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Newsletter

Rancho Bernardo Swim & Tennis Club
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The RBSTC Board of Directors Meeting is held on the 3rd Tuesday of every month in the Club 21 Room!

END OF SUMMER FESTIVAL SATURDAY, AUGUST 23

**The RBSTC Annual Festival is happening on
August 23 between 11 AM and 3 PM
for Members ONLY!**

Come and enjoy pulled pork sandwiches, hot dogs, & drinks!

Children will have a blast on the water slide!!!

Music * Food * Fun * Games * Prizes

Join your friends and neighbors for a FREE fun afternoon!

If you would like to volunteer, please inquire at the front desk!



WAYNE'S WORLD

Summer is quickly coming to an end and the kids will be back in school! It was a fun and busy summer at the Club. Tennis camp was busy every week and there were also Dance Camp, Taekwondo Camp, and Lego Camps this summer. There were a lot of kids and lots of energy expended at the Club. The End of Summer Festival is on Aug 23 this year, so be sure to put it on your schedule. It is always fun. We will continue to have lifeguards on duty until Labor Day.

There were several major projects going on at the Club as well. The installation of the solar electric project was completed and installation of solar hot water system for heating the pools is almost complete. Additionally, we have been dealing with a significant infestation of beetles which are deadly to our pine trees. We have had to remove two large trees and have undertaken efforts to try to save the other 15 large pine trees on our property. They add a lot of color and character to the Club. Hopefully, we have this under control and won't lose any more trees, but only time will tell.

The drought is affecting everyone, and the Club is no exception. We are taking measures to reduce water usage. We use all recycled water for irrigation and are reducing our watering schedule and decreasing the areas requiring watering. We

have replaced shower heads and toilets to reduce water usage. However we still need your help. Please refrain from wasting water when showering. Limit the length of your showers and consider not running the water while soaping and shaving. If we don't conserve water now, we will certainly have to take more drastic measures in the future. If you have suggestions or comments on things we can do to make the Club better, please email them to me at wayne@rbstc.com. We really want all members to use and enjoy their club.

SOLAR AT THE CLUB

The installation of the PVC solar electricity at The Club is complete. The panels are visible on the roofs of the building from both Rancho Bernardo Road and Bernardo Oaks Road. There are also panels on the roof of the office building which can be seen from the pool and the playground. Additionally, there is a ground mounted array behind the racquetball courts. Many people ask about the details of the system, so I will try to answer some of those for you here. The size of our system is 106.5 kilowatts. The estimated annual production is 180 thousand kilowatts that will result in savings of approximately \$ 40 thousand per year in savings at the current utility rates. Our total installation consists of 4 different systems made up of 326 panels each which is approximately 4

feet by 5 feet. The net savings to the club after the initial investment is conservatively estimated at of \$1 million over the 25 year life of the system.

Additionally, we are in the final phase of installation of solar hot water heat for the swimming pools. Both the family and Club 21 pools will be heated with hot water. We currently heat the family pool to 81 degrees year round and the Club 21 to 83 degrees year round. Our current system uses gas which continues to rise in price. By installing the solar system, we will substantially reduce the amount we spend on gas. Thanks to substantial rebates available for pools, our return on investment for the solar hot water will be less than 1 year. In addition to these investments, we continue to work toward reducing the total energy consumption at the club through conservation and investment in energy efficient equipment. Our ability to control the cost of utilities over the long term is a critical part of our efforts to prevent or minimize cost increases to our members.

NEW NOSTALGIA NIGHT

The Club is planning a Nostalgia Night in November. The date is yet to be determined.

RBSTC Board member, Ken Baumann, has a collection of complete newspapers from the 40's and 50's that touch on the

Japanese and German surrenders in WWII, as well as many other topics. Also included are MacArthur's firing and Korean War newspapers. Ken would like to share these with Swim & Tennis Club members and their families. Just seeing what things cost in the ads will make the night worthwhile. These were really the "good old days".

Ken is inviting anyone with items from the past to also share whatever they may have. Please call Ken at 858-487-8803 with your ideas. The Club will be sending out an email reminder to keep you posted on what is happening.

ATTENTION HOMEOWNERS:

The Architectural Committee is here to help you with all issues relating to the interpretation and enforcement of the CC&R's'

With the current drought condition and the need to conserve water, now is really a good time to consider replacing grass and to introduce drought resistant plants to your landscape.

