



COURT REPORTER

Committed to Promoting Tennis in Napa Valley

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Greetings!

Octoberfest Round Robin and Pot Luck



Tomorrow, October 14 at 3 pm

Arrive at 2:30pm for check in and warm up. This is an Oktoberfest Round Robin.

NVTA will be grilling some brauts, and other items on the grille.

Participants are encouraged to bring a side dish for others to enjoy, and perhaps a Bavarian themed barley pop beverage to share with fellow members. Please see

below using the **first letter** of your **last name** to ensure there is a good variety of food:

A--G - dessert

H--Q - side dish

R--Z - salad

To participate, please click here to email [John](#) with:

- Your Name
- Level of Play
- Partner's Name and Level

A Message from our President....

President's Letter

Here we are in October already, approaching Halloween. The year has flown by. Summer came and summer went. We see the clocks changing in a few weeks which makes our days even shorter for playing tennis. Thanksgiving will bring us together with our families and remind each of us of why we should practice gratitude ... and what we have in our lives to be grateful for.

This brings me to our "family" and "being grateful". As you know, PBI is part of our "family" here at NVTA. When we entered into a working relationship with them, we were (and are) two premier tennis organizations joined together in our efforts to promote tennis education and enjoyment in Napa and the Napa Valley communities. After two years, we each feel that

we are more effective supporting our tennis efforts singularly, rather than jointly. We see opportunities in the future to continue to work together, but we will be contracting with a Pro outside of PBI. This transition will take place in early spring. We are grateful for PBI ... for John ... and for Katie and Quinn. They have taught us so much about gratitude and generosity ... on and off the court.



What does this mean to each of you? It means that we will start our search for a Pro now. John will continue to provide lessons, clinics, and support as our search takes place. Our goal for contracting with a Pro will be reached by early spring (Feb/Mar). If you wish to be a part of the Pro Search Committee, please contact Bruce Lamoreaux at 707-337-2106. We currently have 4 members and we will consider 2-3 more. We will miss John at NVTA, but he will continue with us during the transition and then move over to Silverado Resort where we can haunt him at will, as he will be close by and still part of our "NVTA family".

This weekend, we are hosting our Oktoberfest Round Robin on Sunday (Oct 14th) at 3:00 pm. Please call John if you'd like to play at 831-917-4864. We will be serving Brats and we request that you bring an Oktoberfest side dish (German potato salad, pretzels, your favorite Oktoberfest beverage, etc). Let's make this a fun day so come join in - even if you can't play!

Save the Date! Turkey Trot will be on Sunday, November 11th! Mark your calendars and see you there!

NVTA exists because of each and every one of you. We appreciate your support, volunteerism, your input and your enjoyment of tennis. Thank you for growing our sport and spreading the "love"...

For the "Love" of Tennis,

Welcome New Members!

Please pay your 2018 Membership dues.

We welcome the following new Members:



Kim and Tom Dixon	kim@calvinandhocks.com
Dennis Douglas	douglas7777@comcast.net
Christopher Dunagan	janet@mercantile12.com
Carlos Esteve	carlosnapa@sbcglobal.net
Natalya & Mickey Mantle	mantle@wonderfulstorybooks.com
Heinz Mathis	Heinzmathis@comcast.net
Richard Pastcan	Rpastcan@aol.com
Janet Tupper	janet@mercantile12.com

"One Team" memberships are a "one time" offer only to introduce the club to those who have not played at NVTA. If you had a "One Team" Membership in the past, you must now join as an Individual Membership or as a Family Membership.

As a reminder, your membership dues for 2018 is due January 31. Individual Membership is \$125.00 and Family Membership is \$150.00.

You may pay your dues by the following methods:

- Drop your check off with John at the NVTA Clubhouse
- Send your check, payable to NVTA to PO Box 2225, Napa, CA 94558
- Log on to our website at www.napatennis.org, click on Membership and scroll to the bottom to use PayPal.

We thank you for your continued membership and your support. If you have any membership questions, please call Dan Hunt at (707.326.3425.) We will see you on the courts!

Your NVTA Membership Dues is tax-deductible. NVTA is a 501(3)c non-profit-- Don't forget to include this donation on your taxes in April.

****If you are having difficulty seeing all the great photos in our newsletter, please be sure to click on "Display Images" on your computer.****

Captain's Corner

All Players Must be NVTA Members

Please make sure all your team members are current NVTA members and have paid their annual dues. Please see our "One Team Membership" rule mentioned above.

