



# Courtside Chatter

THE PLACE FOR TENNIS IN VENICE

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Website: <http://www.courtsidetennisclub.com>

## Pro's Points



Courtside Family Members,

Courtside Tennis Club proudly participates in a program to recycle our used tennis balls. The program is run by a non-profit company in Vermont called RecycleBalls whose mission it is to recycle or reuse tennis balls and keep them out of our nation's landfills.

The problem is that tennis balls take 400 years to decompose. Nationwide, approximately 125 million used tennis balls wind up in America's landfills every year. That is 20,000 metric tons of methane producing, near non-decomposable rubber waste.

RecycleBalls invested nearly two years in full R&D to develop a process that will remove 99% of the felt from tennis balls in a cost-effective manner.

They also grind the rubber cores into a natural crumb rubber which they call GREEN GOLD. GREEN GOLD is sold to other companies to be used in the construction of tennis courts, horse footing, playground turf, rubber landscaping mulch, traffic safety equipment and hopefully soon, with more R&D, a variety of other green products.

Although participating in the RecycleBalls recycling program costs money, Courtside Tennis Club feels that it is a wonderful program to be associated with and the benefits to helping our community and planet are immeasurable.

Any member who would like to help sponsor/donate to help Courtside's participation, please contact Mo, Sue or myself.

We are proud to help RecycleBalls save the planet, one ball at a time.

Matt Liverman

Tennis Director/Head Tennis Professional

## News from the Board

We had a great turnout for our March 4<sup>th</sup> Annual Meeting with over 90 members attending with tennis before and an excellent lunch. A special "Thank You" to our outgoing board members, Sandy Allen, Mitchell Betty, Janet LeBlanc, and Karen Scott for their years of hard work and service to our Tennis Club.

The newly elected board members, Tom Lanigan – President, Debbie Cavness – Vice-President, Lee Scott – Treasurer, Liz Morris – Secretary, Jim Flynn, Sandy Murphy, and Sally Pym are looking forward to working together. We have a lot of items on our agenda. Some of these items are: handling our new growth, court usage, better communication, more social events, dealing with a 23 year old roof, and increases in expenses.

A big "Thank You" to Camille and Steve Rutan and the many volunteers who made the charity event for Leukemia & Lymphoma Society a success.

Mark your calendar for our upcoming event April 22<sup>nd</sup> - Round Robin and lunch. More details coming soon!

Tom Lanigan

President

## Courtside Board of Directors

Tom Lanigan—President  
Debbie Cavness—Vice President  
Lee Scott—Treasurer  
Liz Morris—Secretary

Jim Flynn  
Sandy Murphy  
Sally Pym



Martha Forward

John & Kathy Hurd

Nancy Smith

Lucy Troutman

## New Members

## April Birthdays

Bruce Spottswood 1

Mary Lou Irish 6

Stan Forward 8

Lynda Schuepp 12

Rick LaClare 12

Tom Lanigan 12

Elaine Bucci 13

Jim Flynn 18

Frank Gallagher 21

Joan Penimpeto 24

2 o'clock Tuesdays

Pick-up tennis

No need to sign up

Just show up ready to play

Meet at Court #7 grandstands



## “Quote of the Month”

*Life*

isn't about waiting for the  
storm to pass, it's about  
learning to dance in the

*rain*



# Remember!

Tuesday—Late Bird Clinic with Ula 11:00-12:00

Wednesday— Early Bird Clinic with Matt-8:00-9:00

Wednesday—Men's Weekly Clinic with Matt-9:00-10:00

Wednesday—Cardio Tennis with Ula 11:00-12:00

Thursday—Shot of the Week with Ula 10:00-11:00

Call the office and reserve a spot or sign up on the bulletin board outside the office.

\$10.00 members—\$15.00 non-members

## Dates to Remember

Mark your calendar!!

April 5th-Venice High School Tennis Team Exhibition-Match @ 3:00 p.m.

April 9th-Easter

April 12th-Board Meeting @ 11:00

April 22nd-Round Robin & Lunch



## After School Junior Tennis Program

Tuesday & Thursday  
4:00 pm—5:30 pm

Ages: 8 & up

\$15.00 per session per child

Sign up sheets are in the office or please call 941-485-2000 for more information.

