock Rd.<br>Fairfax, VA 22030                 | <b>SunTrust Bank of Vienna</b><br>515 Maple Avenue East<br>Vienna,, VA 22180        |

## New Volunteers



A big "thank you" goes out to several GR members who have agreed to take on a role of greater responsibility within the organization. Assisting social committee chair Howard Ho with Golden Racquets parties and events is Zdeck Denmark, Bala Balakrishnan (assisted by Jin Marsh) will be taking over the responsibilities of the Caring Committee, and Joe Wittling will be working with CIO Bob Dineen on the technical (computer) end of the organization. The contributions made by these -- and all the other GR volunteers -- is sincerely appreciated. The commitment of volunteers is what enables Golden Racquets to continue to function in such an outstanding manner, and provide fun and friendship for so many members.



## Welcome to Golden Racquets

We would like to welcome all the new members of Golden Racquets who have joined the organization since the last newsletter was published. GR membership now stands at 356. Rather than print all the new members' names and contact information in the newsletter, we will remind everyone that all members of GR recently received a copy of the latest directory, in which all members, their contact information, and their GR ratings are listed. Some of these new members are not yet part of a particular venue, so if you are looking for someone to complete a foursome, please consider inviting one of these new members to join you. You and they will be glad you did!



## A Little Humor!

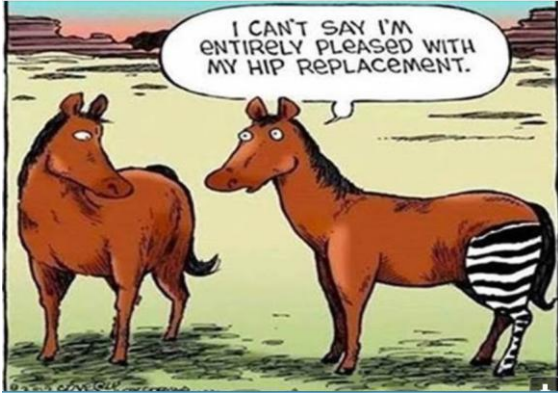
***Three actual headlines (really!) that were printed in newspapers:***

***"New Study of Obesity Looks for Larger Test Group"***

***"Red Tape Holds Up New Bridges"***

***"Cold Wave Linked to Temperatures"***



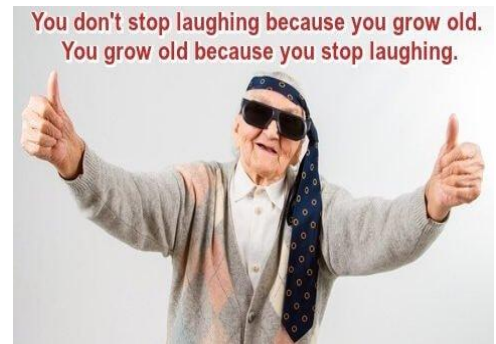


I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer, and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia, poor circulation, can hardly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



A couple in their 90's are each having some short term memory loss. While in for a checkup, the doctor says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down. Later that evening they're sitting and reading, when the husband gets up and asks his wife, "Would you like anything from the kitchen?"

His wife replied that she would like some vanilla ice cream and, following the doctor's suggestion, asked if he would like to write it down so he would not forget. The husband politely said it was not necessary for him to write it down, that he would not forget. The wife then asked to have some raspberries on the ice cream, but again suggested the husband write it down. Feeling a little exasperated with his wife's continued suggestion that he write this all down, the husband said, "I've got it." Fine, thought the wife, then asked to have some chocolate sauce added to the top, and could not help but suggest once again that her husband write it down. Now feeling a little miffed at his wife's continued suggestion, he replied, "I've got it! Ice cream, raspberries, and chocolate sauce. I don't need to write it down, for gosh sakes!"



So off to the kitchen he goes, returning a half hour later with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate for a few seconds, then says, "You forgot my toast."



**Do you have a tennis pet peeve that you would like to see addressed for the benefit of all? Please share it with us and we will get some helpful suggestions to you in the next newsletter.**

This Golden Racquets Newsletter is published by the Fairfax County Golden Racquets, a non-profit volunteer organization dedicated to senior tennis. You are encouraged to visit the Golden Racquets website at <http://www.GoldenRacquest.org>. Officers and committee chairs are as follows:

President: Ed Grose

Immediate Past President: CJ Dieteman

Vice President: Laura Riesenberg

Secretary: Claudia Steichen

Treasurer: Al McFarland

Membership Chair: Ellen Johnson

Rating Committee Chair: Tom Burroughs

Social Committee Chair: Howard Ho

Caring Committee Chair: Bala Balakrishnan

Chief Information Officer: Bob Dineen

Operations & Planning Chair: Fred Hart

Web Site Manager: Lindsay Wozniak

Newsletter Editor: Connie Dineen

To have an article or picture of interest considered for inclusion in the Golden Racquets Newsletter, please send them to Connie Dineen at:

[csdineen51@gmail.com](mailto:csdineen51@gmail.com)

**NOTE:** Articles may be of general interest and do not necessarily need to be about tennis.