



# Messenger

23500 Clubhouse Drive, Laguna Niguel, CA 92677 ~ 33080 Niguel Road, Monarch Beach, CA 92629

## Upcoming Events

May 3	Ace To Erase Childhood Cancer Tourney
May 7	Wine Tasting @ LNRC
May 14	PacSun Captain's Salad Luncheon
May 15	Date Night
May 16,17	Club Doubles Championships
May 22	New Member Happy Hour
May 23	15 + Member Appreciation Party
May 23-25, 30-31	Adoption Guild Tournament
May 29	Friday Night Mixed Doubles
June 4-7	33 <sup>rd</sup> SCTA Seniors Tournament
June 8-12	10 <sup>th</sup> Annual SCTA Junior Open
June 20	25 Year Anniversary Open House
June 22	Summer Camp Begins
June 26	Friday Night Mixed Doubles Glam Tennis

### SINGLES MATCH PLAY

Don't forget to remember **Ronnie Nemchock's** Singles Match Play days every Mon.(6:30pm), Wed. (6pm) and Thur. (1-2:30 pm) @ LNRC. All levels of play are welcome. Sign-up in Ronnie's special book at the front desk or contact him via email.  
Ronnie@spearmanclubs.com.

### CARDIO TENNIS CLINICS

Join Tennis Professional **Dana Bozeman** and his sidekick **Tim Fresenius** and enjoy a great workout participating in LNRC's Cardio-Tennis Clinics. Friday Morning - 7:30-9 am; Friday Afternoon 3:30-4:30pm, Saturday Morning 7-8:30 am; Sunday Morning (Men Only - Limited to 8) 10-11:30 am. If you have any questions, contact **Dana** at 510-3825.



### EMAIL ADDRESSES

If we don't have your email address, shame on you! Please contact **Anne** @ anneb@spearmanclubs.com or call her at 496-2070 X 110 and let her get your email address into the system TODAY! You will be very glad you did!

## Activities & Events

### ACE TO ERASE CHILDHOOD CANCER CHARITY TOURNAMENT MAY 3

Member **Clarkson Dardis** and her son will be holding an Adult/Child Charity Tournament to benefit St. Jude's Children's Hospital here at LNRC on Sunday May 3rd. Cost will be \$30 per player with all proceeds going to the hospital. To play, sign-up in the folder at the Front Desk. If you have any questions, please talk to **Anne**.

**WINE TASTING MAY 7<sup>TH</sup>** - Join fellow club members May 7, 6:30-9 pm in the LNRC upstairs lounge for an evening of wine, hordeuvres and serenade provided by guitarist/singer/songwriter Jerry McFarland. Cost for the evening is \$20 per person. Sign up in the Activities Book at the Front Desk or with **Sandy** sandy@spearmanclubs.com.

**PAC SUN CAPTAIN'S LUNCHEON MAY 14** - All PacSun and USTA Lady Captains as well as PacSun board representatives will be honored at a salad luncheon May 14, 12 noon, in the LNRC upstairs lounge. All invitees will receive a personal invitation and are asked to RSVP to **Anne**.

**DATE NIGHT MAY 15<sup>th</sup>** - Childcare will be available in the Childcare Cottage 5-9 pm for toddlers to age 6, and in the Upstairs Lounge 5-9 pm for ages 7-14, for our Date Night, Friday, May 15. Space fills up fast, so don't hesitate, sign-up in the Activities Book at the Front Desk or with **Sandy**.

**CLUB DOUBLES CHAMPIONSHIPS MAY 16-17** - Who will be our 2009 Club Doubles Champions? Only time will tell! All LNRC/TCMB club members are invited to join the competition May 16-17 @ LNRC. Play will consist of Men's/Women's Doubles, divisions 3.0-Open. Cost of \$20 per person includes catered lunch on Saturday, balls, trophies, and winners/finalists pictures on our Champions Wall. Sign-up in the Activities Book at the Front Desk or with **Anne**.

**NEW MEMBER HAPPY HOUR MAY 22** - All are invited to come and meet our newest members at our New Member Happy Hour, Friday, May 22, 6-7pm in the LNRC upstairs lounge. Tennis, fitness, friendship and fun is what LNRC is all about. Join us, you'll be very glad you did!

