
April, 2011

Fair Oaks Racquet Club
Newsletter

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IMPORTANT DATES

CORRECTION - Time

April Social – Carlene
Duran-Costa Hostess
Ph# 605-6066
April 23rd, Sat. 4 p.m.

Next Board Meeting
April 26th 6:30 p.m.

*SATA Summer League
Team Registration Opens On
Line – May 1st*

It's My Park Day
May 7th, 8a.m. to 12 p.m.

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Fair Oaks Racquet Club
P.O. Box 672
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FAIR OAKS RACQUET CLUB



President's Message – Clairen Peeters

At last, a little sunshine. Before I update you on the plans for our 50 year anniversary fund raising let me apologize that we have been having difficulty arranging a workable plan with the Recreation Department for the lights, locking the courts and the bathrooms. First of all, let's agree that we are partners with the Recreation Department and if they have to adopt policies and operations that save money we need to support them. But, let me say this, if we pay for a court reservation we deserve to have the lights on and the bathrooms accessible. Many thanks to the members of our Board who met with the FO Rec. Dept and then attended their Board meeting to complain about the lights going out, the locked bathrooms and locked courts. While times are not final for the lights we do have assurances that the lights will be on for the duration of our evening matches. (If the lights go out during league play call the Security number posted in the breezeway). The courts and bathrooms will be locked overnight and unlocked in the morning. As to what time the courts will be unlocked I am not sure so I will work to get a schedule for this.

Now regarding the fund raising progress is very slow. We must formally apply to the Fair Oaks Recreation Foundation to partner with us for fund raising. We must prepare and application and submit it in May of this year. We missed the March USTA grant application window so the next window is in October of this year. We have selected a date for a Dinner Dance and Raffle at the Fair Oaks Clubhouse the evening of October 1st. We need chairpersons for multiple committees. Let me throw out a few names of people who have agreed to help with the work. Walt Yost (history), Gracie DeLa Riva and Linda Van Cleave (food), Toni Anderson and Susan Schmidt (decorations), Bev Purcell (raffle). We need committee chairs and members so step on up and raise your hand. I could also use some help from a person with grant writing experience and publicity.

Clairen Peeters
Phone: 916-987-5290 (hm) Email: Clairen@att.net

APRIL SPRING TIME SOCIAL

Hosted by Carlene Duran-Costa

Phone # 916-605-6066

Email: Carlene at carlenedc@gmail.com



Spring has brought us another Social. The first sixteen members will secure a spot on the courts. There will be a substitute list created for any cancellations.

The event will be April 23rd – Saturday - starting at 4 p.m.

Bring \$3 and your favorite dish to share.

Social Chairman, Naomi Caietti

Ph # 916-985-7574 – home/cell 214-7696

Email: ncaietti3@gmail.com

Naomi wants to thank everyone who has come forward to sign up as a Host or Hostesses. However, **September and October** are still in need of a planner. Please contact her keeping in mind the date and time is up to you and the Club provides \$50 towards purchasing items for the social.



HEADS UP.....

SATA 2011 Summer Interclub Online Registration begins May 1st and ends May 23rd. The summer schedules will be online May 30th. The May Newsletter will explain further what teams will be available and which coordinator to contact.

Do you Love the parks in Fair Oaks?

Now is our chance as a club and members of the community to give back and make them even more beautiful.

IT'S MY PARK DAY

SATURDAY, MAY 7TH

8:00 A.M. --- 12:00 P.M.

Each year the Fair Oaks Recreation and Park District gathers together in the District parks to work with volunteers on making our parks even more beautiful. The day consists of planting, clean-up, painting, repairs and much more. District employees, along with hundreds of volunteers, work together on this day to clean up our parks. At the end of the day the District presents an afternoon BBQ and entertainment to show their appreciation.

BBQ 12:00 p.m. – 1:00 p.m.

So join the rest of the Fair Oaks Racquet Club members and sign up by sending an email to Mike Pruss mkpruss@comcast.net in order to be added to the list along with your friends.

Also, the Club will be providing a Fair Oaks Racquet Club T-shirt to wear that day.

Please provide your T-Shirt size in your email as well.



PLEASE ADD THE FOLLOWING CLUB MEMBERS TO YOUR 2011 ROSTER

Lora Varnelis and Rich Calia

1055 North Station Drive

Vacaville, CA 95688

Ph: 408-802-9848

Emails: loravarnelis@yahoo.com
richcalia@comcast.net

Fred Feliciano

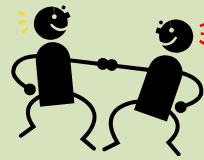
P. O. Box 2067

Rocklin, CA 95677

Ph: 916-716-4584

Email: comoper2002@gmail.com

Welcome!!



