

THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

September, 2020

Chris Kemp really kept his eye on the ball during the Fall Mixed Doubles League Tournament earlier this year. Way to stay focused!



Walnut Creek Racquet Club

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THE PRESIDENT'S REPORT

Happy September!

And the hits keep coming! First Covid, now fires! Typical summer in California. I hope everyone is staying safe and avoiding going outside as much as possible.



Sally Krapf
2020 WCRC President

Currently doubles is no longer allowed at the Walnut Creek Tennis Center but the WCRC, along with Lifetime, the City of Walnut Creek as well as USTA NorCal are working on getting doubles back up and running. Stay tuned.

Update: County Doubles Restriction: *"The County cannot grant a variance to an activity that is not currently allowed by the State. A variance may be requested for an activity that the State allows, that the County does not. In this case, the State does not currently allow doubles tennis, therefore this isn't something the County can apply for a variance for."*

Speaking of USTA we will be notified this week that all USTA Leagues will be suspended through the end of the year. I'm sure we will get more updates the closer we get to 2021 but for now that is the current status.

In the mean time we still have the **WCRC summer singles league** up and running. I see a lot of matches (well before the fires and smoke). You can check out league standings here: <https://wcrc.net/season/10868>. If you are looking to get back on the courts this league is a great way to meet new players at your level and set up matches when and where you both agree on. Save \$5 by signing up on line at <https://wcrc.net/login>.

The **Fall Mixed Doubles League** is currently on hold until doubles is available back at Heather Farm. Once we hear back from the county we will move forward.

Together we will get through this.

Sally Krapf

M EMBERSHIP

Welcome to Our 5 New Members
Current Membership: 1240

Kathleen McCormack	Moraga	3.5
Kevin O'Donnell	Pacheco	n/a
Joanna Sienkiewicz	San Ramon	3.5
Bharath Vissapragada	Walnut Creek	4.0
Dale Welsh	Martinez	4.0

Membership questions contact:
Pam Maloney at 925-787-3970 or
email at: pam4tenis@gmail.com



Lifetime Activities

A Message from Lifetime Activities

As a courtesy to other players, please call the office to release any court reservations that you will not be using.

UPDATE: County Doubles Restriction

On Monday, August 24th, the City of Walnut Creek (with the support of Lifetime Activities and WCRC), formally requested that a variance be granted to allow doubles in managed facilities similar to Heather Farm. Later that day, the City of Walnut Creek received a response from the County Supervisor's office denying the request for a variance. Their position is as follows: ***"The County cannot grant a variance to an activity that is not currently allowed by the State. A variance may be requested for an activity that the State allows, that the County does not. In this case, the State does not currently allow doubles tennis, therefore this isn't something the County can apply for a variance for."*** While this is disappointing news, we will continue to advocate for the return of doubles play to our community and will keep you informed of any new information as it becomes available.

Safety Reminders

Given the current situation, we would like to remind our patrons of the following safety guideline in order to keep the tennis center available to the public:

- Please observe appropriate physical distancing, and stay 6+ feet apart at all times. Gatherings on or around the courts are not permitted at this time.
- Heather Farm and all Walnut Creek public courts are strictly singles only.
- No handshakes, high fives, or close physical contact with members outside your household. It is recommended that each player touches only their own set of tennis balls.
- Please bring extra water and a folding chair as the water fountains, benches, and bleachers remain unavailable at this time. All gates will remain open to minimize touch points.
- Our pro-shop is not currently accepting cash as a form of payment. We accept all major credit cards, or ApplePay / Android Pay. Payment is expected prior to court usage.
- Ball Machine service remains unavailable at this time.

Youth and Adult Fall Classes Fall Classes are available for registration. Programs begin the first week of September. Class offerings and registration online at www.lifetimeactivities.com.

Visit us online at www.lifetimeactivities.com or stop by the the office at 1751 Heather Drive.
Please call with any questions at 925-945-0105.

Member Spotlight

Shari Gonzalez There Is Always Love On Court 4

Interview and article by Lynne Weinschelbaum.

As an effort to get to know our membership the Board has decided to start a new monthly column "Member Spotlight". We will be interviewing WCRC members and getting to know them. This article will help us find out how they got introduced to tennis, their background, any favorite memories, etc. We hope you enjoy this new commentary.

