

July 2017



Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

DINNERS AT THE CLUB AND GUEST SPEAKERS



Club member Henry Monahan, Director of Morning Star Gallery, will be the guest speaker for Dinner at the Club on Wednesday, July 19. Morning Star Gallery, located on Canyon Road, is renowned for carrying the finest examples of antique Native American art. Chic, as he is known to his friends, received a bachelor's degree in anthropology from Colorado State University and did an internship at The Smithsonian. He has been Director at Morning Star Gallery since 1998 and has 30 years

experience in his field. This is Mr. Monahan's fourth appearance as a Club dinner guest speaker. He is an erudite and entertaining speaker, which is why his talks are so popular. His topic for the next dinner is: "Introduction To Plains Indians".

The menu for July 19 is : *melon cucumber bisque; grilled cilantro lime chicken or vegetarian caponata; tomato medley arroz; roast calabacita. and dessert assortment.*

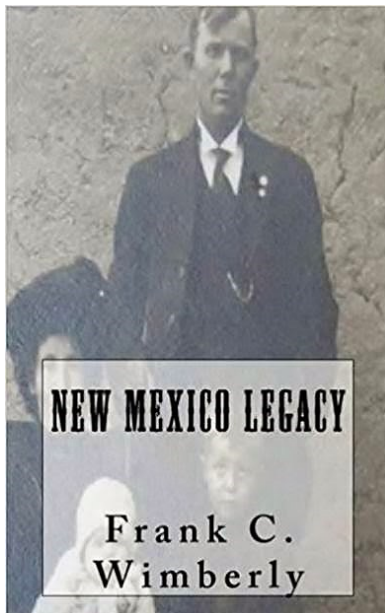
The reception is at 5:30 and dinner is at 6:00pm. The cost is \$27.50 per person. Beer and wine are extra. Please call the Club and make your reservation.

Another Club member, Frank Wimberly, will be the guest speaker for Dinner At The Club on Saturday, July 29. Frank has just published a memoir, *New Mexico Legacy*. This memoir is about Frank's exposure to the culture surrounding his grandparents and the Spanish language they spoke. They were important influences in his long relationship with the state of New Mexico and their impact on his life far into adulthood. He describes his recollections of headless snakes, children with rifles,

DINNERS CONT.



railroads, desert storms, horses, ranches, and research about family outlaws. The account culminates in the adventures that he and his wife Deborah had in Mexico during their efforts to adopt a child.



The book will be available on Amazon.com around July 10 Search "Amazon Wimberly New Mexico".

Mr. Wimberly received graduate degrees in mathematics and psychology and a Ph.D. in computer science from the University of Pittsburgh. He spent most of his career at Carnegie Mellon University in Pittsburgh as a faculty member or researcher in robotics, public policy, and philosophy. He lives in Santa Fe with his wife Deborah, a retired psychotherapist of several decades' experience, and five year old grandson Matthew .

The menu for Saturday, July 29 is: *grilled romaine salad; pasta primavera with chicken milanaise or vegetarian eggplant parmesan, and tiramisu.*

The reception is at 5:30 and dinner is at 6:00pm. The cost is \$27.50 per person. Beer and wine are extra. Please call the Club and make your reservation.

TAI CHI CLASSES AT THE CLUB

We are pleased to announce that Mila Watson is offering Tai Chi classes on Monday mornings at 9:30 on the lawn by the pool. Mila has been studying Tai Chi for decades and has been teaching for 5 years. Tai Chi encourages well-being, including proprioception, balance, strength, freedom of movement, energy flow, memory and focus. All of these will help with your tennis and injury prevention

TAI CHI CONT.

as well. The one hour classes cost is \$12 per person and reservations are suggested. Call the Club to sign up!

PRO'S CORNER BY JIMMY PARKER PRO EMERITUS

WANT TO DECREASE YOUR CHANCES OF DYING??

Well then, play tennis, badminton, or squash! (Or pickleball?) Recently released research done over a ten year period involving over 80,000 adults, indicates that players of racquet sports were an amazing 47% less likely to die of any cause, and 56% less likely to die of a cardiovascular disease compared to those who did not play. Those are some whoppin' numbers!

The study was done in England and Scotland and the average age of participants was 52. About half of them met the minimum recommendations for some kind of physical activity. They were tracked over the next ten years, and almost 9,000 of them kicked the bucket, technically speaking, during that period. The group that at least met the minimum standards for exercise were substantially less likely to end up underground.

As an aside, as recently as the 1940's, many doctors feared that exercise led to what was called an "athletic heart." It was noted that

many athletes had enlarged heart muscles, the same characteristic that many people who suffered heart attacks displayed. Later it was explained by the fact that many heart attack victims had hearts that had been laboring to pump blood through clogged arteries, and thus developed more heart muscle.

