

MILLBRAE RACQUET CLUB

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BETWEEN THE LINES

MRC NEWSLETTER

President: MissyChiesa

Secretary: Jim Van Ness

Treasurer: Humberto Melara

Membership: Claudia Edson

Communications: Helen Brosnan

Operations: Bob Lopez

Tournaments: Ken Hoeck

Newsletter: Ramesh Dronamraju

Scheduler: Kari Roberts

Technology: Alan Tse

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Editor in chief

Ramesh Dronamraju

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Janice Carter

PRESIDENT'S MESSAGE

Hello MRC,

Fall is here, the time change is upon us and there is a chill in the air. It all shouts "PLAY TENNIS!" to me.

We have had new members join. So exciting! Welcome to our hidden gem of a club. Tennis is all we do, and I believe we do it right! Again welcome. I hope to see you all on the courts soon.

There is not much to update you with but I would like to suggest some tennis kindness and instruc-

tion on a go forward basis (in other words, not trying to lecture, but these situations are occurring and please help render them to stop)

If you have a court reserved on SKEDDA and cannot use it, please delete your reservation.

If you have RSVP'd to Fun Day and will not be there, please delete your RSVP.

If you are the last to leave the club, please lock the gates,

shut off the lights and lock the club house and close the front door. (Oh and don't forget to make sure the umbrellas are closed too). OK the written lecture is over.

Happy Fall to everyone, it is such a fantastic time of year. I hope your families are well, your tennis is awesome and you all stay healthy and happy.

Missy



2024 MRC BOARD OF DIRECTORS

The Millbrae Racquet Club Board of Directors has approved the following slate of nominees serve as Board members in 2024.

Happy to note that everyone has been kind enough to sign on for another year.

Board members are:

Membership - Claudia Edson

Communications - Helen Brosnan

Scheduling - Kari Roberts

Treasurer - Humberto Melara

Operations - Bob Lopez

Tournaments - Ken Hoeck

Newsletter - Ramesh Dronamraju

Secretary - Jim Van Ness

Technology - Alan Tse

President - Missy Chiesa

Other Board members who deserve a shout out for all their hard work :

Social Committee

Janice Carter

Ric Knowlton

Melinda Murray

Tuesday Gals tennis:

Rita Armstrong

Thursday Men's Tennis:

Ken Hoeck (board member)

All the above positions are volunteer positions and Thank you to all who have taken on another year of being part of what makes MRC shine! Many hands makes for light-work - leaving more time for tennis!

If you are interested in joining our board or seeing what there is to help out with at MRC, please contact Missy Chiesa TheChiesa@aol.com or 650-678-5214

BETWEEN THE LINES

MRC NEWSLETTER



ON THE LINE-SPECIAL EDITORIAL NOTE COLLECTED BY JIM VAN NESS

WATCH OUT TENNIS LOVERS-PICKLEBALL NOW MORE POPULAR THAN TENNIS FOR THE FIRST TIME AMONG APPLE WATCH USERS

Pickleball has overtaken tennis in popularity for the first time among at least one demographic in the United States.

Apple Watch owners tracking [pickleball](#) workouts on their devices during the summer surpassed those monitoring tennis activities, based on findings published Tuesday from the [Apple Heart and Movement Study](#).

The research, conducted by the Cupertino tech company in collaboration with Boston's Brigham and Women's Hospital and the American Heart Association, set out to analyze the health benefits of pickleball compared with traditional tennis.

In July, the number of pickleball participants exceeded tennis players for the first time in a single month since the study started in January 2021. The data revealed a consistent growth in pickleball workouts, unlike tennis, which displayed seasonal variations.

Pickleball, a sport that blends aspects of tennis, badminton and ping pong,

has experienced a significant [surge in popularity](#) in recent years. Originating in the Pacific Northwest during the 1960s, it started as a modest amateur activity, gradually growing over four decades. However, from 2019 to 2020, its player count grew by nearly 30%, leading the Economist to declare it "the fastest-growing sport in America."

The observational Apple data set — drawn from more than 200,000 participants across the United States who have given their consent to share data — provided insights into the time spent on courts, player demographics, and the physical benefits of both activities.

Utah, Arizona, and California led in recorded pickleball workouts per capita. The researchers found that participants engaged in pickleball games for an average of 90 minutes, compared with 81 minutes for tennis. Tennis players, however, exhibited a higher average peak heart rate of 152 beats per minute, about nine beats per minute faster than the 143 beats per minute pickleball players maintained.

Several American communities have [faced challenges](#) in accommodating the increasing number of pickleball enthusiasts, leading to a shortage of [suitable playing areas](#). This surge in pickleball popularity has sparked concerns among tennis players, who lament the rapid expansion of pickleball activities

and [conversion of some tennis courts](#) into pickleball courts.

"Pickleball is noisy, and parking can be difficult, but that's not much different than with any (popular) activity," Phil Ginsburg, general manager of the San Francisco's Recreation and Park Department, [told the Chronicle](#). "There are certain spaces in our park system that are very active."

