



NEWSLETTER



Summer (July) 2019

Dear Golden Racquets (GR) Members:

It had been a year and a half that Golden Racquets had a closed membership, but in the spring of 2019, we opened up membership for less than one month. The result was a total of 45 new members (19 women and 26 men). We have been working on finding additional indoor and outside courts to accommodate these new members. We negotiated with Onelife Fitness Skyline and Springfield Golf and Country Club to use each of their three indoor courts and we start these venues in September (see separate articles on these clubs in this newsletter). During the last Fall/Winter season, we had 11 indoor venues and two outside venues with a total of 59 courts. This coming season, we will have 13 indoor venues and four outdoor venues with a total of 69 courts. We anticipate all our members will be able to find a regular slot in which to play tennis by being flexible with their venue selection.

Our Facilities Task Force met in May for the first time. Please see an article by member Michael Grace for information on the Task Force and its work in this newsletter.

When you sub for someone on one of our outdoor courts, no sub fee is required. A sub fee is required, however, for indoor courts unless the person for whom you are subbing waives that requirement. If a sub fee is not waived, then you should send a check to the home address of the person for whom you are subbing. The amount of the sub fee is listed on the first page of the roster schedule, which is sent via email to you prior to a new season. Please note that the roster no longer includes street addresses since the BOD decided to protect personal information of the members. When mailing a sub fee check, ask the addressee over the phone or by email for his/her street address.

Tom Burroughs
Acting President Golden Racquets



Remembering Charles James (CJ) Dieteman, former Golden Racquets President



It was with great sadness that we learned of the recent passing following a brief illness of Golden Racquets member CJ Dieteman. CJ was a very active member of Golden Racquets, serving in the capacities of venue captain, president, and advisor and special assistant to the acting president. We all knew CJ as a tennis player, but he could more accurately be described as a "Renaissance Man." Here is why:

CJ was born in Pennsylvania but grew up and attended college in Utah, where he graduated magna cum laude with a degree in history. After receiving his Bachelor's Degree, he joined the US Army as a First Lieutenant before heading off to serve a tour of duty in Vietnam. When CJ returned to civilian life, he continued his education by receiving a Master's Degree and a Doctoral Degree in history. Before actually completing his work toward his Ph.D., however, he was selected as a Fulbright Scholar, and studied in Europe for two years.

After returning to the USA and completing the work toward his Ph.D., CJ moved to Washington, DC, where he used his language skills abstracting intelligence from German and Romanian publications. His love of learning led him to pursue new areas of competence, and he decided to teach himself about computers. He spent the next 30 years of his career in information technology as a programmer.

Not only was CJ a history scholar, he was an accomplished athlete who pursued a variety of sports. We know he played tennis, but he also played and coached soccer and played softball all in Northern Virginia soccer and softball leagues. In addition to those sports, he had a great interest in ballroom dancing, which he pursued with his wife, Jane. CJ & Jane also loved to travel, having visited sites from China to Peru to Easter Island. He never heard of a place he did not want to explore.

CJ was a problem-solver and crisis-fixer. He thought through situations and applied the attributes of determination, resolve, intelligence, patience, and courage to every situation he encountered, bringing the situation to the best possible conclusion. His family knew this well, and asked that, in lieu of flowers, CJ be remembered by "doing something to make someone smile or laugh." A fitting tribute to a gentle and kind "Renaissance" man who will be missed.



Two New Indoor Golden Racquets Venues

Onelife Fitness Skyline

The Onelife Fitness Skyline is one of two new indoor clubs Golden Racquets will be using this Fall/Winter season. It will be a 3.7 and above ladder venue with three courts, starting Thursday, September 12, 2019, from 1:30 PM to 3:00 PM. It is located in the Bailey's Crossroads area at 5115 Leesburg Pike, Falls Church, Virginia 22041, and is an easy commute from Arlington, Alexandria, Falls Church, and Annandale. The lighting has recently been improved with the addition of a new white ceiling and LED lights, and there is plenty of free underground parking available. Skyline has invited Golden Racquets members to visit their facilities prior to registration to check out their tennis courts and other facilities. Paul LaRuffa will be the captain of this new venue. Directions to Skyline, when taking Leesburg Pike from Alexandria, are to turn left at the light at South Jefferson Street, then immediately move to the left lane leading to the underground parking ramp. At the bottom of the ramp, keep to the left and take a parking ticket from the parking machine. You may park in any vacant space in the rest of the lot. Take the elevator to Floor C and have the ticket validated at the reception desk. GPS systems should not be used to locate the underground parking lot.

