

MILLBRAE RACQUET CLUB

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BETWEEN THE LINES

MRC NEWSLETTER

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PRESIDENT'S MESSAGE

Hi MRC members

Happy Summer. I hope everyone is able to get out and get some tennis in. I'd like to say "Welcome" to the new members that have recently joined MRC. We hope you come to enjoy our club, meet new players and get some good tennis in.

If I have yet to meet you, I hope to do so soon.

Please join us on our Fun

Day. We have such a fun and amazing time; eating, greeting, laughing and getting some tennis in all on the same day. A great way to meet everyone too.

Additionally we have "women's" tennis on Tuesdays organized by Rita Armstrong and "men's" tennis on Thursdays organized by Ken Hoeck. Fun people, Fun tennis

and Fun times.

I would like to throw a 'Shout Out' to our amazing board who are continuously working on keeping things going. "It takes a village" they say; and let me tell you, this village is thriving.

Thanks to you all. You make it look effortless, but I know the effort is a lot of work and I so appreciate you.

I hope everyone has an amazing summer. I hope to see you on the courts soon.

Missy- (President of this crazy and awesome club we call MRC)

Appeal to save environment by recycling the cans- From Dean Hafeman ,

Hello Members,

You might have seen the growing number of empty tennis ball can/canisters that are gathering in the club house. Have you ever wondered what they are for?

This is part of a recycle/reuse and help the environment project that has been created and brought to our attention from our member Dean Hafeman, with the assistance of Bob Lopez. We are collecting tennis ball cans at MRC and then they are sent off for transport to re-forestation projects in Wisconsin. The cans (otherwise destined for landfill) provide protection (mainly from mice) to the trunks of seedling trees. The rounded bottoms of the cans are first cut off for this application.

Also, the cans are used to protect the apical buds of the same trees from deer over winter. For this application small ventilation holes are punched into the cans, which are then slid over the apical (topmost) buds — and tied to the trees to keep them in place.

The trees are selected from (mostly deciduous) timber species, such as oaks and maples. The trees

provide habitat to forest animals, as well as mature into valuable timber. The history of the area is such that a lot of forest was required to be cleared after Abraham Lincoln's Homestead Act of 1860. MRC and it's members are so happy to play a part in this re-forestation.

So please everyone, before you discard that tennis can / canister in the recycle bin, rethink where it should be placed? We suggest in the club house to be added to growing number of cans/canisters that are headed to Wisconsin.

It's so wonderful to do such a small thing, that can result in such an amazing outcome.

Many Thanks to Dean Hafeman for spearheading this project for all these years. We applaud you and your continued effort to help our environment.



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ON THE LINE- EDITORIAL NOTE



Couple of weeks ago after my Thursday tennis (courtesy of Ken Hoeck), I was enjoying my get together with the members on the deck of the club. Suddenly someone asked, Do you know what is the origin of tennis. I was not sure about the answer, but said anyway that it may be it originated from England. Then I thought most of us will be interested to know the answer.

According to historians tennis was first played in France in the 12th century. Since that time Tennis has always been a game where a ball is hit back and forth. In the beginning the game was played with your bare hands! Hard to believe In fact the palm of your bare hand was used to hit the ball! Balls would usually be made out of leather. The game became very popular in France and there it was called “Jeu de Paumme” (Game of the palm) at the time! It continued for few centuries and then modern tennis took its place. The invention of modern tennis has been traced to its modified introduction by Major Walter Clopton Wingfield in 1873, with his first book of rules that

year: he took out a patent on his game in 1874.

If you are an Englishman “tennis” in England does not mean the same thing it does in the United States. There it is the

name of a game going back to the Middle Ages. When the British refer to the sport, they are talking about lawn tennis – whether it is played on a lawn, on clay, dirt, cement, asphalt, concrete, wood, or a composition surface.

What the British call “tennis” (also known to them as real tennis or royal tennis) is labeled “court tennis” in the United States. It is the game from which lawn tennis was derived late in the 19th century. The racket sport traditionally named lawn tennis, invented in Edgbaston, Warwickshire, England, now commonly known simply as tennis, is the direct descendant of what is now denoted real tennis or royal tennis, which continues to be played today as a separate sport with more complex rules.