It started on court 4, love that is. Well sort of, but let's come back to that a little later. Shari Gonzalez started life in Southern California and her family moved to various places before settling down in Lafayette when she was 7 years old. She was lucky enough to be part of a family that played tennis. Her mom (Judy Stillman), step-dad and brother all played so it was natural for Shari to take up the sport as well.

Shari learned to play tennis at the Lafayette Tennis Club where her step-dad ran the pro shop. She was so determined to perfect her game that she would hit for hours against the garage door at their home (much to the delight of the neighbors I'm sure). All that practice paid off and laid the foundation for all the tennis that would eventually be a part of her life.

Shari attended Acalanes High School and was on their tennis team. After high school she attended San Diego State for a semester before deciding that she wasn't quite ready to be that far away from home. She then went to DVC and played on their tennis team which was coached by our own Kim Lackey. After DVC Shari attended Cal State Hayward and graduated with a degree in Network Engineering.



Shari quit playing tennis after attending DVC in order to concentrate on her studies and eventual career. After graduation she went to work for SF Weekly as a network engineer and was with their parent company NewTimes for 5 years. She then went to work for Charles Schwab as an IT Auditor and Software Developer. Shari has been with Kaiser Permanente for 12 years working as a Data Architect.

Shari started playing tennis again when her mom needed players for her mixed team. Thanks Judy for getting Shari back into the game. The following year Shari played singles on Suzie Dunlap's team which made it to districts. Deciding that this was fun, Shari started captaining teams. Her 6.0 mixed team went to Western Regionals in 2002 and won

it all. The next year her 3.5 team made it all the way to Nationals which were played in Tucson. They came in second which is quite an achievement.

It was Kent Linderman who recruited Shari for the WCRC board. And what a great addition she turned out to be. At the time the website's content was basically static. Shari started the membership database and then added the league's database in 2004. In 2008 she added the calendar and



then converted the website from ASP to the .NET framework. The website has served the club for an amazing 18 years. Well done Shari and thank you!



And love on court 4? One day Shari was watching a match on court 4. Jesse was one of the players and he was rocketing forehands. Shari thought 'what a forehand, I wonder if he will play mixed doubles with me' or was it 'what a handsome guy, I wonder if he will play mixed doubles with me'. Actually she thought both. So, following the number one rule of doubles (find a good partner), she asked him if he would play mixed doubles with her. He said yes and the rest is history. Their son, Drew, is now 9 and in 4th grade.

Shari hasn't been playing tennis in the past year or so due to injury but she has not been off the courts. Jesse introduced her to pickleball 3 years ago and they won silver in the first mixed doubles tournament they played. They have also qualified for nationals at the 4.0 level.

It is the camaraderie and lifelong friendships that have made tennis special for Shari. I think we can all say that as well. Hope to see you back on the tennis courts soon Shari.



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Is Surgery the Answer?

It is true that surgery may be the answer for certain types of back injuries. When considering your options ask yourself this question ... If there is a solution to back pain that doesn't require surgery, is it worth exploring?

Before you consider surgery consider these points

- Back surgery can cost \$50,000 to \$100,000 or more
- Recovery can be very painful and can take months or years
- Surgery may or may not relieve your pain
- Dependence on prescription drugs may occur after surgery
- Missed work can amount to \$1000s in lost wages
- Outcomes may be uncertain, and surgery is not reversible

The Solution: The DISC Centers Method

The DISC Centers Method is a proven, comprehensive treatment program which includes computerized true disc decompression, cold laser therapy, and exercise rehabilitation to promote long term spinal health. Spinal decompression is considered by many doctors to be the most advanced and successful noninvasive treatment of serious back, neck, leg or arm pain.

The DISC Centers Method allows for a much higher success rate by increasing hydration and restoring health to your discs. This results in a more effective and lasting solution to your pain. There are no side effects and no recovery time is required. This gentle and

relaxing treatment has proven to be effective ...even when drugs, epidurals, traditional chiropractic, physical therapy and surgery have failed... The DISC Centers Method has shown dramatic results.

Who is a Candidate for The DISC Centers Method

Our spinal decompression system has been found to relieve the pain associated with disc degeneration, herniated and bulging discs, facet syndrome, and sciatica. Spinal decompression is a great option because back surgery is so risky.

Why DISC Centers of America?