A gentleman and a fabulous Ballroom dancer now no longer with us...

Carolton "CB" - Carl Laing passed away March 9th after a long illness.

Carl was born in Norfolk, VA, graduated from William & Mary College, Phi Beta Kappa, worked in group benefit administration, association management and retired as Executive Director of the National Guard Association.

Our hearts and sympathy goes out to Michiyo Laing



By Terrie O'Donnell

Paul Garron – Tennis Pro

Special April Offer

I will be offering one free Cardio Drilling class for FORC members on Thursday evenings 6:30 p.m. - 7:30 p.m. and Friday mornings 10 a.m. - 11 a.m. for the month of April. I will limit both classes to 6 players. Please e-mail me at paulgarrontennis@aol.com and I will confirm that I have reserved a spot for you.

TENNIS TIP:

Ready, set, go!

Get a jump on the ball with a good ready position

How often do we see players standing with their rackets down around their knees, feet flat on the ground and their legs locked – looking as though they are waiting on a bus? This is a common mistake that beginners and intermediate players often make.

Trying to break the habit is something that requires constant attention. A good way to begin making the transformation from bus-stop tennis to a good, solid position is to start every point by bouncing on the balls of the feet. But make sure you are not bouncing at the time of impact; you want both feet on the ground at that point in order to be ready to attack.

Once your body starts moving, you will notice that your racket will begin to rise and your knees and legs will be in a better position for the oncoming ball.

Getting your body into the ready position is ideal for balance and explosion into the ball. The ready position means the racket is set around your waist area with the head of the racket above the height of your wrist.

Right-handed players should hold the racket butt close to their front right pocket with the racket head facing toward the left. Left-handed players should reverse this position.

Your weight should be slightly forward so your heels are not touching the ground. For this to happen your knees **MUST** be flexed and your upper body leaning just over your feet.

The ready position is a very important part of tennis and is often overlooked. Next time you play, notice whether you are playing bus-stop tennis or if you are in a good ready position.



Fair Oaks Racquet Club Board Minutes
March 29, 2011

Board Members present: Clairen Peeters, Mike Pruss, Foster Pelton, Carlene Duran-Costa, Mike Mote, Naomi Caietti, Terrie O'Donnell,

No.	Subject	Status
1	Clairen called the meeting to order at 6:30 pm	Info
2.	Carlene presented the minutes for February 22, 2011. Terrie made a motion to accept them, Clairen seconded it, and the motion carried.	Passed
3.	Foster presented the Treasurer's Report. As of 3/29/11 balance is \$5975.47. Mike P. made a motion to accept it, Carlene seconded it, and the motion carried.	Passed
4.	Jim had a meeting with the Park staff. He suggested to the Park staff to extend the courts lights to 9:30 pm and to keep the bathrooms unlocked until later.	Info
	Several board members went to the Park District Board meeting on March 16. We suggested that the lights go out at 9:30 pm. We also recommended that The Park District re-connect the court light buttons. They will study the recommendation.	Info
5.	Vice President's Report: Court #4: the net is stretched. Mike to make a full calendar for April because of rain make-ups.	Info
6.	Men's Coordinator: The Spring season has been extended.	Info
7.	Women's Coordinator: The Spring season has been extended.	Info
8.	Mixed Doubles Coordinator: The Spring season has been extended.	Info
9.	Webmaster: Steve will post monthly calendar on website.	Info
10.	Social Chairman: Naomi reported that she needs hosts for the September and October socials. The April social will be April 23, at 4pm.	Info
11.	Membership Chair: no report	Info
12.	Newsletter Chair: The Newsletter will be coming out the last week in March. Feel free to write a story and send it to Terrie.	Info
13.	President's Report: The courts will be unlocked between the hours of 8 am to 10 pm. Captains: please come to the courts early to post reserved signs and to give those using the courts time to wrap up their matches. May 7 is Work in the Park Day between 8 am and 12 pm. Free lunch following. The club would like club members to volunteer, and will give free T-shirts to those members volunteering. Clairen made a motion to open a new category on the Treasurer's report and call it Branded Items and budget \$300. Mike P. seconded the motion and the motion carried. The Park District has been asking for the shed keys. We do not know when they will be changing the lock. They might build a utility shed for us. The Board Meetings will be on the fourth Tuesday of each month. Save October 1, for a fund-raising dinner-dance, raffle, and silent auction. Money to go to Miller Park Improvements. Meeting adjourned at 7:27 pm.	Info

Next meeting is Tuesday, April 26 at the River Oaks Townhomes Clubhouse. Please call Carlene for directions.