Locking the Clubhouse Doors and Court Gates

As you leave the courts, please be sure all doors and gates are closed and locked. It is the captain's responsibility. If you are last at the courts with keys, you must lock the clubhouse. We work too hard to keep our club and courtyard beautiful, please don't encourage vandalism.

Reserving Courts for Matches

Captains: PLEASE email [John](#), our court scheduler, of cancelled matches so he can take the match off the calendar. It is inconvenient for other captains and NVTA members who check the calendar to see if matches are scheduled.

Please be considerate of your fellow captains and all NVTA members.

Women's 55+ 6.0 Team Wins Playoff

A message from Captain Victoria:

The Women's 55+6.0 team won their local league and are playing at the Sectional Championships this weekend. We won the local playoffs against another amazing team from Napa Valley Country Club and our women won all three lines. Go Napa!

The women pictured are Jan Gates, Alex Lorraine, Teresa Levin, Margaret Angelovich, Jacynthe Hamel, Victoria O'Donnell and Jane Matijasic. Also on the team are Pam Bellefeuille, Terri Cavagnaro, Laura Coffman, Kathy Cole, Jeanine Poole, Victoria O'Donnell, Colleen Winters, Celia Welch, Donna Gordon, Colette Gell, Cyndy Whitmore, Liz MacDonald, Naomi Dreskin, Susan German, and Wendy Tognetti. This was not only a HUGE team but also a wonderful group of women.



This Year at McPherson School

From NVTA Member Lisa Miller



Katherine, Robert, and David are excited about getting their rackets.

"Are we having tennis today? We remembered to bring our rackets!" This is what I hear on a Tuesday morning as I greet my students in line. Along with their homework and binders, they proudly carry their rackets in their backpacks.

Thanks to the many donations of rackets and to Tom at Sportabout who collects them for me, each student has their own racket assigned to them and some of them are able to bring an extra racket home so a sibling or parent can practice with them. Last year, at McPherson Elementary School, when I started the tennis program during P.E., students had to share rackets. Students played twice a week on the playground with volunteer coaches. The success of the program went far beyond the tennis on the playground. Many of the students gained so much confidence from the coaches, that they made

several years of growth in one year, especially in reading and math.

This year, I have 24 fifth graders and five fourth graders in my class, and they are just as eager as last year's class was. They ask over and over again if they can be one of the lucky students to work with a coach. Like last year, some of them figure out that those students who focus on their work are actually the ones who get to play with the coaches. I would like to thank the wonderful coaches who have helped out this year: Lorraine Fazzalore, Cindy Kapijan, Marie Torkelson, Ron Miller, Phoebe Holbrook and Nancy Tracy.

I started a Go Fund Me page and because of many generous donations, seven of the students were able to take tennis lessons during the summer. Those seven students showed up regularly and are continuing to take lessons this fall. Ericka and NVTA have applied for a grant which we hope comes through. If it does, we will be able to continue lessons in January for the students from last year and begin lessons for the students from this year.

We are trying to fill the gap so the students from both years can take lessons in October, November, and December.

A Tennis Inspiration



Please help us keep the tennis spirit alive in the fifth graders from MacPhearson School. Member Lisa Miller has set up a GoFundMe page to help the students continue with lessons throughout the summer.

We hope you will aid us in providing funds to help these eager students to continue learning. They are currently attending clinics at NVTA and Silverado.

Your donations are always appreciated: [GoFundMe Tennis Link](#)

A Good Reminder...Keep Playing Tennis!

HEALTH EXERCISE / FITNESS

Play Tennis If You Want to Live 9.7 Years Longer, Study Says....

Experts like to say the best form of exercise is whatever kind you'll actually do. But a new study finds that people who do team sports may be at an advantage over solitary exercisers.

The social interaction involved in partner and team sports may compound the plentiful benefits of physical activity, adding more years to your life than solo exercise, according to a study published Tuesday in Mayo Clinic Proceedings. Tennis, badminton and soccer are all better for longevity than cycling, swimming, jogging or gym exercise, according to the research.

"For both mental and physical well-being and longevity, we're understanding that our social connections are probably the single-most important feature of living a long, healthy, happy life," says study co-author Dr. James O'Keefe, a cardiologist at Saint Luke's Mid America Heart Institute. "If you're interested in exercising for health and longevity and well-being, perhaps the most important feature of your exercise regimen is that it should involve a playdate."

After doing so, they noticed a clear correlation between social sports and longevity. Compared to sedentary people, they found that those who reported playing tennis as their main form of exercise could expect to add 9.7 years to their lifespan, followed by badminton (6.2 years), soccer (4.7 years), cycling (3.7 years), swimming (3.4 years), jogging (3.2 years), calisthenics (3.1 years) and health club activities (1.5 years).