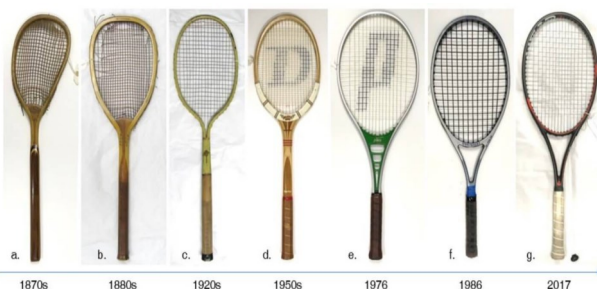
Tennis was first played in the United States in 1874. In 1881, the National Lawn Tennis Association was founded in order to organize all tennis activities in

the country. The first major tennis tournament was called the US Open Championship and was also first played in 1881.

Before the advent of Open era of tennis (1968) it was only open to amateurs with no prize money. However that changed the face of tennis after 1968 when Grand Slam tournaments agreed to allow professional players to compete with amateurs. The television and the settlement of rivalry between National Tennis Circuit and World Circuit Tennis resulted in huge popularity in the game.

The percentage of the U.S. population playing tennis at least once in the course of a year bounced up from 5.8% up to 7.7%, according to the 2024 USTA. USTA is to set an even loftier goal to match: to have 10% of the U.S. population playing tennis by the year 2035 to make the U.S. the number one tennis-playing nation in the world. Such an increase could help tennis take an even bigger slice into what’s been a growing physical inactivity epidemic in the U.S..

My folks, tennis is a great game. I am glad I am part of it. Thanks for the opportunity to serve.



Do not criticize your partner when you play doubles. Instead offer encouragement. Always display good sportsmanship-compliment your opponent on good shots.

MRC Etiquette

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MRC FUN DAYS-HOLIDAY EXTRAVAGANZA

Come and join us at remaining 2024 Fun Days.

If you have never experienced a Fun Day, it's a morning full of social doubles, in-person conversations, food and drink. It's the best place to meet people and to find your tennis partners.

MRC will provide all the beverages and tennis balls.

Because fun days are popular, sign-up quickly when you receive the email announcement, using the link in the email or at the MRC website under Events/Funday registration. If you can't get either

method to work, contact Ken Hoeck at frankus33@aol.com

Sunday, August 4th

"Summer Fun Day"

Monday, September 2nd

"Labor Day"

Sunday, September 29th

"Almost Oktoberfest"

Sunday, October 27th

"Halloween"

Sunday, December 1st

"Year End"

Sunday, December 8th

"Holiday Party"



WELCOME TO THE CLUB- NEW MEMBERS

Anna Edwards 3.0 Self

805-404-8500

edwardsa63@gmail.com

Kathy Buckley 3.5 USTA

415-416-8980

buckleyk98@gmail.com

Anne Dymont Beginner

415-272-5771

adymont@gmail.com

Elizabeth Alexander 3.0 Self/Beginner

901-462-5014

elizalexander@gmail.com

Carlos Cabrejos 3.5 Self

415-710-5050

calcaba@sbcglobal.net

Vincent Chang Beginner

415-810-9599

fastrails@gmail.com

Cody Stephenson Beginner

404-915-7743

cody271828@gmail.com



Talk quietly when standing near the courts that are in use.

MRC Etiquette

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UNCLE SLEEPY UNSOLICITED ADVICE FOR NEW MEMBERS

How can I find someone at my level to play?

That's a piece of cake. Go to club website (millbraeracquetclub.net). Click on page called "Find a Player". It has a list of other members who are looking for someone to play with. Enter your data too. Don't be shy-- call or text them or ask them if they want to play.

Can I bring a guest to play?

Yes, pay the \$5 per guest fee, either by using Venmo or cash. Don't leave cash on the table. Fill out a provided guest fee envelope, put the cash in the envelope, and drop the envelope in the slot in the door between the two bathroom doors.

How do I schedule my court time?

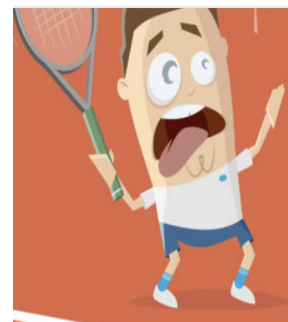
Now you are talking. Go to MRC booking system

(mrccourts.skedda.com). Login with your email and use your password and you can schedule.

