

# Gratitude for a Village

By Cheri Greené

Thanksgiving is a time for family, friends and community, a time to reflect on all that we are grateful for. This time, this year, I think about how my own personal gratitude has changed and grown over the last ½ of a century.

When I was five I was thankful that I was invited to Bobby's birthday party. I was thankful for my new bike. At 15, I was thrilled that Bret asked me to homecoming (true names undisclosed!). I was thankful that my horse and I took the Barrel Racing trophy at the Saddle Club.

At 25, my gratitude was focused on my year old son, new home, garden, and lilies. By age 30, we had added a beautiful daughter to our lives. I came to work for the Bainbridge Racquet Club and was grateful that I was close to home and had a schedule that worked for my family. When the Eisenhardts purchased the Club in 1991, they asked me to stick around.

At 35, just knowing that my son and daughter made it home safely on the bus put me at ease. I felt connected to a wonderful community at work. Mondays, I would bring my daughter in with me before school. She helped check in the Mackay/Richardson doubles. To this day the group is still out on the courts every Monday and Kels is working in the office with Kellan.

A water color class at 40 opened my eyes to gratitude. What you see when you actually

start looking is amazing.

Over time our gratefulness spreads out, expands and multiplies. Maybe it's all the STUFF that life throws our way. Or is it all the STUFF that life throws at friends and family, which makes us stop and pay attention? Gratitude is like a great workout. It makes us feel good. It's a muscle that we have to exercise. Our head is clearer, we have more energy and the spring in our step is a little more noticeable.

Now that I'm 50-something, getting back into an arena and barrel racing is NOT on my gratitude list. What I'm most thankful for is my friendships, my parents' good health, my children's happiness, the great people I work with, my lilies, my 13-year-old puppy, my bunk house project,

fishing poles and beaches, reliable transportation, a roof over my head, sunshine, licorice, a candle.

I'm blessed with a village and BAC has been a big part of that. More than 20 families have belonged to the Club for over 20 years and many of those have been part

of this Club since the grand opening in 1978. All of us at the BAC hope you feel the same connectedness.

As we approach Thanksgiving, I would like to say, *Thank You Villagers.*

Thank you for all these years of companionship, laughter, tears and encouragement. As I gradually move toward 60 I look forward to new and wonderful experiences that will generate more gratitude in my life and hope for a little less STUFF for all of us.



Cheri with Ted Eisenhardt in 2001

**Dodgeball bragging rights at stake again**

Competitive Dodgeball returns to BAC Sunday November 6, 12:30-4:30pm! BAC is hosting a 16-team community tournament for 6-person teams followed by the 2nd annual BIPD vs. BIFD Ultimate Dodgeball Challenge. This gala is an important fundraiser for the BI Boys and Girls Club. Get your team together and sign up at the BAC Front Desk. Or just come and watch the antics throughout the afternoon. At 3:30pm, the marquee event will feature BIPD's finest against BIFD's finest in a battle for Island bragging rights. The entire Bainbridge community is invited to this celebration so bring your friends and neighbors with you!





# Recreation

**All Recreation Programs Sign Up At [www.biparks.org](http://www.biparks.org)**

## Little Athletes

**(3-8 yrs)**

Each week the kids will play a different sport that will keep the kids moving and having fun. There will be an emphasis on teamwork and sportsmanship. Kids will also be exposed to age appropriate strength, balance and agility drills to further aid in their athletic development. BAC

**Fri 3-5 y/o 3:15-4 pm Nov 11-Dec 2 \$40**  
**Fri 6-8 y/o 4-4:45 pm Nov 11-Dec 2 \$40**

## Movement-Based Learning

**(2-4 yrs)**

Did you know that exercise improves learning and cognitive functions? The goal of this class is to keep kids active and engaged while they are learning. They might be told to catch some balls with numbers on them and add them up, or catch the blue handkerchief. There will not be a moment where there is not some sort of functional learning aspect to this class.

**Wed 9:15-10:15am Nov 9-30 \$40**

## Basketball Camps On Non-School Days



Join a two full-day basketball camp over Winter Break. Take advantage of this time off by improving your basketball skills and having fun in the process! Bring a snack and a lunch. (4 minimum)

**1st-3rd grades Dec 19-20 9 am-3 pm \$125**  
**4th-6th grades Dec 21-22 9 am-3 pm \$125**

## Drop-then-Shop

**(5-13 yrs)**

Need to do some last minute shopping but need to do something with the kids? We have a GREAT solution for you. Drop your kids at the BAC and we'll keep them active and entertained with games, sports, crafts, etc. We'll provide pizza and drinks as well.

