



SUN CITY TENNIS CLUB Newsletter

September Newsletter 2024

Sun City Tennis Club- Who Are We Anyway???

In 2024, the Sun City Tennis Club prioritized enjoyment, tennis, and fostering friendships through events such as Oktoberfest, Tennis and Tacos, and the Black White Affair. The most recent Oktoberfest event, held on September 21 and organized by Phil King and Leslie Cabellos, included a tennis tournament, door prizes, music, and lively polka dancing. Additional events centered around USTA state and national tournaments. You can find highlights from these gatherings in the photos below and on the Sun City Tennis Club website: <https://www.sctexas.org/>.

Black Eyed Pea,
Tennis and Tacos
Black and White Affair



Collage of 2024 events
September Oktoberfest



September USTA
Mixed Sectionals



UPCOMING EVENTS FOR 2024

Tennis Club Annual Meeting
Wednesday, Nov 6th
at the Retreat; 5 pm
Save the date

The Oktoberfest video can be seen
online at this link:
<https://bit.ly/4ec1XU7>

We extend a heartfelt thank you to all our members who attended the events and to the dedicated volunteers who made these events possible. Your time, talent, participation is greatly appreciated.





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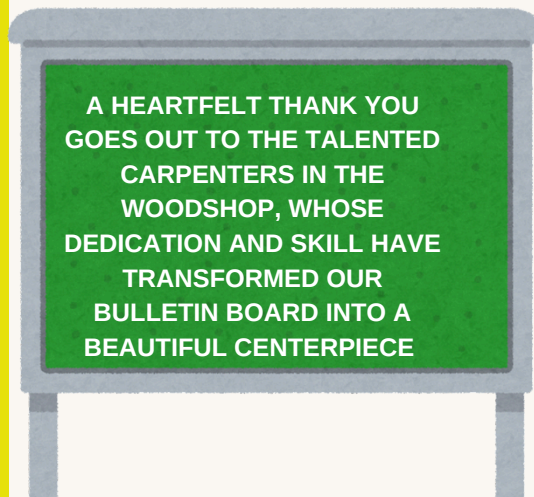
2024 WHAT A FUN YEAR!

The Oktoberfest celebration was a huge success. It was a fun Tennis mixer with random partners. There were no winners or losers from the tennis matches. However, there were 18 lucky winners of various door prizes, some valued as high as \$150.00. The emphasis was on fun; everyone was a winner!

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Oktoberfest Event

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A HEARTFELT THANK YOU GOES OUT TO THE TALENTED CARPENTERS IN THE WOODSHOP, WHOSE DEDICATION AND SKILL HAVE TRANSFORMED OUR BULLETIN BOARD INTO A BEAUTIFUL CENTERPIECE



What's happening lately????

The Tennis Club sponsored USTA Mixed Doubles Tournament which was a tremendous success, and the video has been uploaded to our website—be sure to check it out and enjoy!

Here is the link: [USTA Mixed Sectionals](#)

Men's and Women's Leagues are in need of players! Please register on the CA website! The Tennis Bulletin Board has received a makeover—it's been refurbished, painted, and now has a fresh new look. It will remain interactive and provide you with continuous updates.

Locks have been added to the bulletin board, but if you have tennis-related information you'd like posted, please reach out to Dan Samuel at dsamuel1@gmail.com.



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A Tennis Champion -A Life Well Lived



Dave Dupree and Kara Mathews' article in the July edition of Sun Rays magazine highlights Lee Scheil's inspiring story. Sun Rays portrays Lee's dedication, triumphs, and encouraging message and positive attitude that inspires people to face life's challenges with determination. Tennis is a huge part of why Lee's endurance through trials has been refined.

CHECK IT OUT

Photo with Lee in the middle surrounded by tennis buddies on the left
copyright Sun Rays Magazine July 2024 edition
(referenced with permission)

Why Do People Love Sun City ???

In 2020, the University of Texas carried out a research study with 2,000 residents of Sun City to explore what makes living there so appealing. The key findings are summarized below:

- Over 90% of residents actively participate in popular activities, including cardio workouts, weight training, and golf.
- Scheduling conflicts due to involvement in various activities were the main barrier to participation, with over 88% citing this issue.
- More than 88% of residents own cell phones, personal computers, tablets, and fitness trackers, and they report moderate satisfaction with their technology.
- Participation in clubs significantly boosted community spirit, with high ratings for emergency services and one-fifth of residents volunteering for RCSC, achieving scores above 88%.
- Fitness amenities were rated highly, particularly cardio equipment that comes with individual TV screens, which exceeded a satisfaction rate of 90%.
- Walking paths were identified as highly utilized outdoor spaces, with over 88% of residents indicating they need improvements.
- Residents showed a preference for renovating Lakeview and Mountain View homes, leaning slightly towards Lakeview, with scores above 88%.
- The main sources of information about Sun City and reasons for relocating included word of mouth and personal connections, also scoring over 88%.
- Categories that received scores below 69% encompassed taxes, engineering and planning, quality of new developments, housing availability, employment opportunities, and electric services.

