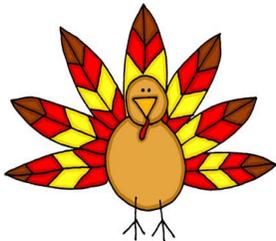


Issue 49 November/December 2014

Newsletter

Rancho Bernardo Swim & Tennis Club
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CLUB'S HOLIDAY HOURS



Thanksgiving Day - 7 am to Noon

Christmas Eve - 7 am to Noon

Christmas Day - CLOSED

New Year's Eve - 7 am to Noon

New Year's Day - 10 am to 10 pm



WAYNE'S WORLD

The year 2014 has been a very busy and productive one at the Club. Major projects included: installation of pavers at the Club's front entrance, replacing the roofs on 4 of our buildings, resurfacing 4 of our tennis courts, and installation of both solar electric and solar hot water. In addition, the Club 21 pool deck was also resurfaced with non-skid deck coating. Our waterfall project is also nearing completion.

The decorations have come down from Halloween and we are gearing up for other year end holidays. Over 100 members enjoyed a great Oktoberfest party at the Club and 30 members participated in a 'short court'

tennis social at the end of October. Board member, Ken Baumann is organizing a Nostalgia Night at the Club on Veteran's Day, and we will again be conducting a food drive for Thanksgiving. Let's not forget, Santa will be making an appearance at the Club! You can read about these events elsewhere in this Newsletter.

As the drought affects all Californians, we are no exception. We use recycled water for all our landscaping (and waterfall), and have water efficient fixtures throughout the Club. Please do your part by being responsible and minimize your use of water in the showers.

We have complied with the San Diego city ordinance

regarding E-cigarettes. This limits smoking of both regular **and** E-cigarettes to the small grassy area behind the gym. Please be considerate of other members and adhere to this policy.

SANTA AT CLUB !!!

Mark your calendars... Santa has confirmed that he will be at the Club on Sunday, December 7th from 1 - 3 pm! Santa will be checking his list, and checking it twice, to see if you were naughty or nice...so come see if Santa has a little something for you! We will be taking some photos and you are encouraged to bring your own camera so you can get lots of photos! Join Santa and his helpers for some fun and yummy cookies & hot cocoa!

New NOSTALGIA NIGHT
Tuesday, November 11th
5:30-8 pm

Members... we have a **FREE** fun-filled night planned for you! We will be serving old-fashioned root beer floats, popping popcorn, and displaying many nostalgic items. Some items being presented are:

- a 1940's Eagle Scout uniform
- a collection of records from the 30's thru the 50's
- numerous Dwight Eisenhower and Mamie signed letters from the White House years
- various Life magazines from the 30's thru the Kennedy assassination
- original Amelia Earhart photographs
- a significant number of complete newspapers from the ending of WWII thru MacArthur's firing
- and even some fun American Bandstand magazines.

We will also include local San Diego historical mementos like:

- a 1948 map of Rancho Bernardo
- A newspaper that featured the 1978 PSA plane crash in San Diego.

This is a great opportunity to bring back some old memories, and it can be educational for our younger members. You will be amazed at what a dollar used to buy!

If you have any ideas or have something to share, please call RBSTC Board member Ken Baumann at 858-485-8803.

*** Please don't forget to sign up at the front desk if you are planning on joining us. We want to make sure we have enough root beer floats for everyone attending!

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!

TENNIS TIP– The Big 5
By Jeff Dollins

Getting your shots in the court is necessary, but there are five shots that tend to be overplayed and missed too often. These five shots have added pressure and are often missed because we try to make them too good. The five shots are: 1. The FIRST serve, 2. The return of serve, 3. The approach shot, 4. The FIRST volley, and 5. The FIRST passing shot.

We know the start of the point is important so there's a tendency to get a little excited or try to do a little too much with the first strike of the ball. This can be a costly mistake if you are only getting a small percentage of your first serves or return of serves in. I suggest giving yourself bigger targets, or not swinging so big and hard to make sure you get into as many points as possible on the first strike of the ball. Keeping your first serve percentage in the 70 to 80 percent range can be crucial to having a lead in the point. Yes, you may not get as many aces, but to have an advantage in point after point really puts pressure on your opponent. Also, I see a lot of missed return of serves because of players trying to hit a great return. If you watch the pros, a majority of their returns are aimed down the middle and often blocked back with a smaller swing. If you find you are trying to crush the first serve or return of serve, then dial it back a little and see if you can get more points started and look

to finish later in the point. Often you won't even have to finish due to an error from you opponent.