**FRIDAY NIGHT MIXED DOUBLES MAY 29** - Friday night, May 29<sup>th</sup> is the date ... 6:30 pm is the time ... LNRC is the place ... **Barry Boren** is the Pro in charge ... **Kim Tilly** is the caterer ... YOU are the players! Yes ... it's time once again for our fabulous, monthly Friday Night Mixed Doubles. We will play round robin tennis 6:30-8:15pm followed by a dinner, drinks and dessert 8:15-9:15pm. Cost for the evening is \$18 per person and CHILDCARE IS PROVIDED ON REQUEST ONLY. Space is limited, so sign up in the Activities Book at the Front Desk, or with **Anne** TODAY! Kudos to April's winners: **John/Sylvia Coffman, Caroline Kassel, Bijon Mashouf, Lynn Quilty, Julian Faurel, Jill Jones, Randy Heirbaum, and Morgan Amirani!**

## WELCOME LARA SPICA

### NEW Personal Trainer at LNRC

My name is Lara Spica and I am a certified personal trainer. Ever since I was a child, I have been involved in fitness in some sense of the word. If I wasn't at the table eating, or in my bed sleeping, then I was outside running, skipping, jumping and biking. At the age of seven, I was introduced to the sport of tennis, which not only tested my hand-eye coordination and agility, but also my patience. I played sectional, national and collegiate tennis for 15 years; whereby my education in college led me to obtain a Kinesiology Degree from California State University, Long Beach. After obtaining my degree and several certifications, I began to personal train individuals ranging from the competitive athlete to the couch potato using my knowledge in the fitness field. I not only enjoy exercise, but also the task of inspiring new faces I am so lucky to meet each and every day. There is nothing more rewarding in my place of work than the feeling I get from the times when my clients meet their fitness goals. For more info, or to schedule a session, please call me at 562-607-5272.

# One Man's Opinion

We are all more familiar with the current economic conditions than we WANT to be. Daily, we hear that the current conditions are the worst since the great depression.

I am pleased to tell you that our club memberships have held up very nicely. We are slightly down in all clubs, but we are not down nearly as much as most industries.

During the national club conventions, the management of IHRSA stated that the majority of clubs are holding their membership well and I am happy to be one of the club owners who is holding steady.

I have searched for a reason why fitness clubs and tennis clubs have held up well --and I think I have an answer. Being a club member is no longer just a place to socialize--yes, we have lots of fun as a club member, but we also stay healthy and fit and there is proof that staying healthy extends your life by an average of 3 years. Being fit also improves the quality of life.

Therefore, playing tennis, swimming and using the gym is not only social, but it is HEALTHY, it extends your life and it makes the quality of life better. So THINK about the benefits of regular exercise the next time you think about dropping your membership. YOU deserve the benefits of regular exercise tennis and gym workouts. STAY THE COURSE, as you deserve it.

**Cecil E. Spearman ♦ CEO ♦ Spearman Clubs, Inc.**  
949.496.2070 ex. 11

## MARK'S ALLEY

Pac Sun, our biggest ladies' league just finished and what an ending we had...two teams win it all and are getting the LIMO ride to the banquet in May. Our Sr. 2 team finished second and the rest all did very well. By far the best season we have had in years. The club owes a lot of gratitude to our captains, who along with **Anne Batty** coordinated all the match workouts with **Hector** and **Kate**, as well as the behind the scenes extras. Here are the captains and co-captains this year that just went out of their way to insure a fun and competitive year for their teammates. B1 **Kerry Skarvan**, co **Melanie Blau**; B2 **Connie Masciorini**, co **Sue McGah**; C1 **Sonja Okamoto**; C2 **Sarah Zappas**, co **Kerry Harker**; C3 **Dorene Spearman**, co **Sue Shin**; D1 **Judi Lunn**; D1 **Trish Bowen**, co **Jennifer Diamond**; D2 **Cathy Brown** co **Heidi Cantwell**; D3 **Barbara Lanni**; D3 **Linda Simmons Nancy Harris**; Sr 1 **Leah Anderson**, co **Renu Sondhu**; Sr 2 **Gaye Donnelley**, co **Stacey Mazurek**...THANKS for everything and we at LNRC strive to have fun, play hard and of course WIN BABY!!! Ha! okay I'm a little competitive on court ...Summer is coming and now is the time to keep making plans for the kids...Tennis camp is filling up and it is time to get signed up. We are anticipating one of our best camps ever, so get involved. See you on the courts.