Springfield Golf and Country Club

The Springfield Golf and Country Club has three indoor tennis courts which we will be using on Tuesdays. This will be a 3.7 and above venue, from September 10, 2019, to April 28, 2020, from 12:30 PM to 2:00 PM. The address is 8301-B Old Keene Mill Road, Springfield, VA, 22152 and can easily be located by any GPS system. There are plenty of parking spaces around the indoor tennis courts. The building does not look very high since the courts were built underground. The building and courts are only ten years old and are in excellent shape with good lighting. The tennis manager, Dave Ruben, has invited GR members to visit the tennis facilities prior to registering to play. This is the first time in recent history that we have had a venue in Springfield and expect to easily fill the roster with regular players, and have a substantial sub list. Joanne Hensley will be the captain.

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## **Fall Tennis Outside at Nottoway, Mason District, and Wakefield Parks**

From September through November, Golden Racquets will have four separate outdoor venues. The days and times are Nottoway (with newly resurfaced courts) will be on Tuesdays from 11:00AM-12:30PM, Mason District will be on Thursdays from 11:00AM-12:30PM, and Wakefield (with two days) will be on Mondays from 11:00AM-12:30PM and on Fridays from 9:30AM-11:00AM. The benefit of later start times for these venues are that players can avoid rush hour traffic, have some additional warmth for play, and (if needed) provide time for courts to dry off after rain from the previous day. Playing outside during the fall typically provides ideal weather for playing tennis. Many of you may want to have your

first and second choices next season indoors and your third choice at an outdoor venue. Snowbirds heading south to Florida in January may want to use their first choice for these outdoor parks. Regardless of when you or where you choose to play, we hope you will enjoy these beautiful outdoor venues!



## **Tennis Facilities Task Force**

by Michael J. Grace

Committed to solving an acute shortage of indoor tennis playing capacity but mindful of the challenges it faces, the Golden Racquets Tennis Facilities Task Force has had their initial meeting. Consisting solely of members of Golden Racquets, the Task Force welcomes both ideas and additional participants.

**Task Force Purpose:** The Task Force strives to identify and implement realistic, cost-effective opportunities to increase indoor tennis playing capacity in Fairfax County and surrounding jurisdictions.

**Initial Ideas and Status:** The Task Force preliminarily has identified and started to pursue numerous opportunities.

**Seek to Use Excess Capacity at Local Country Clubs:** In general, country club membership fees exceed the financial means of many Golden Racquets' members, and club court fees exceed Golden Racquets' budget. However, during the "off-peak" hours in which Golden Racquets typically schedules its tennis playing programs, some local country clubs may have excess capacity available to non-members at more reasonable rates. The Mid-Atlantic Section of the USTA has made such arrangements to offset its loss of indoor playing capacity due to the closing of the Four Seasons Tennis Club. If you have contacts at any local country club with whom to explore this kind of opportunity, the Task Force would appreciate hearing from you.

**Arrange to Bubble Public Courts Seasonally:** Some local entrepreneurs have begun to explore opportunities to bubble public tennis courts seasonally (i.e., during the winter months). Local jurisdictions would make the courts available, and the entrepreneurs would bubble them. The bubbling company would recover its costs and earn a profit by charging court fees. The Task Force has identified some courts that could prove to be good candidates for seasonal bubbling and has contacted potential bubblers. Meetings with local government officials will be sought.

**Structure Public-Private Partnerships between Local Government Jurisdictions and Private Developers:** One of the most formidable challenges to increasing indoor court capacity consists of the escalating values of land in Northern Virginia. A private developer having both to purchase land and to construct a tennis facility on it cannot easily "make the numbers work." However, a private developer could find it attractive to construct indoor courts on land a local government provides. The developer/operator of the facility would pay the government some negotiated percentage of the revenues. This possibility might be refined in a couple of ways. For example, (1) in order to more easily obtain public agreement, indoor tennis facilities could be combined with other indoor athletic activities, such as pickle ball courts, and (2) a local developer might be enticed to contribute (technically, "proffer") some construction costs in exchange for being permitted to develop other property.

**Identify Potential Developers of New Indoor Facilities:** For the reasons already explained (principally the escalating value of land), convincing anyone to build a new indoor tennis club would prove difficult to achieve. This could be accomplished, however, if a developer were to collaborate with a non-profit organization interested in doing "public good." For example, a well-healed tennis enthusiast's private foundation could partner with a developer to purchase land and build new indoor courts. That's how the tennis training center in College Park, Maryland came to be.