According to the Apple study, both pickleball and tennis were popular across all adult age groups, with a slightly higher preference for both sports among men. The researchers said having access to participant behavior and sensor data from Apple Watches enabled a comprehensive understanding of factors impacting heart health and mobility.

HOW TO TRACK PICKLEBALL WORKOUTS ON AN APPLE WATCH

To track pickleball sessions on Apple Watch, go to the Workout app and choose Add Workout, then select Pickleball. To help track workout intensity, users can also customize their Workout views on

Apple Watch to include Heart Rate Zones. Users can review their activity data in the Fitness app on iPhone or health data in the Health app on iPhone or iPad.

Participants engaged in at least 10 pickleball workouts were an average age of 51, compared with 45 for tennis players. The study also noted a higher participation rate among women in the avid pickleball player group compared with those who played less frequently.

The Apple Watch study noted a higher participation rate among women in the avid pickleball player group compared with those who played less frequently. Some participants also logged their mental health data. Among those participants, frequent pickleball players reported a 60% lower frequency of "depressed mood," while regular tennis players reported a 51% reduction compared to Apple Watch users not involved in either sport.

[Sumbul Desai](#), Apple's vice president of health, was encouraged by the results. "Physical inactivity is a modifiable risk factor for cardiovascular disease and a number of other chronic conditions," she said. "Finding an activity that someone enjoys partaking in can help build a routine, whether that means picking up a paddle or a racket."



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MRC FUN DAYS-HOLIDAY EXTRAVAGANZA

Come and join us at remaining 2023 Fun Days.

If you have never experienced a Fun Day, it's a morning full of social doubles, in-person conversations, food and drink. It's the best place to meet people and to find your tennis partners.

MRC will provide all the beverages and tennis balls.

Because fun days are popular, sign-up quickly when you receive the email announcement, using the link in the email or at the MRC website under Events/

Funday registration. If you can't get either method to work, contact Ken Hoeck at frankus33@aol.com

Sunday, December 10th "year-end Potluck"



MRC HOLIDAY CELEBRATION WITH MEMBERS— DECEMBER 3, 2023

Hi Everyone
We are happy to be celebrating the holidays with our members on December 3, 2023.

On Sunday December 3rd, we will have our Holiday Party Celebration starting at 11:00 am. Cooked on site Mexican grill lunch will be provided by MRC. No sign-up needed. You can bring your spouse and kids

living with you for a family celebration. Please bring cookies or treats for dessert for somewhat holiday cookie exchange.

We request that you bring an unwrapped gift for a child 12 years and up to place in our Toy Barrel that will benefit those children in need. **Thank you to Bob Lopez for keeping this go-**

ing and working with the San Francisco Firefighter's Toy Program.

Our December Fun Day will happen on Sunday December 10. Sign-up at the MRC website as usual.

Happy Holidays to all from your MRC Board of Directors

Loud, excessive talking and or shouting that might distract other players is not allowed.

Watch the clock. If someone made a reservation for the court you are on after your reservation time is up, be sure to be off the court.

MRC Etiquette

ORBITUARY-OLLIE WELCH

MRC board sadly reports the passing of one of our Honorary members, Ollie Welch. A long time member of our club, she had to lay the racquet down several years ago but she stayed with the MRC family as an honorary member and amazing friend. Ollie was known for entertaining us all on Fun Days with her dazzling singing of songs that were appropriate for each occasion: God Bless America for the 4th of July, Danny Boy for St. Patrick's Day,

and so on. She'd even have handouts for everyone to sing along. In 2017 Carol High did a member spotlight for our MRC Newsletter on this incredible and beautiful woman.

Ollie we know you are still singing and laughing up there.



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UNCLE SLEEPY UNSOLICITED ADVICE FOR NEW MEMBERS

How can I find someone at my level to play?

That's a piece of cake. Go to club website (millbraeracquetclub.net). Click on page called "Find a Player". It has a list of other members who are looking for someone to play with. Enter your data too. Don't be shy-- call or text them or ask them if they want to play.

Can I bring a guest to play?

Yes, pay the \$5 per guest fee, either by using Venmo or cash. Don't leave cash on the table. Fill out a provided guest fee envelope, put the cash in the envelope, and drop the envelope in the slot in the door between the two bathroom doors.

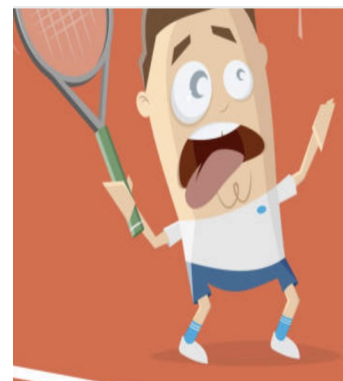
How do I schedule my court time?

Now you are talking. Go to MRC booking system

(mrccourts.skedda.com). Login with your email and use your password and you can schedule.

I lost my club key what should I do?

No worries. Call or send a text or email to Claudia Edson (stedson1@aol.com) She will help you to get a duplicate.



