



NEWSLETTER



Winter (January) 2021

Dear Golden Racquets (GR) Members:

I encourage everyone to get vaccinated as soon as possible so we will eventually see the end of the COVID-19 virus. Dr. Fauci, the CDC, and other medical experts have assured us of the safety of the vaccines that are now available.



Please tell your non-GR friends that we will open membership on April 15, 2021, to persons 50 and older who have a valid email address. To request and receive the membership form, send an email to Adele Neuberg (adele.neuberg@gmail.com) with your name, telephone number, and email address. She will put all applicants on a "Wait List" and email the form to them ten days prior to April 15. Membership will again then be closed after receiving 40 applications.

The Board of Directors are now working on tennis and pickleball venue plans for the summer. Last summer, we played tennis outside at three Fairfax County parks -- Nottoway, Wakefield, and Mason District. Due to the demand for outdoor tennis play, we hope to add another park or playing location to our venue list. We also hope to add another outdoor and indoor pickleball venue for the coming summer season due to the increased interest among members in playing pickleball. This past summer, outdoor pickleball was only played at Wakefield Park.

Over the last eight months, we have successfully established seven outdoor ad hoc tennis groups. These groups usually have enough players for two to four courts of doubles tennis. The number of players are determined on a weekly basis depending on who is available each week. GR provides these groups with new tennis balls. A couple of the groups are trying to play outdoors during this winter on rare warm days. The plan this year is to continue with these groups if there still is a large demand for playing tennis outdoors. We would like to thank Joe Wittling, Jay Jupiter, Kesh Prasad, Bob Linett, Art Politano, and Adele Neuberg, the captains of the ad hoc groups, for their hard work in organizing and managing these tennis groups.

Sincerely,
Tom Burroughs
President of Golden Racquets



MEET A MEMBER



Dick Neff has been a member of GR for about nine years. He is retired from teaching mathematics at both the secondary school level and at Messiah College in Grantham, Pennsylvania, in 1998. Dick and his wife Ava moved from South-Central Pennsylvania 11 years ago to be closer to their family in Arlington -- in particular their two grandchildren.

At one time, Dick and Ava lived on a one acre "farm" where they tried to be as self-sufficient as possible. They raised chickens, rabbits, and goats, and managed a large garden with a 200 foot asparagus bed, as well as a small orchard of 11 fruit trees. During that time, Ava took in sewing and taught third grade. Dick says that even though they were much younger and had a lot more energy then, he continues to love vegetable gardening. He has found that raising fruit trees in Fairfax to be impossible, however, due to the large squirrel population.

As a segue into retirement, Dick audited a variety of art courses at Messiah College. He has also taken some additional classes at The Art League of Alexandria, Virginia. Dick has also been a venue captain for GR at Nottaway Park.

While still living in Pennsylvania, Dick was a member of the Carlisle Art and Learning Center, The Perry County Council of the Arts, and The Art Association of Harrisburg. Since moving to Virginia, he has served as vice president and as treasurer for the Vienna Art Society (VAS). Additionally, Dick has been named Artist of the Year by the VAS, an honor for which he is very grateful. Some of Dick's art work is currently on display at the VAS gallery in Vienna. In July 2013, he qualified to study at the National Gallery of Art in Washington, DC, working with famous oil paintings. Prior to the pandemic, Dick was fortunate enough to have painted at the National Gallery of Art for more than seven years.

Dick is also a music lover and performer. In Pennsylvania, he played in two acoustic bands, and since moving to Virginia, plays banjo and sings in two string bands. The pleasure of playing music, according to Dick, is being able to make friends, write music, and "to be an active part of something higher than my normal existence." Being paid for his work with the *Difficult Run String Band* and the *Down Home Radio Band* is secondary to these other benefits, in Dick's opinion.

Although he has been painting for more than 50 years, Dick has for the past 17 years been able to focus on an avocation that he has loved virtually all of my life. He continues to enjoy the experience of going into a field, and being inspired and challenged to capture the beautiful scenery. Dick has done some encaustic painting (i.e., painting that uses pigments mixed with hot wax to create an inlay) and portraits, but most of his paintings are landscape oil paintings.

Dick is a true Renaissance Man. He divides his time between family, music, gardening, art, and tennis. These are some of the things that keep him active in his retirement years. Following are pictures of works of art painted by Dick.



"Trillium"

"Sunday Bike Ride"



WINTER WEATHER

Even though we have had nothing but snow flurries (and very few of those!) so far, winter is upon us. It is important for us to remember a few simple things that we can do to get through the winter in a safe and healthy way. 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 -- in fact it is just the opposite. The fresh air and exercise we get from a short walk is good for us. So whether we are indoors or outdoors during the winter, remember to consider the weather and the temperature, dress appropriately, and stay safe and warm. The following tips are offered as suggestions to help us all enjoy the winter weather a little more!



- when indoors:
 - ✓ set your thermostat to a temperature comfortable for yourself -- 68 degrees or higher is recommended (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;
 - ✓ wear a sweater or other long-sleeved shirt to stay comfortable around the house;
 - ✓ 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 or mittens for your hands, and if it's snowing, wear a waterproof jacket to stay dry and boots to keep your feet dry and warm.



DID YOU KNOW?

- The shortest tennis match played at Wimbledon lasted only 20 minutes. In 1969, Susan Tutt defeated Marion Bandy 6-0, 6-0. The longest tennis match played at Wimbledon lasted 11 hours and 5 minutes. In 2010, John Isner defeated Nicolas Mahut 6-4, 3-6, 6-7 (7-9), 7-6 (7-3), 70-68. No tie breaker is played at Wimbledon in the 5th set of the men's matches.
- Wimbledon is the only Grand Slam to have always been played on the same surface -- **grass**, while the U. S. Open is the only Grand Slam to have been played on three different surfaces -- **grass** (1881-1974), **clay** (1975-1977), and **hard** (1977-present).

Reminder to All

The GR BOD would like to remind all members that the GR directory is published for the use of members only for contacting other GR members about tennis matters. Please note and abide by the disclaimer at the top of the directory, which states the following:

"Golden Racquets publishes this seasonal roster as a service to members who wish to contact other members to pay for substitutions, other reasons related to tennis activities, or for personal contact between members. It should **NOT** be used as a mailing or contact source for commercial, religious, political solicitation, or any other purpose."

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.Golden Racquest.org>. Officers and committee chairs are as follows:

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

csdineen51@gmail.com

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