Dr. James Dietrick, DC and his team have vast experience in treating patients suffering from moderate to severe disc disease. Dr. McPherson, DC is certified by and is also part of the Disc Centers of America Team who are a national group of doctors that have gone through extensive training that follow the protocols set up by The International Medical Advisory Board on Spinal Decompression, and follow the protocols set forward by Dr. Norman Shealy the Honorary Chairman, former Harvard professor, and probably the most published doctor in the world on spinal decompression therapy.

Get Your Life Back, Today!

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* Due to Federal Law some exclusions may apply



Dr. James Dietrick, D.C.
Director



670 Gregory Lane, Suite C
Pleasant Hill, CA 94523

www.ContraCostaDiscCenters.com

CALENDER OF EVENTS

2020

**ALL USTA Tennis Leagues
Suspended Through 2020**

2020 CANCELLED USTA LEAGUES

All 2020 National League Championships

2019 Combo Sectionals

2020 Adult 55+

2020 Mixed 18+

2020 Adult 18-45 Singles

2020 Adult 70+

2020 Combo Doubles

2020 Adult 40+

2020 Mixed 40+

2020 Adult 18+

Sept thru **Feb**

Sep 9	WCRC Fall Mixed League Opens
Oct 24-25	WCRC Summer Singles Tournament
Oct 23-25	USTA Tri-Level
Feb 2	WCRC Fall Mixed League Closes
Feb 15-16	WCRC Fall Mixed Tournament

TREASURER'S REPORT

Cara Mia Barnacascel
through July, 2020



Walnut Creek Racquet Club
Profit and Loss
January - May, 2020

	Total
Income	
Advertising Income	\$219.45
Fall Mixed Doubles League	\$1,436.21
Summer Singles League	1,902.38
Winter Doubles League	-\$800.33
Total League Dues	\$2,538.26
Membership Dues	\$8,994.82
Total Income	\$11,752.53
Gross Profit	\$11,752.53
Expenses	
Board Meeting	\$409.40
Court Usage Fees	\$35.00
District Fees	\$585.00
Equipment	\$173.99
Filling Fees	\$20.00
Gifts	\$126.64
Interest Expense	\$50.00
Total Fall Mixed League Expenses	\$2,554.36
Total Summer Singles Expenses	\$682.75
Total League Expenses	\$3,237.11
Office Supplies	\$388.75
Total Printing and Reproduction	\$168.61
Rental Deposit	-500.00
Sectionals Fees	\$90.00
Website	\$4,669.55
Total Expenses	\$9,454.05
Net Operating Income	\$2,298.48
Total Other Income	\$252.36
Net Income	\$2,550.84
Balance through July, 2020	\$48,652.63

Y P D S I G N I H A N I T R A M W I N P G D Z
A S Z W E Z H U M A R G A R E T C O U R T O G
F M M S I M O N A H A L E P O Z Y F W Z A S C
B A G A R B I N E M U G U R U Z A X E A W D T
A I E V O N N E G O O L A G O N G J U G S N P
V L I Y P K J K A V O P A R A H S A I R A M K
O L P V Y N R Z E N I T R A M A T I H C N O C
T I M S L I N D S A Y D A V E N P O R T G P C
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V S U D X P B E E V O N N E C A W L E Y O L K
K U A N T O V O N A N A J O N E U B A I R A M
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R E B Q A M E L I E M A U R E S M O Q F F J F
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E S E N O J N N A E D A W A I N I G R I V S F
P U Z A V O L I T A R V A N A N I T R A M I V

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EVONNE GOOLAGONG
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**JANA NOVOTNA
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MARGARET COURT
MARIA BUENO
MARIA SHARAPOVA
MARTINA HINGIS**

**SERENA WILLIAMS
SIMONA HALEP
VENUS WILLIAMS
VIRGINIA WADE
MARTINA NAVRATILOVA
PETRA KVITOVA**

Summer Singles League - Standings

Men's

3.0	W	L
Stephen Osborn	4	0
3.5		
Alexander Michael	8	4
4.0		
Michael Balg	5	1
4.5+		
Elliot Feinberg	4	0
Rick Overstreet	4	0

New 50+ Division

Michael Balg	4	1
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Women's

3.0	W	L
Corazon Bellamy	6	0
3.5		
Inna Taranchenko	5	3
4.0		
Heidi Belton	4	0

4.5+

No matches played yet

New 50+ Division

No matches played yet