

RBSTC CLASSES

**Contact instructors directly for more information and prices*



16955 Bernardo Oaks Drive
San Diego, CA 92128

Aerobics - Bobbie Davis
858-485-0132 or
bobbie@davis.tv

Art Critique - Nancy Oleksa
858-748-7809 or
nanoleksa@aol.com

Aqua Bodies - Cindy Hughes
858-432-4471 or
cinderellibelle@gmail.com

English Country Dancing -
Rich Cosgrove 619-733-5275 or
rich_cosgrove@hotmail.com

Fit & Fabulous - Judy Ryan
858-603-3091 or
judydryan@yahoo.com

Line Dance - Cathleen Bossaller
760-945-4682 or
Cathleen@takinchances.net

Meditation/Yoga For Cancer Survivors - Malinda Romine
760-533-9475 or
malinda@bornofheart.com

Step by Step Dance -
Jeri/Sioux 858-487-6652 or
support@sbsdinc.com

Taekwondo - Bill Wacholtz
858-487-4452 or rbataacademy@yahoo.com

Tai Chi - Georgette Coffey
858-485-0517 or
taichisandiego@aol.com

Zumba - Maria Ghaibi
858-385-0621 or
mg_ghaibi@yahoo.com

New Water Color Art Class



Did I hear you say you can't draw? You don't have to in this class. Did I hear you say Watercolor Painting is hard? Not HERE! This class is designed for the beginners, wishers and hopefuls, the rusty, adventurous and the "I-can't-paint-ers". While you have fun completing watercolor paintings, you will gain basic painting knowledge, learning 'magic tricks', and experience artistic success.

You will learn how to paint almost any subject without actually drawing it. You will gain knowledge of watercolor materials by using them. You'll have fun with household items that work 'magic' in your paintings. Watch short demonstrations then get your brush wet! You will complete 4 paintings in 5 weeks! Everything you will need for these classes will be provided!

If interested, please contact Diane McDonald for more information @ 619-208-9760 or dartist@artist-watercolor.com. First session to start on Monday, February 22 from 9 am to noon.

Space is limited!

Pre-registration is required!



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Newsletter

Rancho Bernardo Swim & Tennis Club
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CLUB'S HOLIDAY HOURS

Thanksgiving Day - 7 am to Noon

Christmas Eve - 7 am - Noon
Christmas Day - CLOSED



New Year's Eve - 7 am to Noon
New Year's Day - 10 am to 10 pm

WAYNE'S WORLD

Yes, the holidays are already upon us! 2015 has been a fun year at the Club. Unlike the previous year, we did not have any major construction projects, but we have been busy trying to enhance the image of the Club and make sure it is in good shape. Like everyone in San Diego, we have been diligently working to reduce water consumption. I'm sure you are looking forward to a good rainy season to get us back to a more normal water supply situation.

This year saw a marked increase in attendance at our Club sponsored parties. We replaced our Cinco de Mayo party with a Summer Kick-off at the pool! This was a family oriented event

with lots of games and prizes for the kids. The Summerfest at the end of the summer drew approximately 700 members. Although lines were long for the food, there was plenty to go around and everyone had a great time. Casino Night for St. Patrick's Day was also a huge success with good attendance. This year we held Oktoberfest outside under the lights and in addition to a big crowd there was lots of dancing and merriment for everyone.

This year was also a landmark year for tennis at the Club. Our men's 55+ team won the Southern California Sectional Championships and is the first team in our 50 year history to qualify for the national championships. They played

well there, but did not qualify for the finals. We hope that this is a sign of more championships in the future.

Santa says he is very excited to visit the Club again this year. This is also a good time for us to recognize how blessed we are to be living in Rancho Bernardo. We will once again be sponsoring a food drive to help the many who are not as fortunate. Please consider leaving a gift of canned or dried foods at the collection bin at the front gate of the Club.

We have a great staff who strive to ensure that the Club is an asset to our members and community. My goal is that everyone who visits the Club will have a fun and positive experience.

SANTA AT CLUB !!!



Mark your calendars... Santa has confirmed that he will be at the Club on Saturday, December 12th from 1 - 3 pm! This year, Santa will have many new friends joining him! Along with Santa, visit with Mrs. Claus, Elves, Frosty, the Grinch, Rudolph, Gingerbread Man, a Nutcracker, and more! We will be taking some photos and you are encouraged to bring your own camera so you can get lots of photos! Come and join Santa and his many friends and helpers for some fun and yummy cookies & hot cocoa!

HOLIDAY STAFF APPRECIATION FUND

It's that time of the year again! Let's make sure our Club staff know they are appreciated.

Our employees have been working hard this past year. Members of the maintenance staff begin to arrive as early as 4 AM to commence their daily cleaning, repairing and landscaping. Also, from the moment the office staff unlocks the front gate weekdays at 6:30 AM, they are here to serve your needs.

