



Newsletter

“TENNIS: A LIFETIME SPORT”

September 2010
Editor: Albert Noda

PRESIDENT'S MESSAGE

TO GPCTA Members and Associates,

Congratulations to all of our members and associates who have enjoyed participating in the GPCTA Programs during the past three months. The courts are busy! Tennis is hopping in Grants Pass!

Thank you especially to the members who continue to assist with our activities, court cleaning, photo taking, event planning, and tournament management. You know who you are and **WE THANK YOU!**

Our three tournaments: Summer Classic, Junior Tournament and Caveman Classic had record numbers of participants, formats that allowed for maximum play, and great enthusiasm that was evident by the participants. We even had lunch available at the Caveman Classic!

We look forward to events through the end of the year: **Social Doubles** on one Friday a month (weather permitting), **the Bold 'n Golden** on Friday mornings in October at Gilbert Creek, the **Halloween Scream**, Saturday, October 30, and our **Christmas Party** to be held Thursday, December 9th at 5:30 PM at Wild River Public House. We will be offering a **Winter Event** in February the date yet to be determined, if you have ideas on what you would like to see at this event, let us know. Also, let us know if there are other activities that you would like to have included.

The GPCTA Board continues to request your feedback and ideas regarding future programs and tennis opportunities. Remember, we serve you the membership and we continue to want to know your thoughts along with the ways in which we may serve you better to your advantage.

Thanks also to the members who have contributed additional fund for the Association's activities:

Vince Arrell, Elizabeth & Benno Beck, Ruth Berkey, Craig Chambers, Rebecca Clark, Jenny Hamblin, Barry & Maritza Hammann, Todd & Suann Harris, Abi Johnson, Virgil Lemley, Tom Parsons, Andrew & Grace Pitzak, Lynn Reedy, Ted & Cat Robnett, Lisa Solomon, Robert Subias, and Dudley & Sandra Thornton.

Remember: Tennis is a Lifetime Sport!

Ruth Berkey
President

General Information

Meet Your 2010 GPCTA Board

Ruth Berkey	-	President
TBA	-	1st Vice President
Joe Matola	-	2 nd Vice President
Louis Parks	-	Secretary
Janice Burns		Treasurer

Contact your Board and Members at 541-479-0326

Members

Diana Hoatson	Samantha Mendoza
Jan Kirk	Jeff Nash

If you would be interested in serving on the GPCTA Board please contact one of the current members and indicate your interest. We have fun and enjoy being a part of making Tennis in Grants Pass outstanding!

Instruction, Lessons, & Clinics

Affordable private and group lessons are available from our **USNTA Certified Instructor**: Jeff Nash (541) 660-4877.

Beginning-Intermediate Tennis Class – Tuesdays, Sept. 14 thru Oct. 26, 5:30pm, at Gilbert Creek under auspices of GPCTA with instructor Jeff Nash.

It will cover tennis stroke basics and also include strategy for singles and doubles play. Questions concerning the class should be directed to (541) 479-0326. Cost will be \$65 per person, which includes membership in the Community Tennis Association. A maximum of 15 students will be allowed in order to provide quality instruction.

Advanced Tennis Class – Thursdays, Sept. 16 thru Oct. 28, 5:30 to 7:00 p.m., at Gilbert Creek under auspices of GPCTA with instructor Jeff Nash.

It will cover advanced tennis stroke information and also include strategy for singles and doubles play. Questions concerning the class should be directed to (541) 479-0326. Cost will be \$65 per person, which includes membership in the Community Tennis Association. A maximum of 15 students will be allowed in order to provide quality instruction.

Junior Tennis Team

Invite only, year round, competition tennis, Wednesday, 5:30 to 7:00 pm, and Sunday, 2-4 pm. Call Jeff Nash for further information.

Renew Membership - 2011

Have you renewed your 2011 GPCTA Membership? Dues run on a calendar-year basis, and help pay for our tennis programs and the court-cleaning equipment. The membership form is available at our GPCTA website: www.GrantsPassTennis.net and at the Gilbert Creek Clubhouse. Fees are: \$35 Family, \$20 Single, and \$10 Junior.