### On-Line Reservation

8:00 am., 9:30 am., or 11:00 am

#### BOOK/CALL ON

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

#### TO PLAY ON THE FOLLOWING:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The on-line reservation system will now be open all year around including all holidays.

Sunday (Office is Closed)

\*Court 4 is reserved for lessons & clinics

\*Court 5—when available

\*During League Play ladies and men will use designated courts as assigned by the Director of Tennis, beginning at noon.

# Meet Your Courtside Family!

## Karen & Les Bunch

Karen caught Les's eye in a bright red dress at a high school math club function in Findlay, Ohio exactly 61 years ago. After a 5-year courtship complicated by our being in different colleges 300 miles apart, we married immediately upon Karen's graduation. Karen has two siblings and lots of cousins. Les has one brother and two cousins. We have no children, but some of our relatives live nearby in Florida.

Just out of college, Les became manager and engineer for a small metal alloying and smelting company in NY state, and Karen began her career teaching math. We built an airplane, had great gardens, hiked and skied, played tennis, had a photo darkroom and two cats. In 1978 we escaped New York and started our own precision foundry and machining business in our garage in southern New Hampshire. The company grew, and we both retired when we sold the business in 2001.

Karen was involved in lake water quality and civic beautification work. Les renovated and maintained two Har-Tru tennis courts for a small club, fixed up a walk-in-gas ceramic kiln at the local art center and became a potter of sorts. Digital photography replaced the film photography hobby. In 2003 we bought a sailboat, refitted it and spent 3 seasons living on it 6 months of each year, mainly in the out-islands of the Bahamas. We became snowbirds in the Venice area in 2009 and found Courtside to be a perfect fit. We have both been active in homeowner associations here in Florida. In 2019 we became full-time residents of Florida.

We love to travel and usually took about 5 weeks of vacation annually to facilitate that. Les has a commercial pilot's license, Karen a private license, and we have owned or operated 9 different airplanes over 55 years for business (Les) and pleasure. Our current airplane is a two-passenger sport plane. We seek out live classical and jazz music, art museums & galleries, great restaurants, mountain and woods hiking and islands. Great memories remain of the Swiss, French, and Austrian alps, the Rockies and the White and Green Mountains.



Please say thank you to the following area businesses and community members who supported Courtside's Team Tennis Tournament to benefit the Leukemia & Lymphoma Society®

### Davis Cup Sponsors (\$1,000 and up)

Publix

Three Bridges Brewing

Venice Fine Wines & Spirits

Wiseman Construction

Penfield Friends and Family

### Court Sponsors (\$500 and up)

Nina and Philippe Bouclainville

Bryan and Monica Walker

### In-kind and Raffle donations:

Angelo's

Asaro's

BrewBurgers/Brew-Za-Bagels

Café Venice

Casariano's

Costco

Croissant & Co.

Darrell's BBQ

Food+Beer

Gold Coast Eagle Distributing

Gold Rush BBQ

Kristine Grace Boutique

Made in Italy

Marco's

Prime

Publix

San Marco

Soda Fountain/Vinnie's Pizza

Starbucks

Tennis Express

Winn Dixie



## Tai Chi for Health

Gail Lanigan

I am a certified Tai Chi instructor in Traditional Yang Short Form and would like to offer free Tai Chi sessions to interested Courtside members.

Classes will be held on Monday afternoons at 2:00 PM beginning May 8, 2023. Depending on the number of participants, we can meet outside either under the trees or on the cement area by the swimming pool. Each class will begin with Qui Gong breathing exercises and focus on practicing Yang style traditional short form.

Tai Chi originated in ancient China as a marshal art form. Today it is often practiced at a slow speed to promote health and wellness. Clinical studies have shown consistent Tai Chi practice improves strength, flexibility, balance, and overall fitness through low impact easily learned choreographed movements.

Tai Chi integrates the mind, body and spirit. It emphasizes harmony, balance, and change while helping us use our breath and movements to promote relaxation and a sense of wellbeing. For me Tai Chi is meditation in motion.

Tai Chi can be practiced anywhere. You don't need any special equipment. Wear comfortable clothes you can move freely in and secure footwear.

**Starting May 8**

**Every Monday 2:00-3:00**

**Courtside Tennis Club**

Call Gail Lanigan (815) 494-8507 for more information.