I lost my club key what should I do?

No worries. Call or send a text or email to Claudia Edson (stedson1@aol.com) She will help you to get a duplicate.

That's all folks for now. Have fun and it's time for me to sleep.



MILLBRAE RACQUET CLUB IS JOINING THE FIGHT TO END ALZHEIMER'S!

MRC AUGUST 4, 2024

Alzheimer's

Event Announcement

Mark Your Calendars! For the third year, the Millbrae Racquet Club is joining the fight to end Alzheimer's! We are participating in The Longest Day to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Join us for MRC's Third Annual Alzheimer's Fundraiser on August 4, 2024. Great tennis by you, great food by MRC, interesting auction items like dog board and care for a week, or a week at a luxury three bedroom Tahoe townhome (Old Greenwood), or a 1.5 hour introductory Padel clinic for four at Bay Padel.

Alzheimer's is devastating

for the caretakers, families, and friends of the folks (7 Million US) who have this disease. MRC's August 4th Alzheimer tourney gives us a path to support more intense Alzheimer's research and development.

Hope to see you August 4th. If you would like to support now, you can

Go to MRC's ALZ donation portal.

https://act.alz.org/site/TRfr_id=17194&pg=personal&px=22162730

Never walk behind the court when a point is in play. Wait until the point is over and then cross as fast as possible.

MRC Etiquette

MRC 2024-2025 MEMBERSHIP DUES-PAYPAL PAYMENTS

MRC Members,

You should have received an invoice for payment of MRC membership dues in last few days. If you are using PAYPAL to pay your dues, please email/text a copy of payment

to our treasurer, Humberto Melara. His email is melara50@gmail.com and phone is 415-623-0984. PAYPAL will send payments to MRC without the name of the

payer and he needs to make sure the payment is credited to your account. Thanks for your cooperation in advance.

Humberto Melara

MRC Treasurer



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ORGANIZED TENNIS CALENDAR

Men's Doubles

Thursday 8.30–10.30 AM

Contact:

Ken Hoeck

frankus33@aol.com

Women's Doubles

Tuesday 9.00 –11.00

Contact :

Rita Armstrong

rita.armstrong300@gmail.com

USTA TEAM UPDATE

Hi MRC Members,

Congrats to our three Spring season USTA teams!

Linda Difuntorum and Sally Downing started a team in a division new to MRC players. The team played hard with some new players involved, traveling as far south as Sunnyvale to meet up with formidable opponents. A great building and bonding experience for our 6.0 55+ ladies.

Rita Armstrong's 7.0 55+ ladies team, which included many of the same players, made it to the first round of playoffs. Another great season with some impressive wins.

Both men's (4.5) and women's (3.5) 18 and over teams eagerly await their first round playoff matches. Thanks to captains Ben Wu, Kari Roberts, and Anne Rainwater for leading their teams successfully and best of luck to all the players moving forward.

Wishing much success to the 40/over Mixed 7.0 team led by Humberto Melara and Missy

Chiesa as they enter the Summer season. Come out to cheer them on at one of their home matches through the end of August.

Registration has started or opens soon for the next round of USTA teams. Please note the dates from USTA website and get your teammates together if you're interested. Lauren Rosen can offer help with the USTA registration, rating, and scheduling if you're new to the system. Contact her at laurenrosen@gmail.com

ADULT 70& over Daytime

Team Registration: June 24-Jul 22

League Season : Aug 19– Oct 25

Mixed 55 & Over

Team Registration: June 24 - July 22

League Season: August 19 - October 27

Combo Doubles

Team Registration: July 1 - July 29

League Season: August 26 - November 3

Combo Doubles Daytime

Team Registration: July 1 - July 29

League Season: August 26 - November 1

ROGER FEDERER – 12 FINAL DAYS BY JIM VAN NESS

IF you were ever a fan of tennis great Roger Federer, you should watch a just released documentary, "Federer: Twelve Final Days". It's an intimate follow-along through the final twelve days of Roger Federer's illustrious career. Originally a home video never intended for public viewing, the film captures Federer at his most vulnerable and candid self, as he says goodbye to a game and the fans that shaped his life for the last two decades. This behind-the-scenes look at the final days of his professional career features his family and his three main rivals,

Rafael Nadal, Novak Djokovic and Andy Murray.