Local Progressive Doubles

Progressive doubles will last until end of October and start-up again around 1 April 2011.

Coed - Monday & Wednesday nights from 5:30 to 7:30 PM. Meet at Gilbert Creek Courts. Call Jeff Nash at 660-4877 for more information. . The monthly clinics offered by Jeff cost \$5 for non-members and are free to members. **PLEASE BRING 4 QUARTERS (for the lights) AND A CAN OF TENNIS BALLS.**

Women's Progressive Doubles, **Tuesday** 8:30am to 11 AM. Come and enjoy meeting other women tennis players in our community. Open to members and non-members. A monthly clinic will be offered by Jeff for \$5 for non-members and free for members. Details: contact Ruth Berkey.

Social Doubles, Unfortunately the opportunity to play Social Doubles met with some rain on 27 Sept! We were pleased with the enthusiasm and the next event that is planned for October 15 from 6:00 to 7:30 p.m., then socializing at Wild River Brewing and Pizza Company!

GPCTA Remaining 2010 Events

Bold and Golden: Friday mornings 8 – 29 October
Halloween Scream: Saturday, 30 October
Christmas Dinner: Thursday, 9 December at Wild River Public House, 95 NE E Street. Save the date

Newsletter Email Policy

The E-Newsletter will be emailed as opposed to postal mail to reduce costs. Anyone not having an email address can contact the CTA for special arrangements. A copy will be posted on the Bulletin Board at Gilbert Creek Park for your convenience.



GRANTS PASS TENNIS SPORTS COMPLEX

- 1) The Board of Directors represents community leaders and GPCTA representatives: **Karin Callahan**, Finance and Administration, Southern OR Sanitation, **Dr. Frank J. Hurd**, has spent nearly 45 years as an alternative practitioner, author, and lecturer in the natural healing arts; he has degrees in Chiropractic and Medicine, **Nikki Johnson**, Rogue Community College veterans and Financial Aid, **Jeffrey Nash**, GPCTA, Certified Tennis Instructor, **Louis Parks**, Amerisave Mortgage Corporation Mortgage Broker; **David Raskin**, Accountant: Second generation bookkeeping and tax service since 1968; **John Reinhart**, chair Grants Pass Parks & Recreation Board, founder of the Reinhart Sports Park, and **Ruth Berkey**, President of the GPCTA.
- 2) Focus continues on the IRS 501(C)(3) determination for the Organization. Board members attended a two-day conference in grant writing and selecting those foundations that have an interest in developing Amateur Athletes. Funding sources have been identified and will be contacted once the IRS status is determined.
- 3) The GP TSC board continues to work with Ausland Builders as the Construction Manager.

Potential Layout at Rogue Community College



Summer Classic (June 5 & 6) Summary

The “Cottonwood” Summer Classic was held on June 5 and 6 at Gilbert Creek Park and at Portola Park courts with 68 players playing 80 matches. Although the courts were blown clean in the morning the cottonwood was flying everywhere as if there was a warm weather snow storm, but the play went on without a hitch. As you can see from the pictures below, the little white puffs are from the cottonwood and not from anomalies of the pictures. From the previous year there were no repeat winners in the singles competition and most of the winning doubles teams did not return with their same partners. Players came from several of the nearby communities, but some ventured further from home by traveling from such places as Portland and Crescent City. To see detail results go to the GPCTA website” www.grantspasstennis.net



Lauren



Bob & Cindy



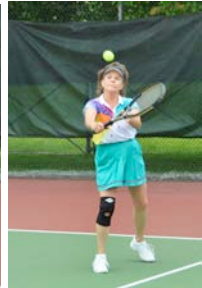
Bill



Joe



Celine



Ruth



Laura



Kevin



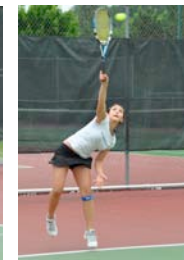
Lincoln



Dave



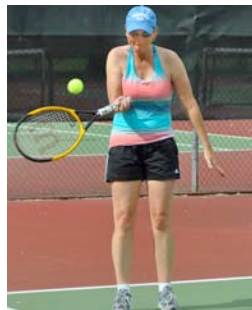
Ralph



Amy



Diana



Judy



Stephanie



Cottonwood balls

Sponsors:

A Special Thanks to the sponsors who have continued to be a part of the GPCTA Junior Tournament for a number of years now! ~ **Judy's Grants Pass Florist & Gifts, Hull & Hull Funeral Directors, Golden West Electric, Brent Titus Dental Lab, JDN Tennis & Stringing.** We also thank Jeff Nash and his staff along with members of the GPCTA Board for their support.

Junior Championship (August 13 thru 15) Results

The Junior Championship was played on August 13 through 15, Friday through Sunday, as 33 juniors played 49 matches. See the GPCTA website www.grantspassstennis.net for results. Congratulations all the participants!



Kevin



Erin



Elizabeth



Barrett



Zachary



McKenna



Zachary



Harley and Shannon

Caveman Classic (Sept 4 thru 6)

The Tournament The 29th Annual Caveman Classic was held under beautiful blue skies perfect playing weather during the Labor Day weekend, 4-6 September. There were 88 participants who played 99 matches coming from many different geographical areas (5 different areas in California 10 different areas in Oregon) and as far away as Westminster, CA (over 750 miles). The play start early in the morning and went to nighttime with some matches playing under the lights. The final matches were concluded around noon on Monday. There were plenty of food, lots of raffle prizes and tournament T-shirts (note: if you still want to buy a T-shirt a new order is being placed so contact Jeff Nash or Ruth Berkey). Below are pictures of some of the action.



Samantha



Justin



Aaron



Ozzie



Melinda & Lance



Dave



Dudley



Matola's



Andy



Rhonda



Carl



Raffle & Tee's



Amy



Barrett

Caveman Classic 4-6 September 2010 (cont'd)

Sponsors & Caterer

We would like to thank the four sponsors - Adidas, Tennis Warehouse, Club Northwest, and especially Umpqua Bank for their contributions to making this a successful event. In addition to financial, other contributions included sports wear, 50% discount passes to the Portland Adidas employee store, and tennis bags. Most of the items were raffled as part of the fundraising efforts to bring quality tennis to the area.

In addition, to the snacks provided to hungry players, the Backroad Grill from Merlin, Oregon did a no-host catered lunch on Sunday. We send out thanks to them as they provided tournament players and guests a real treat to have food on site. We are hopeful that they will continue to be involved in GPCTA events in the future.



One Doubles Congrats

There were 4 teams this year that started local play with several people from Grants Pass with Janice Burns, Rebecca Clark, Ruth Berkey placing 2nd and the team of Cindy Ogden and Martha Kelly (Jacksonville) taking first. The winners continued to the next level of play with the ultimate goal through many elimination events of reaching the Nationals in Indian Wells in March of 2011.

“One Doubles” Team Going to Nationals!

Cindy Ogden (Grants Pass) and Martha Kelly (Jacksonville) played in sectionals on (September 25-26) in Yakima, WA. They played two teams from Portland, and two teams from Seattle. There were eight teams, five from WA, and three from OR. There were two flights of four teams playing in a round robin. The winners of each flight met in the finals on Sunday the 26th (including Cindy and Martha). They were tough teams but Cindy and Martha ended up beating them all, not giving up a set, so they will go to **nationals and represent the Pacific NorthWest in Indian Wells next March**. We should be very pleased that they represented our area and did what they set out to do, after a 7-1/2 hour drive up to Yakima (and back of course). In one match, they were down 0-5 in one set, came back, and won the tiebreak for 7-6, then in another match, they were down 2-5, and still won the set 7-5. Needless to say they really had to dig deep at times to make it work. Let's face it; they were "in the ZONE !" Congratulations to them!