Reference: https://georgetown.org/wp-content/uploads/sites/1/2021/10/City_of_Georgetown_2020_Resident_Survey_Report.pdf

It is essential to note that the study did not assess neighborhood camaraderie or club support during challenging times. The connections formed through neighbors helping each other, engaging in friendly competitions, and fostering a strong community spirit are key intangible qualities that define Sun City and draw residents to relocate there.



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Approval Status	Progress	PROJECT
Approved	Completed	Deck-Seating between courts 2&3
Approved	In Progress	Drainage issue between court 2&3
No approval needed	Completed	Windscreens replaced
No approval needed	Completed	Bulletin Board Refurbished/Painted
Approved	Completed	Website turned on, cleaned, organized and functional
Approved	In progress	Replacing 12 Christmas Wreaths
No approval needed	Completed	Worn court benches replaced
Approved	For 2025	Tree will be planted by court 1 (2025)
Approved	In progress	Resurfacing courts 1 through 4
No approval needed	Completed	New batteries,\$10 fee annual fee & policy for use for ball machine upkeep
Board approved	Completed	Ball Machine Procedures Court Usage Rules Court Conduct Rules

PROJECT COMPLETION CHART



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Points to Remember

- The OCR check-in system will undergo changes on October 7th due to decreased sunlight.
- Club members and Sun City residents can access the Online Court Reservations (OCR) System at <https://suncitytxtennis.onlinecourtreservations.com/reservations>.
- Sun City residents may reserve courts up to 24 hours in advance, while Tennis Club members can book up to 48 hours ahead. The reservation hours are from 7 AM to 11 PM.
- Starting October 7th, courts will open earlier at 8:30 AM due to seasonal changes in daylight.
- Daylight saving time will not officially begin until November 3rd for the rest of the world, when the "FALL BACK" adjustment occurs and clocks change.
- The Annual Members Meeting is complimentary for Tennis Club members and includes a business meeting, dinner, and social gathering.
- Remember to check the upcoming calendar events, league schedules, archived emails, archived event photos/videos, and meeting agendas and minutes on the website.
- Your input matters! Please submit your suggestions to the board via the website. We value the fresh ideas contributed by our members.
- Come check out our stylish new viewing area between courts 2 and 3! Feel free to relax on the existing benches or bring a chair to sit with friends, watch a match, or enjoy the breeze.
- New board members will be introduced during the Annual Meeting.

Open Tennis Update

Players of all levels are invited to open tennis matches on Mondays and Wednesdays at the indicated times below.

Round robin format makes playing with this group fun and dynamic. No one will judge you for off serves or shots. We play to have fun.

All Sun City residents can join to play open tennis. Play is on courts 1 through 4. If you have Contacts are listed on our website : <https://sctexas.org>

10/7/24 and Courts open winter hours

Courts (1 & 2) 3:30-5:30 pm

Courts (3 & 4) 4:00-6:00pm

Date TBD Summer hours

Courts (1 & 2) 7-9 pm,

Courts (3 & 4) 7:30-9:30



Studies show that people who play tennis live 7 years longer, on average than others!



DID You Know that on July 2, 2024 OSHA issued a date for a proposed Heat standard in the outdoor and indoor work environment? Read about some recommendations for heat stress first aid [HERE](#)



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Update from the Leagues

Come join this fun group of tennis players and form life-time friends. Subs are badly needed, so call the league directors if you are willing to substitute for someone!

Men's and Women's League Directors and Coordinators are listed on our website at <https://www.sctexas.org/>

[Click Here to SIGN UP FOR THE LEAGUES](#)

[Click here for League Schedule](#)

COST for League is : \$8.00 per session.

SUBSTITUTES AND NEWCOMERS WELCOME

WINNERS: Session Four



Jerry Fronczak



Robert Cabellos



Susan Allen & Leslie Hart

USTA updates from Phil King

The local Area (Austin) competition for the USTA Men's Doubles and Women's Doubles 65&over has **completed the Spring Season**. Four Sun City teams were successful, and **will be represented at the State Championships (Texas Sectionals) in Fort Worth** during November 8-10, 2024. The Sun City teams competing in this state-wide event are: (1) 7.0 Men's, **Captains Jeff Morgan and Dan Samuel**; (2) 6.0 Men's, **Captain Phil King**; (3) Women's 7.0, **Captain Fran Lefkowitz**; and (4) Women's 6.0, **Captain Kathy McWhorter**. This is the most number of Sun City teams that have competed simultaneously at the State Level.