How long people typically spent doing these activities varied greatly - but duration didn't necessarily affect longevity benefits. Plenty of research has also shown that moderate exercise tends to be as good or better for longevity than vigorous activities such as running, which can take a toll on the body over time.

Tennis likely took the top spot because "it's intensely interactive," O'Keefe says. "At every point you're talking. It's just a very natural way to emotionally bond with people, besides getting your exercise."

From the Pro's Court

From the Pro's Court-

Greetings NVTA members. As we transition from what has been a very pleasant fall season, to the upcoming change of daylight savings, so too will there be a change of seasons for the NVTA. After reaching the conclusion that it would be most beneficial for PBI and the NVTA to operate as separate entities in the ongoing pursuit of creating the best tennis community we can in the Napa Valley, it is with a small degree of sadness that we must report the news that my term as head professional will be concluding in the coming months. Small, because I will not be far away from those wonderful people that I have met and been lucky enough to consider friends in my time with the NVTA. I will simply be moving a stone's throw away down the road to Silverado, which certainly tempers any disappointment, or concern that I will no longer have reason to spend time with NVTA members on court and in the community. From the moment of my arrival I have been made to feel most welcome among this wonderful community of tennis enthusiasts that comprise the NVTA, and it has truly been a privilege to be able to serve as your tennis professional for the past year. My unwavering faith in the people and process behind conducting the search for a new pro leave little doubt in my mind that the NVTA will be in terrific hands as we oversee the transition and look to usher in a new era with a new pro.

I want to take a moment to thank the Board of Directors at NVTA for not only being



hospitable and gracious in welcoming me from the start, but in providing me the backing and resources needed to succeed in my day to day activities as the pro. Having gone through this first hand, I know that the incoming professional will have all the support he or she will need, to deliver a wonderful product to a most deserving membership. In considering the NVTA board, I couldn't possibly come away with a more glowing assessment of their role and dedication in making the NVTA what it began as, and what it will continue to evolve toward in the future. The behind the scenes man hours, and commitment and dedication they demonstrate year round has really been something to behold, and it's been an honor to observe and work along with this fantastic group of tennis advocates. It is a labor of love, but it is no doubt a labor,

to provide all that they do for the membership, and it is my sincere hope that it does not go unnoticed by those who benefit most directly from the efforts. Which brings me to my last statement of gratitude, and that is for all of you, the members of the NVTA who have made my time here so fantastic. I can't thank enough, those of you that have gone out of your way to be of help and assist, not simply with the club, but in making sure that I was content and looked after. This began from virtually the outset with the sheer number of people who inquired about how my initial search for housing was going, and that alone served as a great window and insight into the type of people who comprise this membership. That is certainly what I will miss the most, but again, the sting is tempered enormously by the knowledge that this is certainly not goodbye, and that I will definitely have reason in the future to see you all on court with rackets in hand in the years to come. The NVTA is a very special organization and group of people, from it's original vision and founding, all the way to it's current stewardship at the hands of it's Board and membership, and I consider myself incredibly lucky to have seen first hand the kind of tennis community that can result from the work of such fine people. We will continue to be in touch regarding the transition, and please don't hesitate to reach out if you have any questions at all that I can answer. I hope to see you all out on the courts soon.

Best, John Weston

Quick Tennis Links

[NVTA Website](#)

[Court Scheduler](#)

[USTA Norcal](#)

[SNMWTL](#) - Sonoma, Napa, Marin League

[ATP Tour](#)

[WTA Tour](#)

[Napa Parks and Rec](#)

[NVTA Head Pro](#)

Advertising Corner ~ Support fellow Members!

I am putting the word out for **HELP WANTED** at Sportabout.

Looking for someone to work flexible hours, part-time and to occasionally work a few full days.

Duties include stringing tennis rackets, working the cash register, and customer sales with regard to tennis equipment and comfort shoes. Computer skills would be very helpful.

Please inquire in person or call Tom at 255-8784.

-- Tom at Sportabout



Sportabout
3204 Jefferson St
phone 255-8784

About Advertising

100% of the proceeds from advertising in the Newsletter will go towards NVTA's Tennis Court Fund. We encourage you to support our fellow NVTA tennis members.

If you are interested in advertising, please contact Lorraine at napa10s@gmail.com

The NVTA Court Reporter newsletter will be published monthly. Please submit articles and photos to Lorraine Fazzolare at napa10s@gmail.com.

See you on the courts!

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