What are your plans for the coming summer months? Many of you will be taking trips with your families to places all over the country. However, these trips could be taxing to your mental and physical well-being, so it is important to remember a few things before taking off on your "once a year" family vacation. If you are like the majority of people, you will "forget" to exercise and eat mindlessly throughout your vacation. That's a no-no. Nowadays, many hotels are equipped with fitness centers. Why not take advantage of this amenity? Before the kids are up, take a half hour to get in some exercise. No fitness center where you are staying? No problem – take a walk outside and enjoy the sights. You will feel so much better for the rest of the day. Be mindful of what you eat throughout the day. Be sure to hit the salad bar at least once a day and get your daily dose of fruits and veggies. Follow these simple tips and your body will appreciate you. Have a great month and see you on the courts!



# FYI

♦ Our Congrats to **Sylvia Coffman/Susie Ochwat** for winning the 3.5 Ladies

Doubles at the RCI Ladies Day.

♦ Hats off to club member **Ellen Starratt** who shot a hole-in-one on April 19 at Half Moon Bay, San Francisco ... 13th hole, 105 yards with a 6 iron. Way to go Ellen!

♦ **Warren Hardie** continues his tear of late...Getting to the Semis and representing Dana Hills in the high school division of the highly touted OJAI...**Trevor Dell** also representing Dana in Ojai got to the qtrs of the Dbls...

♦ **Lauren Smith** got to her first final of her just beginning tennis career. She won 4 matches in this great effort in girl's 14s....

♦ **Margo Pletcher** is now just in the 14s and is on a tear winning a tourney and doing well in others with her ranking climbing to the top 60...You might see her on court 2 a lot with her dad **Mitch**, her coach, who is doing a fabulous job with her.

♦ **Trevor Dell** won the Arcadia Open in the 18s with some big wins and his little brother **Spencer** is back on the courts again, doing well....

♦ **Brooke Michaels** just won the Anaheim Hills Jr Satellite 14s...Awesome for her!

♦ **Rebecca Winkle** won the 16s satellite at Dana Hills without dropping a set. Way to go to the Dana Hills Varsity star.

♦ Lastly, FORMER junior standout and UCI All-American **Neel Grover** just got back from Arizona and won another gold ball in doubles on the 35 hard courts...**Rob Horsch** PRO at LNRC participated and got to the quarters of the singles.

♦ **Sandi Carter** and **Kathy Lundblad** participated on a Super Senior 8.0 USTA team that won Nationals this past week in Surprise, AZ. You ladies ROCK!

### NEW WEIGHT TRAINING CLASS WITH STACEY TAN

Join **Stacey Tan** in this new class! Space limited to six people. \$20 per session. Sign up at the front desk or call Stacey at (949) 922-2164. Drop-ins welcome. Tue. 9am -10am, Thur. 7:30am – 8:30am, OR Mon/Tue/Thur at 7pm – 8pm.



### MIXED DOUBLES TEAM CALCUTTA APRIL 25-26

Team Calcutta 2009 has come and gone, but the memories linger on! Hats off to the winning teams: 1<sup>st</sup> Place Red Guns and Roses, **Mike Masciorin, Brynn Boren, Kirk Last, Audrey Schwarzbein, Mike Meredith, Christen Saunders, Michael Schlessinger, Teresa Shourds, Jason Likins, Marci Krasowski**; 2<sup>nd</sup> Place Blue Team USA, **Julian Faurel, Kristina Smith, Steve Naber, Connie Masciorini, Emil Apostolov, Mary Bass, Javier Garay, Kristy Manning, Jim Webb, Carrie Dickerson**; Undefeated team with least games lost, **Michael Schlessinger/Teresa Shourds**; Best Decorations Yellow Ball Busters, **Dana Bozeman, Regina Glenn, Essy Amirhekmah, Dorthe Smith, Joe Poshek, Trish Chacon, Mark Deric, Sara Ramirez, Kerry Reiterman, and Nancy Harris**; Most spirited get-up, **Carrie Dickerson** with her jewels, tattoos, blue nails, and sexy eyes. All the teams had fabulous decorations this year with themes like Eco-Green, Purple Feet and Black-eyed Peas in close contention for the best decorations. Our thanks to all participants and in particular our captains: **Kate Romm**, Eco Green Team; **Tim Fresenius/Sarah Lee/Barbara Lanni**, Purple Feet; **Connie Masciorini/Mary Bass**, Blue Team USA; **Dorthe Smith/Nancy Harris**, Yellow Ball Busters; **Elizabeth Likins/Morgan Amirani**, Black-eyed Peas; and **Teresa Shourds/Marci Krasowski**, Red Team Guns and Roses! Last but not least, hats off to the Chief, **Mark Spearman**, who works so hard to balance all the teams! WHAT A FABULOUS EVENT!!!!!!