**Input and Participation:** The Task Force welcomes -- from all members of Golden Racquets -- reactions to these initial ideas and participation in the Task Force's future meetings and activities. To share your input or to get more involved, please contact Michael Grace at 703-522-4633 or [michaelj.grace@verizon.net](mailto:michaelj.grace@verizon.net).

As the Task Force resolved in its initial meeting, "better to try and fail than not to try at all!"



### **Tennis, Anyone?**

submitted by Shirley Newman and Bala Balakrishnan

According to an article read by two Golden Racquets members (Shirley Newman and Bala Balakrishnan) in a Life Time Gym publication called *Experience Life*, playing tennis may be the key to longevity. But why would a racquet sport have a benefit over other sports, such as jogging, cycling, or weight lifting, for example? Activity of any kind is good for our health, but the added benefit of a racquet sport seems to be that it involves social connections. A team of researchers analyzed exercise patterns and lifestyle among 8,600 Danish men and women who participated in the Copenhagen City Heart Study during a 25-year period, and it was found that tennis players "enjoyed an additional 9.7 years of life -- out-distancing sports such as badminton (6.2 years), soccer (5 years), cyclists (3.7 years), and runner (3.2 years)" as compared to those who led a more sedentary lifestyle. Other studies have also demonstrated the longevity-enhancing powers of social connections. So follow the advice of Shirley and Bala and do yourself and your friends a huge favor by grabbing your racquet and shouting out "**tennis anyone?**" You'll be glad you did!

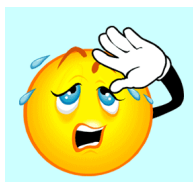


### **Summer Heat**

by Fred Hart (reprinted from summer 2018 edition)

*With the arrival of summer and outdoor tennis and the inevitable heat we know will be coming soon, it seemed like a good time to review some warning signs and tips for preventing heat exhaustion. The following article is reprinted from the summer 2018 Golden Racquets newsletter:*

"Heat stroke" is a condition caused by the body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heat stroke, can occur if the body temperature rises to 104 degrees F (40 degrees C) or higher. The condition is most common in the summer months. Heat stroke requires emergency treatment. Left untreated, heat stroke can quickly damage the brain, heart, kidneys, and muscles. The damage worsens the longer the treatment is delayed, increasing the risk of serious complications or death. Here are some warning signs and tips for you to consider:



### Some warning signs of heat-related conditions (such as heat stroke)

|                       |                               |                       |
|-----------------------|-------------------------------|-----------------------|
| Headache              | Profuse sweating              | Exhaustion            |
| Nausea/vomiting       | Muscle cramps                 | Dizziness/fainting    |
| Blurred vision        | Hot & dry or cold & damp skin | High body temperature |
| Confused mental state | Rapid breathing               | Racing heart rate     |

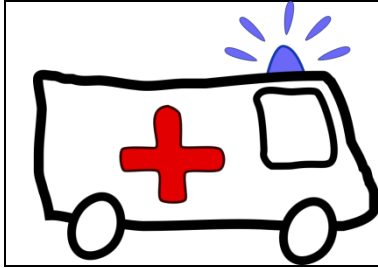
### Tips to help prevent heat-related symptoms & conditions

- Drink/sip water all day long rather than just when you feel thirsty.
- Avoid alcoholic drinks, caffeinated beverages, sugary soft drinks, and full-strength fruit juices.
- Keep the shades drawn and blinds closed on windows where the sun is pouring through.
- Turn off lights that are not being used (this will help the cost of electricity as well as keep the heat-level down!)
- Use tepid water when showering or taking a bath.
- Wear loose-fitting, light-colored, light-weight cotton clothing.
- Eat more foods that are high in water content, such as fruits and salads.
- Check on family and friends to make sure they are not suffering from a heat-related condition.
- Some medications may require minor adjustments, so check with your doctor if you believe this may apply to you. **However, under no circumstances should you modify your medications in any way without checking with your doctor.**
- NEVER leave anyone -- regardless of age -- or any pet in a closed automobile. It takes only minutes for the heat inside to rise to a dangerous and often lethal temperature.

### In the event of a heat-related emergency, call 911

- If you think a person may be experiencing heat stroke, seek immediate medical help by calling 911. While waiting for medical help to arrive, take immediate action to cool the overheated person by:





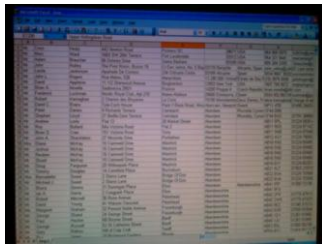
- getting the person into the shade or indoors
- remove as much excess clothing as possible
- cool the person with whatever means are available -- immersing in cool tub of water or cool shower, spraying with a garden hose, sponging with cool water, fanning while misting with cool water, placing ice packs or cool towels on the person's head, neck, armpits, and groin.