Rebates for turf replacement projects are available from the San Diego County Water Authority. Water Smart Landscape Makeover Classes are also available. Go to www.sdcwa.org/rebates for details.

The Committee meets every Saturday morning at 8:30 am at

the Swim & Tennis Club and is always ready to talk to you about home improvements you are planning or issues you have in the community.

The Committee can be reached at 858-729-1232 or by email at rbstcarchcommittee@gmail.com. Forms for requesting approval for improvements or to report possible violations are available at www.rbstc.org.

The Committee looks forward to meeting with you to discuss your projects and wishes you a good summer.

TENNIS TIP by Jeff Dollins

One of the most common phrases I hear when a tennis player misses a shot is "I didn't watch the ball". And yes, you really do have to watch the ball, but I'd like to clarify HOW to watch the ball. I don't believe a player doesn't watch the ball, but they may not have concentrated on watching the ball at the right times.

There are basically two moments that concentrating on watching the ball is most important. The first is when the ball is coming off of your opponents' racket. This is also a moment you should be physically ready for by having your knees bent and getting your body to respond as quickly as possible. The earlier you can get in the general area, the more time you have to execute your shot. The second critical moment is just before actually striking the

ball. This is what people forget to do when they say, "I didn't watch the ball". I don't think you need to see the ball strike your racket, but you do want a clear picture of the ball just before contact. This is also a very important time to try to keep your head still. Sometimes trying to power the stroke by moving your head will actually be the reason you couldn't concentrate on watching the ball. Another reason people feel like they didn't watch the ball is because they are too close to the bounce. The ball is much more difficult to see when coming right off the bounce so try to stay away from this area as much as possible. Either move up or back quickly to stay away from the bounce whenever possible.

Between these two moments your eyes will naturally follow the ball, but intense concentration is not as necessary. In fact, at professional level speeds, the eyes are not capable of moving fast enough to completely follow the ball and actually jump ahead of the ball to where it is going. This is how the top players return a 140mph serve. Their eyes jump (maybe more than once or twice) from the opponents' strike to their own strike in anticipation of where the ball will be.

So concentrate on watching the ball as it leaves your opponents' racket and just before you strike the ball and let the rest happen naturally. You still could miss the shot for a variety of other reasons, but hopefully this helps for those situations when you find yourself saying, "I didn't watch the ball".

ATA TAEKWONDO

Walholz's ATA has been active at the RB Swim & Tennis Club since 1996! The owner/lead instructor William Walholz, is a former RBSTC board member and active part of the community. He was recently promoted to 8th Degree Black Belt and Chief Master Instructor.

With a staff of 7 Black Belt instructors, we welcome students ages 3 1/2 to 99+. As a special RBSTC member special, new students may receive the introduction special of 1 month of classes plus a free uniform for \$25 (reg.\$49). For more information, please call 858-487-4452, or check our website: ranchobernardomartialarts.com.

YOGA CLASSES at the CLUB

Beginning Sept. 1st (Labor Day), Yoga Classes for Women will be offered Mondays from 11:15 am-12:30 and Wednesdays from 10am-11:15 in MP 2. Beginning to intermediate level, eclectic style with a focus on breath, alignment, and awareness. No prior yoga experience needed. Just bring a yoga mat and an open heart and mind...we will work on the body! Pre-registration required. \$48 for the month for 1 class per week or 2x/wk for \$86 per month. Sign up for the month at \$86 and receive 50% off an Awakening to Life Private Consultation. Bring a friend and you each receive \$5 off your monthly package. Contact Lauren Babb 619-518-5291 trueyoga11@gmail.com

Beginning September 8th, Misty Flannery is happy to announce "BACK TO SCHOOL YOGA/ MEDITATION SPECIAL FOR EVERY WALK OF LIFE" Mondays: Vinyasa Flow (Beginner to Intermediate) Happy Hour Yoga 5:30 -6:30 pm; Tuesdays: Vinyasa Flow (Level 1-2) Lunchtime Move to the Groove, 12-1pm in the Tot Room. Early Bird Sign Ups Required \$48.00 Per Month 1 Class; \$86.00 Per Month 2 Classes.

Drop-Ins \$15.00. Please bring mat, water, and beautiful self! It will be a privilege to practice with one another! Contact Misty Flannery 847-530-4456 mandmflannery@aol.com

MANY MORE CLASSES OFFERED...VISIT OUR WEBSITE www.rbstc.com TO LEARN MORE!



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