

# NEWSLETTER

Rancho Bernardo Swim & Tennis Club  
16955 Bernardo Oaks Drive/San Diego, CA 92128  
Editor/Publisher - Norm Gillespie  
Phone: (858) 487-5002 Fax: (858) 487-5004  
Website: www.rbstc.com E-mail: rbswim@pacbell.net

Issue 33 February, 2010

## BOARD OF DIRECTORS ELECTION COMING UP

### Frederick Wiese



My family and I have enjoyed the RB Swim and Tennis Club for over 17 years and never ceased to be amazed at the facilities, classes that are available, the club's value for the money, and positive impact on our home value. Recently my work has become calm enough to allow time to volunteer and I would welcome the opportunity to give back to the RB Swim and Tennis Club as a member of the board.

Most of my work experience is in big business (management of over 3000 employees internationally for a Fortune 500 company) but for the last seven years I have had my own small company that provides Web Technology to the

Real Estate Industry. I also have degrees in engineering (two Masters) and an undergraduate degree in Chemistry.

My financial and management skills from the work experiences and the years of enjoying the club would assist the Board in providing the direction needed for RB Swim and Tennis Club's continued success as a hidden jewel.

### Alan King

My wife, Shelly and I, moved to Rancho Bernardo in April of 2001.



Since that time I have been very involved in the Rancho Bernardo

Swim and Tennis Club. I was president of the Wood Crafters for 2 years, a Board member for 3 years and am currently the president of the Board. Last year I was vice president of the Board, a member of the finance committee, chair-

man of building and grounds committee, and member of many various committees that require countless hours. As president I attend all of the CC&R meetings. I wish to serve another term on the Swim and Tennis Board as the Club celebrates 50 years of service to the community.

### Ken Baumann

Ken Baumann has been a member of RB Swim and Tennis



Club since 1972. In the 70's, he served two terms on the Swim & Tennis Board of Directors.

He has also served on the Rancho Bernardo Tennis Club Board, including a term as president. He has served on the Board of RB Youth Basketball, including several terms as its president. He has coached many youth baseball, soccer and basketball teams. In 1985 he was elected to the RB Youth Sports Hall of Fame

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Ken has successfully operated his own business for 40 years and wants to be able to bring his management skills to the operation of the Swim and Tennis Club.

### Jane Morgan

It is my commitment to the Club and the community that makes me choose to run for a seat



on the Board and I am asking for your support.

I have previously served on the Board of

Directors and during my terms I was pleased to participate in decisions which led to many improvements to the Club. These included installing a new playground, redoing the racquetball courts, and adding equipment to the fitness center. I am well aware that our Club serves the needs of all age groups and it is my intention to be responsive to these needs.

### NEIGHBORHOOD WATCH - HELP!

Yes, our NHW program is alive, but not as healthy as it needs to be. There will be an article in an upcoming Rancho Bernardo News Journal that highlights what the program has accomplished and its status. But, this article is a plea for volunteer help. Gary Carlson of

Gatewood Hills has been the Director of this important community program for 4 years.

"We need key leaders for various areas throughout the Swim & Tennis Club District D," says Carlson. "Specifically, our District needs Coordinators for Bernardo Hills, the Alamedas, Greens North, and the Trails. More importantly, we need someone willing to be the overall District Coordinator for these Areas." Carlson adds, "These are not labor intensive positions; we just need someone with modest organizational skills willing to put in 3 or 4 hours a week."

To sign up as a Neighborhood Watch Block Captain or Area Assistant, please call the NHW storefront office at 858-538-8148 and leave a message. We need you to help us help you.

The mission of Neighborhood Watch is all about "neighbors helping neighbors live safe and secure." Since the 2007 firestorm, NHW has put more focus on preparing residents for the next emergency. Carlson has installed an automated phone alert that goes to more than 140 NHW leaders in Rancho Bernardo when he gets word of an impending fire threat. In a major earthquake, it could take up to three days before outside help arrives. NHW are the people on the ground in your neighborhood who

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will be the first response for your area. He states that "We need several people on every street in RB to commit to help us pass the word to neighbors by phone or e-mail or door-to-door. We need to be sure that everyone is accounted for in the event of an emergency."

In addition to emergency preparation, NHW provides important information on its [rbnhw.com](http://rbnhw.com) website and through community seminars about crime prevention, identity theft, internet safety, keeping your children safe, preventing elder abuse and identifying scams. If you become suspicious of criminal activity in your neighborhood, be sure to alert your Block Captain and call the SDPD dispatcher at 858-484-3154.

### 40+ Mens Basketball Anyone?

RB Swim and Tennis Club members are invited to get together for a night of hoops on the courts with other seasoned players!

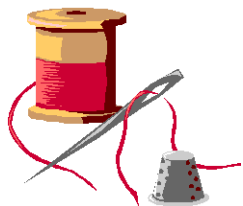
Time: Wednesday nights, 6-8pm. Pick up style.

Substitutes recommended if players exceed ten in number. Start time [Feb? March?] to be determined based on interest.

Contact Michael ODonnell at either [modonnell@san.rr.com](mailto:modonnell@san.rr.com) or at 858-487-0648. Ladies basketball night is also being proposed, so if you're interested, let me know.

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## SEWING CLASSES STARTING IN APRIL



\*If you got a sewing machine as a gift and it is STILL IN THE BOX.....this

class is for you!

\*If your grandmother was a seamstress and your mother makes all her own clothes and you aren't sure how to thread a needle - BUT YOU WANT TO!...this class is for you!

\*If you have always admired people who could sew but never thought you could.....YOU CAN!