Cindy Ogden

The Del Norte Tennis Association Annual Party on the River

GPCTA representatives were in force at the "Del Norte Tennis Party on the River". What a joyous event and were we ever given a warm welcome from members of their Association! Those who attended the tennis tournament and all of the fun activities on "the river" were Connie Kaler and Greg Carratt who were the Consolation bracket winners of the mixed doubles event in Division I; Seline Pierson and her partner Roy Tedsen (from Hiouchi, CA), placed second. Other members who attended were Dale Durboraw and Ruth Berkey. We all would highly recommend GPCTA members attend this event in 2011. It was excellent competition, wonderful fellowship and food, and a spectacular event in Hiouchi, (on the River), which included a BBQ and live music. A great time was had by all who attended. Members of the Del Norte Tennis Association have been excellent supporters of the GPCTA Tournaments, and you have to admit that they know how to have an enjoyable time with lots of good tennis competition.

Volunteer Recognition

GPCTA Board of Directors: Credit goes to GPCTA Board of Directors for a most outstanding year of tennis.

Tournaments: Special recognition goes to many volunteers that put in time, effort and many times funds, before during and after such events as a tournament: Jeff Nash, Tournament Director; Ruth Berkey, GPCTA President; Samantha Mendoza, Tournament Scheduling; Stephanie Mendoza, Assistant; Diana Hoatson, Cleta Gallo, Michiko Murayama for merchandise and raffle sales; Ozzie Cummins, tournament pictures, and Parks and Recreation personnel for assistance with the court usage

Court Cleaning Crew – We thank you all!

We are especially thankful to the devoted people who always seem to know when the "wet" party is going to occur. Ozzie Cummins stepped in to be the lead person with this group. In case you are unaware of who we are talking about, it is the group that keeps the courts clean and sparkling for all of us to play on. They drag the hoses, brooms, squeegees, and various connectors to the courts to make them sparkle. We especially thank them for their service to the GPCTA and to those of us who love to play tennis. Thank each person when you see them. Picture left to right: Don Turnbaug, Ruth Berkey, Jenny Hamblin, Robert Subias, and Ray Briggs, Janice Burns, Bill Cook; not pictured is Ozzie Cummins and Judy Wilkinson.



Weight Loss Management – Dr. Frank J. Hurd

*[The following is a continuation of information from Dr. Frank Hurd
– GPTSC Board Member and an enthusiast for the well-being of any and all athletes.]*

Successful long-term weight loss maintenance can be achieved by various means. A combination of dietary and physical activity interventions, along with one or more behavioral approaches, has proven successful in most persons with adherence to a consistent weight loss regimen. Successful approaches to weight loss maintenance include consulting with a physician, nutritionist, or other support source; adhering to a balanced nutritious diet with a variety of plant-based foods; monitoring weight; eating a hearty breakfast; and exercising regularly. Long-term pharmacologic treatments for weight loss maintenance have been studied and were found to have little to modest success, with some weight regain typically reported.

A definition of weight management implies intentional weight loss that has subsequently been maintained for at least six months to one year. It's success is associated with reaching a self-determined goal weight of as much as 10% of initial body-weight, having a physically active lifestyle, with approximately one hour each day of physical activity, such as brisk walking, biking, swimming, tennis, or hoeing the garden. Other factors include a regular meal rhythm including breakfast and maintaining a consistent eating pattern across weekdays and weekends, control of over-eating, not eating before bedtime, and self-monitoring of behaviors. Weight maintenance is further associated with an internal motivation to lose weight, social support, better coping strategies and ability to handle life stress, assuming responsibility in life, and overall more psychological strength and stability. Factors that may pose a risk for weight regain include a history of weight and stress, and more passive reactions to problems.

Weight loss maintenance is usually easier over time. After individuals have successfully maintained their weight loss for two-four years, the chance of longer-term success greatly increases. Long-term weight loss maintenance, with long-term success is possible. The continued adherence to a proper diet, exercise strategies, a healthy lifestyle and maintaining low levels of stress and depression are all key factors associated with long-term success.

Yours for Better Health,
Frank J. Hurd, D.C., M.D.
Co-author, Ten Talents cookbook/health manual
www.tentalents.net