Sun City had an Austin area USTA Team in each of the three flights for the Mixed Doubles 55+ league season. Two of those teams won the Austin Area competition and will advance to the **State Championships (i.e., Texas Sectionals)**. The first is an 8.0 Team called the "**Smash Hits**", **captained by Sandy Arico**; the second is a 7.0 team called the "**Sunsations**", **captained by Kim Harris and Nancy Guggenbickler**. Each of those two teams will be representing Sun City and Austin at the State Championships to be held in Tyler, Texas on November 1-3, 2024. Sun City is proud to be represented and wishes them huge success!



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Tips for Preventing Skin Damage and Maintaining Youthful, Radiant Skin



Basic skin care :

- Maintain the health of the largest organ in your body, your skin, by staying hydrated and carrying electrolyte-enhanced water to reduce dehydration.
- Minimize the risk of skin damage by avoiding prolonged sun exposure between 10 am and 4 pm.
- Protect your skin from harmful UV sun rays by using UPF (50+) sunscreen and wearing protective clothing on exposed areas. A hat reduces sun exposure of your face by 10%.

Moderate Skin Care:

- Assist your body to repair daytime sun exposure by applying topical aloe vera gel or collagen cream morning and night routinely. These topical creams are used for repair and are commonly used in burn units for treatment. Be sure to apply sunscreen, after showering before going outdoors.
- Don't forget to reapply SPF 50 sunscreen (or higher) every 3 hours when spending time outdoors.
- Protecting your skin can help prevent age-related issues like premature wrinkles, spots, and skin cancers. Seek professional help for treating actinic spots. Using cryotherapy, dermabrasion, or chemical peels, is essential as these spots can be precancerous and require evaluation before spread to deeper layers of your skin
- Cosmetic procedures such as microdermabrasion, chemical peels, cryosurgery, botox, and injections with fillers or laser treatments can enhance and rejuvenate the skin's surface. However, continuous sun exposure can diminish the effectiveness of these treatments. So if you spend the money to get these treatments spend the time to care for your skin by avoiding sun damage as well.

Advanced or Surgical Skin Care Considerations:

- Surgical intervention is necessary for precancerous skin damage (skin cancers) or spots with cancer potential.
- For invasive cancerous skin lesions, Moe's surgery with possible skin grafts may be required to completely eradicate invasive skin lesions. These procedures require a cancer skin specialist and should be treated promptly.



FACTS : Texas has the highest rate of skin cancers. Unprotected and excessive sun exposure is the leading cause of skin cancers such as Basal Cell and Squamous Cell Carcinoma. Skin cancer can affect individuals of all skin tones and types, potentially leading to conditions like melanoma.

Ball Machine Tid Bits



Data from May reveals that our ball machine is not being used to its full capacity. The club aims to synchronize the ball machine's availability with actual usage trends. There were 137 instances of no sign-ups, and engagement during early-morning summer sessions was notably low. We kindly ask that you sign up correctly when using the ball machine so we can accurately monitor its usage and better align its availability with members' needs

HELLO FALL !!!



Activities Offered by Our Tennis Club

Our Club Offers a Variety of Engaging Activities:

- **Open Tennis:** Players of all skill levels, including Sun City residents, are invited to participate in lively and inclusive tennis matches on Mondays and Wednesdays. For contacts see our website :<https://www.sctexas.org/>
- **Leagues:** Men's and Women's club members enjoy tennis leagues year-round with three sessions throughout the year. See our website for contacts to the Leagues:<https://www.sctexas.org/>
- Join our fantastic group of tennis players to enhance your skills and mingle with other enthusiasts. See our website for contacts <https://www.sctexas.org/>
- **USTA leagues** offer competitive play on courts in and outside of SCTTA. They are enjoyable, foster camaraderie, and focus on achieving goals. Our players now compete at a high level of tennis and have gained recognition for producing champion players. See our website for contact information.
- **Small Group Matches:** Club members can reserve a court up to two days in advance and play matches with their group on any available day. Sun City residents can also reserve our courts one day in advance.
- **Social Activities:** Our club organizes various social gatherings throughout the year for members to meet, enjoy delicious food, and play tennis. Our social directors always come up with enjoyable event themes, delicious meals and the events feature plenty of tennis. See our website for a list of future events and contacts <https://www.sctexas.org/>
- **Dave's Clinic:** Don't miss the opportunity to enhance your tennis skills by attending Dave's Thursday free clinic at 3:30 PM. Dave offers guidance to club members on forehands, backhands, serves, and strategy for players of all levels. Questions? Contact Dave on our website :<https://www.sctexas.org/>
- **Ball Machine Practice:** Improve your game for an annual fee of \$10 and receive instruction on use of the ball machine from our ball machine instructors at <https://www.sctexas.org/>
- Click the link to join our fabulous tennis club for a fee of \$15: [**JOIN THE TENNIS CLUB**](#)

Newsletter & videos/ Communications Director 2023-24 Lilly Ramphal Naley MD

Expressed gratitude to Kay Oaks and Lisa Medina for photo contributions to Oktoberfest and to Tim Hung and Dan Samuel for Newsletter proofing by Tim Hung and Dan Samuel