All you need is the desire to do it ! Come and join Susie Shkolnik in her Beginning Sewing class. You will learn all about how to get started with simple projects you can start and complete in class. Susie is the founder of Mad Hatter's Quilt Box, a quilt/fabric store. She has taught sewing and quilt classes, designs and sells patterns and has produced her own clothing lines. Sewing has been her passion since she was 11 years old and she believes that anyone can learn this skill! YES, YOU CAN!

The first class will be INTRODUCTION TO YOUR SEWING MACHINE. You will get to know it inside out! Supplies will be provided for this 1<sup>st</sup> class; all you need is a sewing machine in good working order.

Also starting in April...QUILTING CLASS! Learn to make a quilt...start to finish...YES! This includes how to Quilt using your home machine!

Susie will be teaching all aspects and techniques such as

\*paper piecing \*design/color

\*colorwash

\*landscapes and wall-hangings

\*Simple construction \*strip piecing

\*Free-motion quilting

Call Susie Shkolnik for more information at 760-639-1746.

## MEDITERRANEAN FRUITFLY ALERT

We are working on a pest response to the Mediterranean fruit fly and a quarantine in the area where it was found has been in place since early November and is expected to continue until late July of this year. This quarantine was established following the detection of adult Medflies and larvae, their young, in fruit in Escondido. When a quarantine is enacted a zone is established around the pest finds and in this case that zone includes the neighborhood in question and the Swim and Tennis Club, so those properties are affected by the restrictions on the movement of host from individual properties located within the quarantine zone. According to the Federal and State regulations in place, all fruit which is a host for the Medfly must remain on site unless it is being treated under Project supervision with pesticide applications, which is an option often chosen by growers but not usually by homeowners with a small number of trees.

This means that any fruit which is not consumed on site by a homeowner should not be given away unless it is processed in such a way as to eliminate the risk of transporting fruitfly larvae, by cooking, freezing, drying, mashing or grinding, etc. All fruit otherwise not consumed on site should remain on site or be placed in

household garbage receptacles for disposal, not in greenwaste containers. This protocol is important to prevent the spread of the pest by human movement.

So with this notification of the quarantine, I am asking that the giving away of the fruit to the food bank be halted until the end of the quarantine, which is expected to end in late July. For further information, call 760-471-8180.

Sandy E. Jordan  
Regulatory Branch  
US Dept. of Agriculture

## Tennis Tip The Secret to Tennis by Jeff Dollins

I can't remember when or where I heard this, but I love the idea. The quote was, "The secret to tennis is finding the balance between what is too much and not enough." It sounds a little vague, but I hope to clarify what I think it means.

Winning a point in tennis is basically done by being the last person to get the ball in the court in a point. Therefore, the two ways to win a point are by the other person missing or by hitting a winning shot. This is obvious, but as you well know it is much easier said than done. Often we get a little bit hung up on focusing on one of these methods when both are equally valid. I think finding the balance has to do with the amount of

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pressure you put on an opponent that satisfies both of these ways to win a point.

Playing too aggressively and trying to always hit winning shots usually leads to going for too much and making errors. On the other hand, being careful to never miss can lead to weaker shots that allow your opponent to take over and eventually hit the winning shot. Therefore, finding a balance between these two extremes is the secret. One other very important thing to consider is how your opponent is fairing in regards to this balance. If they are playing too aggressively or too safely, your balance can change. For example, if your opponent is hitting hard and making errors you may only have to get the ball in enough times to let them miss. Whereas the opponent that never misses requires that you put enough pressure on them to create an opening that leads to your ability to hit a winning shot or get them to miss.

My advice is to be aware of both your balance and your opponents' balance to determine the best course of action and make adjustments as necessary. If you find you are losing a lot of points on your errors then back off and aim with more margin (away from the lines or net). If you find you haven't been missing and are still losing then you

might need to take a few more chances with either power or placement or both. This balance can change from day to day or even during the course of a match as your opponent makes adjustments to their game. To be the best player you can try challenging yourself with each and every match to find the balance. If it's working stick with it and if not then try to adjust with either safer or more aggressive tennis.

Good luck!

### **FITNESS CENTER COURTESY**

We are getting many complaints that members using the fitness center are not following the guidelines of basic courtesy. It is not possible for the staff to be there all the time to make sure that the people are polite to each other. These are the main areas of complaints:

**Cell Phone Use.** If you wish to chat with your friends, step outside the fitness center. Many people like to chat on their phones while on the treadmills. However, most fitness center users are not interested in listening to one half of the conversation; please don't force them to do so. You may not realize how loud your voice is while talking on the phone.

**Television Use.** We subscribe to the News Package provided by Direct TV via satellite. The Club is not on Time Warner cable. As far as the tv signal suppliers are concerned, we are a commercial

entity and cannot get what you get at home. Under the news package, we get CNN, Headlines News, MSNBC and FOX news. These days many members get upset having to listen to Fox or the other channels and forget basic civility in allowing different points of view. If you come into the rooms, do not change the channels without asking permission from the people already in the room.

### **Wiping off machines.**

You must bring a towel to wipe off the machines when you enter the fitness center and use it to wipe off the machines when you are through with them. If you do not enjoy using a machine still damp from another's sweat, why do you believe that the next person will enjoy yours?

We have posted signs throughout the fitness center indicating what members should do. If you witness someone ignoring the signs, nicely point out the appropriate sign and ask him/her to comply for the benefit of everyone. In most cases, compliance will take place. A few times, the offender will become belligerent. Do not escalate the situation. Make sure that you advise the front office immediately, rather than on the way out when it is too late for the staff to investigate.

Keep in mind that this fitness center is open to many people with different ideas on what is appropriate or not.

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