As the holiday season approaches, it is tradition for us to open a fund and begin accepting donations to be divided among the maintenance and office staff so they know how much they are valued. Members may drop off an

envelope at the front office with cash or a check made out to RB Swim & Tennis Club marked for the Employee Holiday Fund. Please include your full name and address on the envelope unless you want your gift to be anonymous. Thank you, we truly appreciate our members!

HUNGER HAS NO HOLIDAYS

Every year, the employees at the Club want to do a little something to help. So once again this year, we are inviting our members to join us in supporting North County Interfaith Community Services by donating canned and dry food products for their food bank. Most of us at RBSTC have a lot to be thankful for this holiday season. However, we are also aware that many in our community struggle to meet their basic needs. Throughout the holiday season you can drop off food donations at the container located at our front gate. Suggested food items are: dried pasta, canned items like chili, soup, beans, vegetables, fruit, and boxed items like mac & cheese or cold cereal.

If you prefer to donate cash toward foods, please leave it with the front desk staff and be sure to indicate that it is for the food drive. Let's all remember to give thanks. You can learn more about them at their website, www.interfaithservices.org.

Thank you in advance for any help you can give!

RBSTC ELECTIONS

The annual elections of the Board of Directors are held every year in March. Each year we elect 3 directors to 3 year terms. We will be accepting nominations in December and January. If you think you would be interested in serving the community in this capacity, you are encouraged to attend some of the BOD meetings to familiarize yourself with what is involved. The BOD meets the 3rd Tuesday of every month in Club 21 Room at 7 PM. You may also contact the GM, Wayne Klusmeier if you have any questions.

TEEN ROOM MURAL CONTEST Update...

At this time, the Club has decided to postpone the contest to a later date.

That said, we would still like to recognize the 2 submissions from RBSTC teen members, Emily Morfoot & Sufia Ahmad.

Currently, their submissions are displayed in frames on the Teen Room wall. Please take a moment to view them the next time you visit the Club.

We want to acknowledge and thank them for their hard work and effort. They will be presented with a gift card to Michaels Arts & Crafts Store, to help them further pursue their artistic goals.

A special thank you to Yvonne Gringas for heading this project!

TENNIS TIP Pray for Good Volleys by Jeff Dollins

It might help to say a prayer for good volleys, but that's not what I am talking about. If you can think of holding your hands in front of you as if you were praying, then you will be in a better position to be ready for a volley. If your racket or hands are down when you get up to the net, then you may not have enough time to get your racket up for a good volley.

Also, the prayer position should be maintained as much as possible as the ball is coming. The natural first instinct when a ball comes, is to stick your racket out and try to hit the ball. But if you can move your body maintaining the prayer position, and even turn your body slightly to the side of the ball first, then find the ball with the racket, you will have more control and stability for the contact. Even if the ball is low, maintaining the prayer position will remind you to bend your knees and get lower for your volley.

I attended a tennis instructional conference that had a seminar demonstrating volleys by the best net players in the world. The video footage showed that the best volleys were when the players had the least amount of arm movement. The more the players had to break away from a prayer type position, the less successful the volleys. When the prayer position is held, then the power can come from your body weight allowing the use of soft hands for control.

ARCHITECTURAL COMMITTEE

The CC&R's are in place to protect our homes, our environment and our community.

When working or planning work on your home, please remember that all changes to the outside of your property including, but not limited to, landscaping, painting, fencing, solar, roofing, new windows or doors and home additions must be approved by the Architectural Committee before the work begins. This is a requirement of the CC&R's and is a legally binding requirement on you, the homeowner.

Please keep in mind that maintenance of your yard and home is a fundamental requirement of CC&R's. Yards, slopes and banks should be kept tidy and free of rubbish and/or debris and kept weeded and free of dead plants, trees and shrubs. Trees should be regularly trimmed and must never obstruct the view of your neighbors. Also, please note that boats, campers, trailers, and trucks must not be parked on your driveway or anywhere else on your property - except for loading and unloading. The Committee has recently received reports of a number of these violations. These reports are taken very seriously and failure to comply may result in fining.

Application and approval is a relatively simple procedure and forms are available at RB Swim & Tennis Club office or on our website www.rbstc.com. Under

the Architectural tab there is also advice and answers to frequently asked questions. The Committee can always be reached for advice at rbstcarchcommittee.com or 858-729-1232.

In addition, Architectural Committee meetings are held weekly at the Club on Saturday mornings at 8:30 am. Just stop by if you want to talk about home improvements and/or issues/concerns relating to CC&R enforcement or violations. Members of the Committee are always happy to help with any issues relating to the interpretation and enforcement of the CC&R's.

In closing, the Architectural Committee would like to thank all of you who work hard to maintain your homes. It would also like to thank those of you who are vigilant in observing possible violations and reporting them to the Committee, so that appropriate action can be taken.



Men's 55+ Southern California Sectional Champs

Tennis Team includes:

Captain Peter Tollen, Joe Zesbaugh, Sal Zimmitti, Johnny Sanchez, Roger Preston, Bill Kutzner, Scott Sher, Ed Kardas, Harry Metz, & Barry Landolt.