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Acknowledging and Appreciating Longevity

by Larry Hyer

Golden Racquets was formed in 1980 with 32 charter members. Today we have 340 members and have had to close membership because of a lack of playing venues. The three people who started Golden Racquets probably never dreamed that the organization would become so popular.



When one speaks of membership an immediate thought comes to mind -- who has been in the organization for the longest period? Thanks to our excellent data base, we are able to answer that question. The five people who have been in the organization for the longest period and the scenario that caused them to join is as follows:

Marion Ciaccio: Marion joined in 1986. We were unable to contact Marion to get additional information. According to our data base, however, Marion is no longer a playing member but has maintained her membership.

Ed Byrne: Ed joined in 1990. He was playing regularly at the community courts and one of the persons with whom he was playing was a member of Golden Racquets. He suggested that Ed join, which he did. Ed went on to be a very active member of Golden Racquets, serving as a Captain and President. Information concerning Ed's work with Golden Racquets was highlighted in a recent issue of the newsletter. Ed is not currently playing because of illness.

Faith Klein: Faith joined in 1991. She said she was playing one day and a person on the next court said she should play with their group. Faith replied, "Who is that?" and the man replied Golden Racquets. Faith discovered she was too young to join at that time, but when she reached the minimum age, she joined. She is currently not playing because of that famous tennis bug-a-boo -- bad knees.



Jesse Hill: Jesse joined in 1995. He was playing tennis with a guy name Chris Trong who was well known as a player at Wakefield park. He suggested that Jesse join Golden Racquets.

Jessie said that Chris played into his 90's and that he had played tennis on the day of his death. Jessie is not currently playing because of the challenges of arthritis.

Jo Ferry: Jo joined in 1996. One of the women in her tennis group was Carol Richard. Carol suggested that Jo join Golden Racquets, which she did. Jo's friend Carol later became President of Golden Racquets in 1999. Jo is currently not playing, but hopes to get back to playing this fall.

In a recent issue of the Golden Racquets newsletter, there were four members recognized as being the most veteran members of the organization. Those members were Faith Klein (the only one we got correct!), Cliff Warfield, Ann Gatz, and me, Larry Hyer. These four members were the members who held the longest running membership of those members attending the Annual Meeting. We were happy to recognize them, and now are happy to recognize Marion, Ed, Faith, Jesse, and Jo as well. We have only one thing to say to each of these longstanding members -- and that is . . .

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Congratulations!

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The Wednesday Golden Racquets Burke group preparing for another afternoon of fun and fitness!

Picture submitted by Jane Hart.

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Exercise for the Brain

by Connie Dineen

There are many ways to keep the mind active as we age. Picking up a new hobby is one such way, and there are many kinds of hobbies out there. Another way is to do puzzles of various



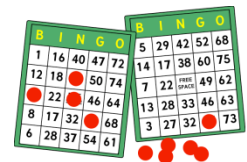
kinds. Here is an adult version of a word puzzle that was one of my favorite's as a kid -- seeing how many new words can be made out of one single word by rearranging the letters of the original word. Give it a try, and see if you can come up with 25 new words from this one single word -- **BRAVERY**. As a hint, there are 2 words beginning with "A", 10 words beginning with "B", 3 words beginning with "E", 6 words beginning with "R", 3 words beginning with "V", and 1 word beginning with "Y", for a total of 25 words from the single word "**BRAVERY**". Can you find all 25 new words?



Really? Can It Be?

It has been said that sometimes legislators in the USA can get a little carried away. The following are some laws that really are still on the books in the state (or perhaps in only one city or county of the state) mentioned. Can it really be so???

- North Carolina: It is illegal for a bingo game to last more than five hours.
- Ohio: A policeman is allowed to bite a dog if he/she thinks it will calm the dog down.
- Georgia: It is illegal to change the clothes on a storefront mannequin unless the shades are down.
- South Dakota: It is illegal to lie down and fall asleep in a cheese factory.
- Oregon: Ministers are forbidden to eat garlic or onions before delivering a sermon.
- West Virginia: In Nicholas County, no clergy member may tell a joke or a humorous story from the pulpit during a church service.
- Louisiana: It is illegal to gargle in public.
- Alaska: It is illegal to serve alcohol to a moose in Fairbanks.



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.GoldenRacquest.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.