**Mon Dec 19 11am-4pm \$55**  
**Thu Dec 22 11am-4pm \$55**



## Fall Basketball Camps

Henry Guterson, Para-educator at Ordway Elementary and basketball coach at BHS, instructs these camps. They are designed to help basketball players of all talent levels become better players and develop a lifelong fondness for the sport. The focus will be on improving basketball fundamentals, like shooting, dribbling, passing, and defending habits, while having fun and enjoying the camaraderie of others.



**Little Dribblers: (K-2nd grade)**  
**The hoops are lowered and the basketballs used are 'junior' sized.**

**Sun Nov 27- Dec 18 12:15-1 pm \$50**

**Little Shooters (2nd-4th grade)**

**Sun Nov 27-Dec 18 1-2 pm \$60**

**Big Shooters (4th-6th grade)**

**Sun Nov 27-Dec 18 2-3 pm \$60**

## Home School Recess

Do you home school your kids? Are you constantly looking to find a way to get them active? We will be offering two times a week where you can bring your kids out for a fun and exciting instructor led class. Kids will be playing games like Dodgeball, Kickball, and Basketball- just to name a few. Monthly price will get you unlimited monthly access to the program.

**Tue/Fri Nov 1-28 (no class 25th) 9:30-11am \$50**  
**Tue/Fri Dec 2-16 9:30-11am \$35**

## Mommy & Me Bootcamp

This high-energy class for you and your little one(s) will get your heart pumping and waist shrinking. We will work to improve both your cardiovascular health and increase your overall muscle tone. You bring your stroller, kiddo(s) and friendly smile. We'll supply the weights, ropes, and sandbags. Those along with your own body weight will help to sculpt your arms, legs, back, and everything in between while working on posture, balance and cardio. Meet at the BAC gym.

**Instructor: Ashleigh Wilson, BS, NASM-CPT, FMS**  
**Tues/Thurs 10-11am Nov. 8-Dec. 15**  
**\$120 Members / \$156 Non-members / \$15 Drop-in**



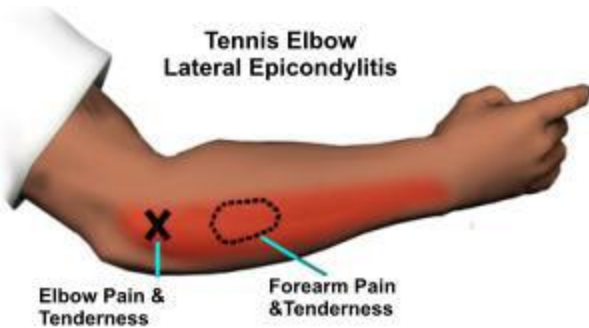
## Back on Track – Tennis Elbow: The Missing Link

*Maggie Miller, PT, CSCS discusses topics regarding injury and recovery*

Tennis elbow can often be a prolonged and frustrating injury. Years ago, it was thought to be caused by tendonitis (inflammation of a tendon). Recent research has shown that tennis elbow is most often not tendonitis but tendonosis – a process where degeneration of the collagen in a tendon outstrips

regeneration.

Each problem needs to have a slightly different treatment approach. The treat-



ment for tendonitis is primarily rest to allow inflamed tissues to calm down, anti-inflammatory measures (such as medication, physical therapy modalities or steroid injection) and a progressive exercise program to gradually re-strengthen involved muscles and correct any muscle imbalance in the involved arm.

In treating tendonosis, it is essential that eccentric exercises are included in the exercise regimen. Eccentric exercise specifically works the tendon and promotes regeneration of the collagen whereas traditional exercise does not. If tendon repair is not part of the treatment for tendonosis, return of pain and limitations are inevitable.

Regardless of the cause of tennis elbow, once rehabilitation is complete, it is important that the stress on the injured arm is managed to avoid recurrence. This includes:

-A gradual return to full activity. Limit the amount of activities that strain the area such as tennis, gardening, and other activities that require repetitive gripping. When you resume activity, allow for full recovery. Do not perform it on consecutive days.

-Warm-up properly before activity to prepare the muscles and tendons for work.

-Use protective measures such as a tennis elbow band or brace

-Continue a program of corrective exercise. It is essential to keep the muscles around the shoulder strong to provide a stable base for your elbow to work.