Roger retired with the same grace he displayed playing tennis. If you do watch it, have a hanky handy – the final scenes after his last match at the September 2022 Laver Cup with Rafa Nadal as his partner are likely to bring a tear to your eye, as they did to Roger, Rafa, and 16,000 cheering fans.

"Federer: Twelve Final Days" is available on Amazon Prime Video.

While playing tennis make calls on your own lines and let your opponent hear the call. If the ball is good say nothing and play on.

Thanks

MRC ETIQUETTE



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ROGER FEDERER GIVES COMMENCEMENT SPEECH TO DARTMOUTH GRADUATES—JUNE 9, 2024- TENNIS LESSONS THAT TEACH LIFE LESSONS- REVIEW BY RAMESH DRONAMRAJU

I am an ardent fan of Federer. I always loved his charm, discipline and talent as a player and respected his gentlemanly behavior on the court and off the court. Needless to say he ruled the world of tennis for 20 years and is considered king of Wimbledon. When his recent Dartmouth commencement speech went viral, I was very happy but not surprised at all as people started to reaffirm his legendary status and appreciate how great of a human being he has been all these years.

In his masterful speech, Federer immediately captured the attention of the audience with jokes about his wearing shorts and expressing his love for tennis.

As he reminisced about his post-retirement days, Federer opened up about the challenges of transitioning and shared valuable "tennis lessons" that he hoped the graduates could carry with them beyond Dartmouth, making his speech relatable and inspiring. Federer offered three gems of wisdom and valuable advice we can all use as we navigate the complexities of life.

Effortless is a Myth:

Commenting about his playing style, Federer revealed that his "effortless" game required far more than just natural talent. He shared stories from his early years, when he would whine, swear, and even throw his racket. He said pure talent requires hard work to believe in yourself. He said that one of the biggest lessons he learned is that sometimes, believing in myself is all he needed to keep him pushing forward.

Another quote that caught my respect for him was when he said, "You can win not just when you are at your best, but especially when you aren't." I remember another great tennis legend, Rafael Nadal also said the same a few years ago at French open. That reiterates how legendary these players are on their expectations.

As Federer reflected on the importance of not just talent, but also discipline and self-belief, I began to realize that even small things when they come together will lead to our ultimate victory.

It's Only a Point:

Federer seamlessly incorporated a scenario as he recalled the legendary 2008 Wimbledon match against Rafael Nadal, often considered the "greatest match of all time," and paid respect to his longtime rival. He showed respect to his longtime rival and spoke candidly about the criticism following his defeat, the expectations, and the loss of his world No. 1 title. He said some defeats hurt more than others, but it was crucial to keep working and competing.

He said that whatever game you play in life, sometimes you're going to lose. A point, a match, a season, a job; it's a roller coaster, with many ups and downs. He further said that digesting emotions, growing from defeats, and overcoming hard moments cultivate the mindset of a champion. Negative energy is wasted energy. Reflecting on our lives as a series of tennis matches, we realize that we grow the most through our hardest defeats.

Life is Bigger Than the Court:

"I knew that tennis could show me the world... but tennis could never be the world."

Federer spoke passionately about his foundation's mission to empower children through education. He reflected on his philanthropic efforts, complexities and rewarding experiences, which emanated from his enjoyment and feelings of inspiration. His main message to the students was that they also have the power to make a difference. Because life really is much bigger than the court.

In concluding his speech, he connected tennis experiences, education, and legends. The elements of tennis returned as he mentioned the various influences that make up the composition of who we are as individuals. In the end these bonds and relationships that we share with our friends and loved ones are the ones that matter the most.

As I enjoyed the speech and his words of wisdom, it made me think how the world around us can shape and influence if everyone follows his wisdom. Just like Federer said if we followed life like a tennis match, playing every point, win, or defeat.

I encourage everyone to take some time and invest in yourself in reading or listening to his speech. I am sure it will make you think.



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