

Newsletter

Rancho Bernardo Swim & Tennis Club
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“Casino Night” - The Luck of the Irish!



When: Saturday, March 19, 2016 **Time:** 6:00 – 8:30PM
\$10 per person (21 and over – RBSTC Members ONLY)

Food & drinks included!

(Corned beef sliders, potato salad, dessert, *Irish* coffee, & more)

* Chance to win prizes!!! * Volunteers & Dealers needed!

**MUST sign-up & pay in advance at the front office, by phone, or email
Janet: janet@rbstc.com (Now accepting credit cards)! Space is limited!**



WAYNE’S WORLD

Welcome to Wayne’s World!
There is seldom a dull moment in my world... and that is good!
There is always something new at the Club and a lot of fun and exciting things going on around here. If you have been to the Club after dark lately, you will have noticed how bright it is!
We have just completed upgrading our lighting to energy efficient LED lights, which involved almost 400 lighting fixtures. This change is estimated to save us over \$9,000 per year!

Something that brings me joy is knowing that our members make a difference in our community by being involved in many ways.

Our Woodcrafter’s Club members build 100 beautifully crafted wooden toy cars every year which are distributed to low-income preschoolers. They also spend many hours doing projects around the Club. You can read more about the Woodcrafters in a separate article in this newsletter.

RBSTC member, David Rosenberg, started an emergency shelter downtown San Diego for homeless teenagers. He uses our Club facility every year to host a major fundraising event featuring a well-known band ‘Thunder Road’ that does a Bruce Springsteen tribute. This year the event will held here on Saturday, March, 12th. All Club members are invited to attend

and help support this great cause. David’s passion for helping homeless youth comes from his personal background, as he was a homeless youth who managed to make a great life for himself. Please see the separate write-up of the event on the next page.

Our St. Patrick’s Day event is one of the most popular events every year. It is a great place to come to have fun and get to know other Club members. Be sure to sign up in advance, as it is usually sold out. If you are looking for a opportunity to serve, we always need volunteers to help with this event.

It is time again to elect members to the board of directors. This will be for a 3 year term. This is

a major commitment by these individuals and I hope you will take the time to read about them on the back page. The 9 member board makes all major decisions concerning the direction of the Club. They donate many hours to look after your investment in the Club. In addition to making decisions at the monthly board meetings, they also serve at the Club sponsored social events which are enjoyed by many members.

We have a great Club and I am proud to be a member and am thankful for our members who contribute so much to our community.

ARCHITECTURAL COMMITTEE

The CC&Rs are in place to protect your home, and the community. They benefit all who own property in Rancho Bernardo.

When planning work on your home, please remember that all changes to be made to the outside of the property, including the yard, MUST have the approval of the Architectural Committee *before* the work starts. Such changes include, but are not limited to, extensions/additions to the home, repainting the home, new fencing, new roofing, solar and changes to the yard landscape. This is the requirement of the CC&Rs and is a legally binding requirement on you, the homeowner.

The Committee works to make the review and approval process as easy as possible.

- Application forms are available at www.rbstc.com under the heading Architectural Committee or from the RB Swim & Tennis Club office.

- The Committee can always be reached for advice at 858-729-1232 or by email at rbstcarchcommittee@gmail.com.

- There are answers to frequently asked questions online at www.rbstc.com

- Committee meetings are held every Saturday morning at 8:30 am at the Swim & Tennis Club. Stop by if you want to talk about your home improvement, or any other issue relating to the interpretation and enforcement of the CC&Rs. No appointment is needed.

The Architectural Committee thanks all of you who work so hard to maintain and enhance your homes.

BENEFIT CONCERT



BRUCE
SPRINGSTEEN
TRIBUTE
featuring
'Thunder Road'

Saturday, March 12, 2016
Doors open at 6:30 pm
Band starts at 7:00 pm

Tax deductible donations are accepted at the door and tickets are also available online @ sdyouthservices.org. For more information, contact David Rosenberg @ 619-890-6257.

PROPER GYM ETIQUETTE

S Shoes. Please wear proper shoes in the gym at all times. Close-toed shoes are highly recommended and best for protecting your feet. No flip flops or sandals are to be worn inside the gym.

W Work. Come ready to work...and get a bit sweaty! If you begin to feel faint or exhausted, slow down or sit down until you feel better. In case of emergency, please let someone know near you that you need some assistance.

E Experience. We want you to have the best experience as possible in our Fitness Facility. Please let us know if machines are not in tip top working condition or if there is equipment missing.

A Appropriate clothing. Make sure you wear clean, appropriate workout attire. As we discovered in grade school...no one likes a stinky kid.

T Talking & Texting while working out. Please refrain from talking on your phone in the Fitness Center. We all don't want to hear just one side of the conversation! If you must take a call, please step outside and finish your chat! In addition, please set phones on the "silent" setting.

***REMINDER Please remember to wipe down all gym equipment after each use.**

***New* SWIMMING SENSE**

The Value of Breath Control

by Linda West



Breathing properly when you swim is the key to swimming well. Whether you are a regular lap swimmer or wanting to add swimming to your workout regime, understanding the inhale-exhale principle of swimming will make your swimming more successful and enjoyable.

In order to make a connection to swimming-breathing, think about familiar land activities that emphasize inhaling and exhaling as technique: weight training or yoga, for instance. On a more basic level, observe your own inhale-exhale pattern when you walk, run, climb stairs, or practice another sport. What happens when you try walking or running while you hold your breath?