-Tennis players should consult a tennis professional who can evaluate your equipment and stroke mechanics. Improper grip size, racquet stiffness, and string tension can put unneeded stress on the arm. Poor stroke mechanics such as hitting the ball late can lead to recurrent injury and need to be corrected.

For information on current concepts in treating orthopedic and sports injuries or to book your Kitsap Physical Therapy appointment, contact Maggie by email: [maggiemiller@kitsappt.com](mailto:maggiemiller@kitsappt.com)



## East/West Fusion

**(aka PureBarre, CoreFusion, Physique57)**

Achieve your best body - embrace health and wellness. This high-energy, calorie-burning, interval-training, power-packed cardio class is a vigorous workout with little recovery time between sets. Fusing Pilates, yoga, Lotte Berk, weight training and core-conditioning, East/West Fusion produces lean muscles, a strong, youthful body, and a sense of peace and relaxation.

**Instructor: Stephanie Dalton**  
**Tue/Thu Nov 8-Dec 1 9:15-10:15am**  
**\$98 Members/\$128 Non-members**



## TROUP Schedule Changes

A few changes are coming our way in November so here is a look ahead. Check the Fitness Page, the TROUP section, for an up-to-the-minute schedule at [www.bainbridgeathleticclub.com](http://www.bainbridgeathleticclub.com) and email [melissa@bainbridgeathleticclub.com](mailto:melissa@bainbridgeathleticclub.com) for more info on getting involved.



# Fitness

## Healthy Holiday Eating



It's that time of year again. Holiday parties and family gatherings can present a special challenge when it comes to eating healthy; the key to a nutritious gathering is having a variety of healthy food selections.

And this doesn't mean that you'll have to completely sacrifice all of your favorites! Nutritionist Emily Bell will walk you through some ways to stay in control.

**Mon Nov 21 7-8pm**  
**\$15Members/\$18 Non-members**



## Biggest Winner Reminder

Start looking for your team of 5. The time to start is getting near. Keep your eyes out for more details around the Club and on the web. Weigh-ins start January 2nd.



## Thanksgiving Day GE Schedule

Work out before you pig out.

## Holiday Hours: 7am-2pm

Thanksgiving Day -  
Gratitude Class Schedule 2011

Cycle w/Kevin 8-9:30am

Cardio Kick Boxing w/Yasuyo 8-9am TS

Vinyasa Flow Class with a Theme of Gratitude w/Michelle and Carrie (All Levels) 9:30-10:45 am GE



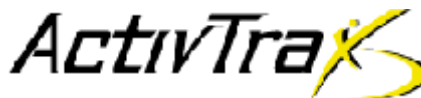
Remember to visit our Facebook page. Just search *bainbridge athletic*.



Don't let it rain on your fitness parade! Come join us for indoor team racing and time trialing in Kitsap County's only CompuTrainer Multi-Rider Center at the Bainbridge Athletic Club. Up to four riders can simultaneously ride, race, test and train, seven days a week, safely and conveniently. Call Kevin for details at 360.674.8128 or the BAC at 206.842.5661. Heck, let it snow!

## Change Your Routine: ActivTrax

Time to change something? Tired of the same routine? Want to add some variety to your resistance training but can't seem to make it to the TROUP classes? Find out if ActivTrax is for you.



Each workout ActivTrax will prescribe you

exercises based on your experience, goals, and time available. If you have questions, talk with one of our Fitness Specialists or visit <http://bainbridgeathleticclub.com/fitness/fitness-programs>

## 35 People Needed for Blood Drive!

In conjunction with our Biggest Winner Ultimate Thinner Weight Loss Contest we want to bring the Puget Sound Blood Center in for a blood drive to help save lives. We need at least 35 people committed to donating in order to bring them here. PLEASE help by signing up on our website no later than Monday November 7 at 10am. Thank you for your life saving efforts.







# Tennis

## Junior Clinics

Remember to sign up for our next session of Junior Tennis Clinics, starting Sunday October 30. Sign up for **Mighty Mites, Rookies and Intermediates** through the **Bainbridge Parks and Recreation Department [www.biparks.org](http://www.biparks.org)**. For **Challenger and Junior Academy Levels**, you can sign up at the Front Desk.

## Junior Tournament

If your junior is a Challenger or Junior Academy level player, sign them up at the Front Desk for our Junior Tournament. Entry fee includes Gatorade, pizza and a fun night of tennis.