Interestingly, according to the study, some sports simply didn't have much impact on their participants chances of staying alive *compared to other exercises*. As expected, it was clear that those who exercised in any way improved their chances of living. Evolutionarily, the human body was designed to be active. However, it was found that runners and joggers did not improve their chances of staying on the right side of the sod by plying their sport, compared with other exercisers. Ditto for soccer and rugby players.

Other studies may shed light on this rather surprising conclusion. It has been shown that racquet sports have other components which promote longevity. Not only do they draw on the problem-solving parts of the brain in deciding on tactics and shot selection, but possibly more important, they have a definite social component to them. And there may be more affability in sports where the objective is not to hurl one's opponent to the ground. Not to mention injuries. The end result in all of this is simply that tennis players live longer, healthier, happier lives. Tennis anyone?

ANCIENT CITY ADULT OPEN TOURNAMENT

ANCIENT CITY OPEN TENNIS TOURNAMENT



The Club will host the inveterate Ancient City Adult Open Tournament July 21 to 23. Events are: NTRP men's and women's singles : 3.0 to 5.0; NTRP men's and women's doubles: 3.0 to 5.0; NTRP combined mixed doubles: 7.0, 8.0, 9.0, and 10.0. There is a first match loser consolation draw for all events and a tournament party at 6:00pm on Saturday. Register for the tournament online at USTA.com. Entries close July 16 at 11:59pm.

Earthstone International is once again sponsoring our tournament. Earthstone is an

industry leader in safe non-toxic abrasives, made from mostly recycled materials, which are great for all kinds of household cleaning. (www.earthstoneinternational.com)

Also we are pleased to announce that an anonymous Club member is donating \$2,500 on behalf of the Club and The Ancient City Open to the New Mexico Children's Foundation (nmchildren.org). The New Mexico Children's Foundation was formed in 1992 by New Mexico former First Lady Alice King. The Foundation is a grass roots organization that funds small non-profit children's organizations throughout the state. The current Foundation Director is former Santa Fe City Council Carol Robertson Lopez.

USTA ROUNDUP

The 40 and older USTA mixed doubles league is finishing at the time of this writing. The 8.0 team finished in the middle of the standings while the 9.0 team is currently in second place and hopefully headed to the playoffs. There were lots of great matches in both divisions and we got some valuable match play experience. The 9.0 men's 55 and older team which went to Nationals two years ago has resurrected but they have had a rough start to the season, with a couple of early losses. Meanwhile, our 18 and older 3.5 men's team is practicing for Sectionals in early August. Congratulations to the players on all of these teams as they work on their match play and personal excellence.

THURSDAY MORNING PICKLEBALL

Have you been thinking about trying out our new pickle ball courts? If you want to give it a try, or if you need someone to play with, come on out on Thursday mornings at 9 am. Your racket skills from tennis should make you a pretty good player to start with. Victor will be there giving pointers and explaining the differences in the rules between tennis and pickle ball. It's lots of fun and great exercise, even if you are not as quick and agile as you used to be.

ANCIENT CITY JUNIOR OPEN

The Ancient City Junior Open had players from all over the state, and even beyond. Our own Lily Farr and Asher Rosen got to the finals of their events where they lost to the top seeds. The weather was great and once again Coleton Hootman of Albuquerque won the boy's 18 singles. Kudo's to all the juniors who practice hard in preparation for tournament play.

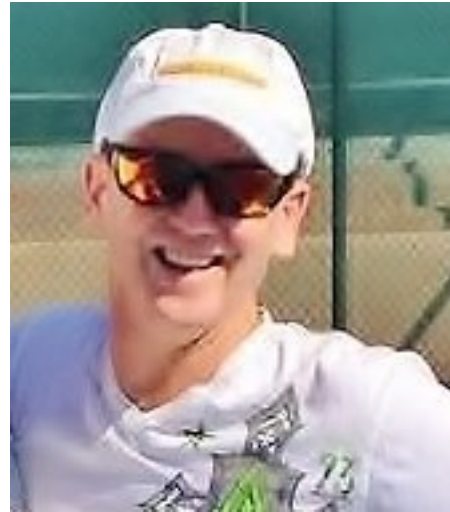
DOUBLES MIXER

We will have a social tennis doubles mixer on Saturday, July 29 at 3:00pm. Players of all levels are welcome to join the fun. The cost for members is \$5. Non-members are welcome for a guest fee of \$10. Call the club and make your reservation.

CLUB SUMMER MEN'S LEAGUE

We are forming a 3.5-4.0 Club men's league. The league will play Saturdays at 10:00am. Sign up in the lounge or call the Club to join.

POKER NIGHT AT THE CLUB



Club member Steve Lipscomb, will host the inaugural Poker Night At The Club on Friday, July 28 at 6:00pm. Featured on the cover of INC Magazine and above the fold of the Wall Street Journal for creating "the Hottest Business in America", Steve Lipscomb conceived, founded and launched the World Poker Tour, recreating poker for television and launching the world's first poker league. Call the Club to sign up. The cost is \$5 and includes snacks . Beer and wine are extra.