The other three shots (the approach shot, the first volley, and the first passing shots) all have to do with coming to the net. This is also an exciting and often overplayed moment in a point. If you get a short ball and are coming to the net, try to hit a deep approach shot and deep first volley to put pressure on your opponent to come up with a great shot. You might be surprised how often they miss just because you have come to the net. If you get to the second volley I'm ok with trying to do more with your shot. At this point you should have established a good position closer to the net and can find more ways to finish the point. And on the other side, if your opponent is coming to the net, just try to get the first ball low instead of trying a passing shot. Your opponent hasn't yet established a close to net position and won't be able to beat you easily unless they hit a great volley. Once again, if you get a second chance with your opponent at the net, then it's time to try a pass or even lob.

Remember, more points are lost due to an error than won because of a great shot. The player that can reduce errors on these five shots will greatly increase the odds of getting an error out of your opponent. By not overplaying in these situations you may find that you aren't "beating yourself" as often

and will be a much tougher player out there on the courts. Good luck.

ARCHITECTURAL COMMITTEE

Water use...I am sure that you are all aware, mandatory water use restrictions became effective November 1st, 2014. That being said, these restrictions still allow for yards to be watered on 3 assigned days per week. Odd numbered addresses may water on Sunday, Tuesday, and Thursdays. Even numbered addresses may water on Monday, Wednesday, and Saturdays. For full details of the restrictions and how they affect you and your watering system(s), go to www.sandiego.gov/water.

The CC&R's require that homeowners maintain their yards and properties. Now is really a good time to consider replacing grass and introduce drought resistant plants to your landscape. Information concerning rebates for turf replacement and on other water saving projects are available at www.sdcwa.org/conservation.

Architectural Committee meetings are held every Saturday morning at 8:30 am and the Club. Members of the Architectural Committee are always happy to help you with any issues relating to the interpretation and enforcement of the CC&R's. Just stop by if you would like to meet with us to talk about home improvements that you are

planning and/or about CC&R issues and concerns. The Committee can also be reached at 858-729-1232 or email at rbsctarchcommittee@gmail.com. The forms that need to be submitted for approvals for improvements and/or to report possible violation(s) are available at the Club or can be printed from our website www.rbstc.com

HUNGER HAS NO HOLIDAYS

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. The employees at the Club have decided that we would like to do a little something to help. 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.

RBSTC CLASSES

Work your mind, body & soul...

Aerobics - Bobbie Davis
858-485-0132

Aqua Bodies (Water Aerobics) -
Cindy Hughes 858-432-4471

Art Critique - Nancy Oleksa
858-748-7809

English Country Dance - Rich
Cosgrove 619-733-5275

Latin Fusion Fitness - Maria
Ghaibi 858-385-0621

Line Dance - Cathleen Bossaller
760-945-4682

Step by Step Dance - Jeri/Sioux
858-487-6652

Strength & Stretch - Judy Ryan
858-603-3091

Taekwondo - Bill Wacholtz
858-487-4452 (Adults & Kids)

Tai Chi - Bill/Georgette Coffey
858-485-0517

Water Color Art - Jenny Leeg
858-432-4471

*Yoga & Meditation for Cancer
Survivors*
Lauren Babb 619-518-5291

If you are interested in any of these classes, please contact the instructors listed above. You may also look under Events on our website rbstc.com, to see the class schedules.

New COOKIE DECORATING CLASS

Come and learn how to decorate cookies, just in time for the Holidays! Kinga Pocsveiler will teach 4 weeks of Cookie Decorating classes on Fridays from 10-11:30 am. Two classes will be held in November, the 14th & 21st, and two in December, the 12th & 19th! You can attend one class or all, and get to take home 6 self-decorated cookies or a gingerbread house after each class! Class price range is from \$18-\$28 per class (including materials). Pre-registration is required, space is limited. For more details, contact Kinga at 858-705-5547 or kinga@pocsveiler.com.



**16955 Bernardo Oaks Drive
San Diego, CA 92128**

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 Board of Directors meetings to familiarize yourself with what is involved. The Board of Directors meets the 3rd Tuesday of every month in Club 21 Room at 7 PM. You may also contact the General Manager, Wayne Klusmeier if you have any questions.

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