Fri Dec 9 6-9 pm \$15



**Check out all the USTA and Cup team results on the tennis bulletin board. Go teams!**



## Take A Look! New Ongoing Weekly Classes For Fall!

### HIT! (High Intensity Tennis)

A 1.5 hour play and drill clinic combining a high intensity based wake up for the 3.0+ player with drills, strategy, movement, positioning work, match play drills and more.

Wed 7:15-8:30 pm \$17 Jennifer  
Fri 9:30-11am \$20 Jennifer

### High Performance Tennis Clinic for 3.5+ and Above

Improve hitting, sparring, drilling and more led by a BAC Staff Pro. This tennis program is geared for competitive players 3.5+ and above only. Pro approval may be required.

Mon 3.5+ 9:30-11 am \$20 Zack  
Thu 4.0+ 6-7:15 pm \$17 Jennifer

### Stroke of the Week

Do you have a specific stroke that needs help? Check out the schedule for "stroke of the week" and solve that nagging groundstroke, volley or serve issue.

11/4 poaching and formations  
11/11 angles & drop shots  
11/18 slice, hook and twist serves  
11/25 offensive lobbing

Fri 9-9:30 am \$10 Jennifer

### Cardio Tennis \*\*

**Open to ALL BAC members**

Sun & Tues 8:15-9am no fee, no sign up needed

### Tennis 401

3.5+ NTRP Sat Nov 5-26 11-12:30 pm Limit 6  
\$20 drop in Jennifer

### Tennis 301

3.0 NTRP Sat Nov 5-26 12:30-2 pm Limit 6  
\$20 drop in Jennifer

**facebook**

Remember to visit our Facebook page. Just search *bainbridge athletic*.



# Social News

## Member Holiday Party

We warmly invite you, our valued BAC members, to a Holiday Party especially for you. Join us Tuesday, November 15 from 5-7 pm and start your holidays with delicious appetizers, good cheer and generous amounts of gratitude for all you bring to our lives. Socialize with members and staff and make this holiday season a memorable one. We look forward to seeing you!

## Holiday Bazaar

Find affordable gifts and treasures at our annual Holiday Bazaar which returns to the Club lounge Tuesday (9 am-7 pm) and Wednesday (9 am-5 pm), November 15 and 16.

Keep your holiday stress-free and fun. Local vendors will have a wide array of quality, hard-to-find, handcrafted merchandise: purses and pillows, aprons and clocks, wild Alaskan salmon and ceramics, jewelry and sculpture, fleece clothing and fine art photography, and more. We'll serve hot wassail while you shop and raffle off two baskets filled with merchandise from our vendors. This event is free and open to the public so bring your family and friends!

## Babysitting 101

Babysitting is a great way to earn that extra spending money. With a Babysitting 101 Certification you can be confident and skilled in keeping the kids safe and occupied. The Bainbridge Fire Department will teach CPR/First Aid. In addition your child will learn babysitting skills such as diapering, feeding, conflict resolution, and learn group games to play with the kids. A Babysitting Reference Guide, Certification of Completion, CPR Book, First Aid Book and CPR card will be issued after class. Class will be held at the Phelps Fire Station. Please bring a sack lunch. Sign up at the Front Desk.

Sat Nov 12 10 am-4 pm  
\$50 Members/\$60 Non-members

## Welcome Anne Belmont, Licensed Massage Therapist

Anne grew up on Bainbridge Island and has recently moved back to the Pacific Northwest after spending a number of years in Florida and Hawaii developing her practice. She will be available most weekday evenings until 8pm. Anne specializes in Swedish, Integrative Therapeutic, Reflexology, Lomi Lomi and Bowenwork. She will be performing Hot Stone Massage later this fall.



## Hungry?

Join us for Pizza, Salad, Beer and Wine at the BACafé.

- PIZZA \$5.90 (Hawaiian, Margarite, Cheese)
- SALAD \$6.90 (Spinach, Greek)
- BEER \$3.50 (Blue Moon, Corona Light, Deschutes Organic, Clausthaler)
- WINE \$5.50 (St. Michelle Chardonnay, St. Michelle Merlot)

With our member support, we will continue to expand our menu items and selections. We ask that our members please include gratuity on your ticket for the Front Desk staff.

## Kids' Club Hours

- 8am-1pm Mon-Fri
- 3:30-7:30pm Mon-Thurs
- 9am-1pm Saturday



Even when you're not at the Club, you can get pointers on fitness activities just by watching the Bainbridge Athletic Club channel on YouTube. We've posted some videos offering advice. You'll see other Bainbridge-related footage, too. Take a look.