One reason breathing is so important in swimming is that we have to learn to exhale underwater and inhale when we turn to breathe when swimming freestyle (other swim strokes have a different technique.) If you are tired after only a length of swimming it may be because you are holding your breath or not exhaling fully under water. Not exhaling underwater can lead to CO₂ build up in the body which makes the swimmer tired and out of breath.

Another reason to practice

swimming breath control is that if you are trying to inhale and exhale while bringing your head up for both actions, the body will sink. Raise your head, your feet sink, and then you have to work more by kicking or struggling to get across the pool. When you keep your head down to exhale and turn to the side to inhale, you move or glide forward; your body is more streamlined in the water. Learning to breathe and swim requires practice.

Here is a basic exercise for inhale-exhale practice:

Stand in the shallow end of the pool and inhale; then bend your knees so that you submerge underwater and exhale out both your mouth and nose. Stand up and relax for a few breaths - take it easy, you want to learn to relax, not hyperventilate. It may take you a few sessions to feel comfortable if you are new to this practice, or anxious about staying underwater. (Add side breathing by smoothly rotating your head to the side to inhale.)

Next, apply the drill by swimming one length at a time, practicing this type of breathing with your swim stroke - that is inhale up, exhale all air down in the water. Turn smoothly to the side to breathe without lifting your head - your body should gently rotate to the side too, not just your head.

For a more visual application and practice for regular swimmers, watch the following YouTube video presented by United States Master's swimming. Coach Stu

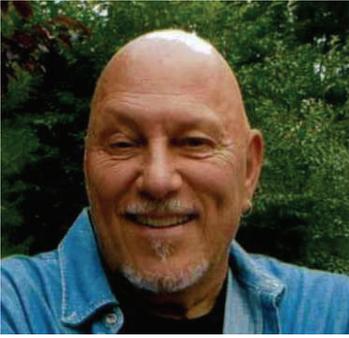
Kahn shares "Common Freestyle Breathing Mistakes". <https://www.youtube.com/watch?v=OCDRmpS8N5s>

Linda West is a retired teacher, Red Cross Water Safety Swim Instructor and USS Stroke (beginners) coach. She swims regularly at RBSTC and has been a member of United States Master's Swimming for 18 years.

RBSTC WOODCRAFTERS CLUB

The RB Woodcrafters woodshop is one of the 'best kept secrets' of the RB Swim & Tennis Club. It is a very well appointed woodworking facility located near the racquetball courts on our campus. Membership in the Woodcrafter's organization requires prior woodworking experience plus a passing grade on a comprehensive entrance safety exam along with a personal interview. Completion of *Fundamentals of Woodworking 101* at Palomar College (or equivalent experience) is strongly recommended before applying for Woodcrafter's membership.

In addition to working on personal woodworking projects and building toys, members of the Woodcrafters occasionally assist residents of the community with small home projects that they are unable to perform for themselves. The Woodcrafters also assist the Club manager with various projects around the facility. For further information or to seek membership, please email President Warren Mock at warren.mock@usa.net.



**JOSEPH ROSANO
(Incumbent)**

I am completing my term as a member of the Board of Directors of the RB Swim & Tennis Club, but would like to continue my service to the Club and complete several more improvement projects initiated by this Board. I am generally known as “Joe”, and have been a resident of Rancho Bernardo for 34 years, living in Gatewood Hills section of town. Originally a resident of New Jersey, I graduated from New Jersey Institute of Technology with two degrees in mechanical and industrial engineering. I later received and MBA from Seton Hall University. My wife Laraine and I have raised two daughters and now have six grandchildren. All of us are avid tennis players. We also have enjoyed the pool and many other amenities of the Club with my family over the years. I would also like to continue to enhance some of the social aspects of our Club to make it more member friendly and I have been an active participant in all of our parties. I am also member of the Finance Committee, the Tennis and Racquet Sports Committee, and recently became involved in helping to maintain the gym

equipment. I would like to continue my efforts to help our Club maintain its reputation as the finest facility in all of Rancho Bernardo.



**LYNN MALONEY
(Incumbent)**

When I saw the Club for the first time I thought: “what a great place to raise a family!” After teaching 2nd grade for 7 years, I helped develop Dealer Identity Program for Motorola and spent the next 20 years in accounting and sales for our family business. Currently I am Director of Operations for Maredy Corp. and responsible for daily operations of 40 employees and focus on HR and finances. As a current Board Member, responsibilities include: chairperson for HR and Tennis Committee. HR was a big focus... revising the Employee Manual to make it compliant. I served on the Nominating Committee to hire the General Manager. I have been married 43 years, two married children and 4 grandchildren. I volunteer at church as well as community events. My areas of involvement at RBSTC include tennis, pool, playground and pickleball. This Club is an asset to our commu-

nity. If elected, my goal as a board member would be to maintain a high quality level while paying close attention to the finances so all age groups can continue to enjoy coming to the Club. I’d love to serve on the board again and would appreciate your vote!



WILLIAM WACHOLZ

My wife Connie and I lived in Rancho Bernardo from 1986 to 2004, and in 2015 bought a house in Greens West. I also own a Taekwondo martial arts school and teach at the RB Swim & Tennis Club. I have a strong interest in maintaining and improving the quality of life at the Swim & Tennis Club, where I have been a member for over 10 years. I previously served on the Board of Directors at the Club and I was on the Building and Grounds Committee. I was also on the Board of Directors for the Villa Tierrasanta homeowners association for five years. My work experience includes 28 years in the U. S. Navy as a naval officer and working as a consultant for Northrop Grumman and Booz Allen. I will continue to make our Club a first class facility for all ages.