THANK YOU OLE FLODIN- FOR YOUR SERVICE TO THE CLUB

Ole Flodin is a long-time member of MRC who has mostly retired from active play but still stops by on fun days and other days to visit with players. Ole served the club as treasurer and also contributed his skills to carpentry and other maintenance projects. He is now an honorary member but is still giving his time to MRC. On October 19 he brought his bench, clippers, and bucket to the club and trimmed the dead branches out of all the potted geraniums

on the deck and along the walkway from the parking lot, and then swept up. Thanks, Ole.

Note: This no-employee, all-volunteer club dependent on members who contribute their time and efforts on maintenance projects and providing other services and serving on the Board of Directors. If you'd like to help, contact Missy Chiesa at TheChiesa@aol.com or 650-678-5214



Between the points, you should send the balls directly to the server if it is singles and to his net partner in doubles.

You should always give benefit of doubt on all close calls to the opposing team.

MRC Etiquette

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WELCOME TO THE CLUB- NEW MEMBERS

Aiko Yamakawa Beginner

858-525-3505

Aiko.osugi@gmail.com

Elaine Orr 3.0 Self

415-316-3788

Elaine.orr@gmail.com

Darwin Rodriguez Beginner

650-465-5077

darwin511@gmail.com

Devender Yamakawa Beginner

858-205-3787

dev.yamakawa@gmail.com

Anne Rainwater 3.5 USTA

415-686-2305

Anne.rainwater@gmail.com

Jen Beser 2.5 self

415-425-6950

jenbeser@gmail.com

Michele Young 3.5 USTA

650-245-1530

miyoung34@gmail.com

Gloria.Heffran 3.0 Self

650-867-4488

gloriasbiz@gmail.com

James Beser Beginner

415-525-5971

jamesbeser@gmail.com

Elliot Young 3.5 USTA

650-787-9955

elliott385@gmail.com

"Rags" Heffran 3.0 self

650-867-4499

torags@gmail.com

Joan Holland 3.5 USTA

650-888-7285

hollanddon@comcast.net

Vera Ares Beginner

415-412-9241

vxares@gmail.com

Doug Cameron Beginner

415-577-8427

dougsharon215@gmail.com

Margaret Duffy 3.5 USTA

650-676-0294

Margaret.duffy@cbnorcal.com

Sharon Chen Beginner

415-786-1753

dougsharon215@gmail.com

David Flash 3.0 Self

617-797-6988

davidflash@comcast.net

Marria Nazif 2.5 Self

650-400-7158

marria@gmail.com

When a serve is hit out, do not hit the ball back over the net. Call it out, either grab it and put it in your pocket or lightly hit to the net.

MRC Etiquette



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ORGANIZED TENNIS CALENDAR

Men's Doubles

Thursday 8.30–10.30 AM

Contact:

Ken Hoeck

frankus33@aol.com

Women's Doubles

Tuesday 9.00 –11.00

Contact :

Rita Armstrong

rita.armstrong300@gmail.com

USTA TEAM UPDATE

Congratulations to all three MRC USTA fall League teams for making it to playoffs. Ben Wu's Combo Men's 8.5 team won their division, losing only one of ten matches. Captain Humberto Melara and co-captain Missy Chiesa led the 55 Mixed 7.0 team and Lauren Rosen and Linda Grasberger managed the Combo Women's 6.5 team. We wish all the players success during the playoff matches through the first half of November and beyond.

Ready to get those competitive juices flowing in the new year? Registration has begun for the first round of 2024 USTA Leagues.

Teams can sign up for the Adult 40 & Over regular and daytime Leagues and the Mixed 18 & Over Leagues until December 4, with the seasons starting at the beginning of January.

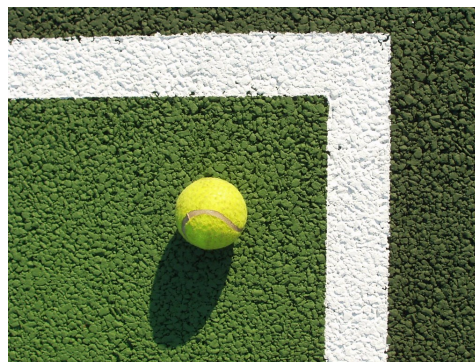
Adult 65 & Over Daytime team registration is from December 4-January 8, with play beginning the week of February 5, 2024.

Find out more about all USTA Norcal leagues at:

<https://www.usta.com/en/home/play/adult-tennis/programs/>

northerncalifornia/tennis-resources.html

To connect with other MRC players who may be interested in forming or joining a team, please contact Lauren Rosen at laurensrosen@gmail.com



Always be certain your opponents are ready before you serve.

Always observe all the court rules, insist the others do the same.

When returning the ball to another court, the correct way is to return it on a bounce or two.

Do not return the ball while play is continuing on other court.

Thanks

MRC ETIQUETTE

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GALLERY OF MEMBERS IN ACTION AND FUN