## YOGA

Yoga this Thursday April 6th and continuing every Thursday at **11:30 AM**. All that is required is a yoga mat, small wet towel since the weather is on the warm side these days and a water bottle. We will stretch muscles to increase flexibility, incorporate balance poses, continue to work on core muscles, add to our ongoing program by starting to introduce the sun salutation and at end of class a meditation practice to ease the mind of the tensions we encounter daily.

A number of tennis members have indicated because of knee, back, shoulder and arm injuries past or present, they are reluctant to come to the class. Rest assured there will be modifications to all the poses. One of the goals of the class would include the ability to provide muscle flexibility allowing you to return to the tennis court with a healthier physical and mental approach to your overall game. The class will incorporate beginner to advanced poses.

Some additional benefits will include improved respiration, circulatory health and vitality. At the end of class, as previously mentioned, we will incorporate quiet time and feeling your body as it moves through space and time moment to moment which will assist you to create peace and calm.

## What a Birthday Week!!

To my surprise on Tuesday March 21st, I was led by Fred Morrison to the patio area where a large group of members patiently waited to sing "Happy Birthday." A delicious sheet cake was presented with all the trimmings (candles of course), along with a large pretty bag with many wonderful gifts, including a gift certificate to MRT. To say the least, I was very touched. This was a very memorable event and I appreciated all the work everyone did and all the kind words I received.

Another surprise, on Friday March 24th at the Fund Raiser, I was presented with a beautiful bench with a very lovely engraved plaque. The bench is sitting by the large oak tree that I had planted over 40 years ago. I truly love it and as I sit on it, I will always be reminded that Courtside Family members are the best.

Thank you so much and I am amazed and honored.

Sandy Allen



## LLS Team Tennis Tournament Wrap-Up

To say that Courtside and members of the Venice community rallied to make the event a success would be an understatement: more people registered than we originally planned for, we far exceeded our goal of raising \$1,000 for the Leukemia and Lymphoma Society® and we had more fun than we thought we would at the Friday afternoon Kick-off Event and the tournament itself.

There are many people to thank for making this event such a success, including the entire Courtside Board (who enthusiastically said “Yes, let’s do this!” at their February 8<sup>th</sup> meeting), Mo and Sue in the office (who selflessly put in countless extra hours collecting registration forms and payment and answering so many questions), Tennis Director/Head Tennis Professional Matt Liverman (who secured an exhibition match by four phenomenal high school students and talked up the tournament at his lessons and clinics) and member Mark Macler (who arranged to have outstanding area pros play an entertaining and inspirational exhibition match). Thank you, thank you.

Many individual Courtside members and “Friends of Courtside” volunteered their time to make sure Friday and Saturday ran smoothly; it truly took a village. This tournament could not have happened without our teammates and dear friends Joe Buggy (an enthusiastic fundraiser who people just can’t say no to) and Patty Buggy (my long-time partner in crime from way back in our PTA days). We are beyond grateful to so many, and we are touched at the outpouring of support and heartfelt stories of why this cause was so meaningful to people.

We are happy to report that after two days of fun and an astounding total of 90 matches (72 players, 36 doubles teams, 18 matches per round and 5 rounds), Courtside Tennis Club has raised over \$8,000 for the Leukemia and Lymphoma Society®!

Thank you again, see you “Courtside”,

Camille and Steve Rutan





## Reminder

All full-time members can pay their monthly membership dues through their bank's Bill Pay Option. Once you set that up with your bank, the bank will send a check directly to Courtside each month on the date you specify.

We still have available the Venice High School community discount cards that are valid until May 2023.

The businesses range from all kinds of restaurants, oil changes, nurse-ries, car washes etc.

It's only \$20.00 and most importantly it helps the Venice High School tennis team.



### Want to learn the game of Mah Jongg?

Join Courtside for a fun-filled afternoon of Mah Jongg every Monday at 1:30 pm.

Willing to teach new people. Sign-up sheets are on the porch.



### Courtside Rules & Regulations

As a refresher for our new and older members of Courtside, there is a copy of the latest Courtside rules and regulations of the club on the bulletin board by the kitchen window.

## REMINDER

Just a reminder that there is a defibrillator on the porch next to the office door in case of an emergency.

