



Issue 52 August 2015

# Newsletter

Rancho Bernardo Swim & Tennis Club  
16955 Bernardo Oaks Drive/San Diego, CA 92128  
Editor/Publisher - Wayne Klusmeier, General Manager  
Phone: (858) 487-5002 Fax: (858) 487-5004  
Website: www.rbstc.com Email: info@rbstc.com

The RBSTC Board of Directors Meeting is held on the 3<sup>rd</sup> Tuesday of every month in the Club 21 Room!

## END OF SUMMER FESTIVAL SUNDAY, AUGUST 30

The RBSTC Annual Festival is happening on  
August 30 between 12 and 4 PM  
for Members ONLY!

Come and enjoy hamburgers, hot dogs, wings, drinks, & more!

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



*Music \* Food \* Games \* Prizes*



Join fellow RBSTC members for a  
**FREE** fun afternoon!



**Volunteer cooks, servers & clean-up crew needed!!!**  
**If interested, please sign up at the front office!**

## WAYNE'S WORLD

It has been a busy time around the Club this summer. The maintenance staff has been very busy during the summer keeping the Club looking clean and fresh. The flags strung across the pool give it a festive feel all the time. We have additional umbrellas as well this year for those trying to avoid too much sun. With the PUSD schools starting class on August 19, the busiest time of summer will be over, but we all know that there are still many warm summer days to come.

This year for the first time we had a Summer Kick-off bash in May with \$1 hot dogs and lemonade, plus kids games and prizes. We had a great crowd and everyone had lots of fun. There have been many youth oriented activities all summer. Tennis camp had 40 – 50 participants every day. We also had Lego, Dance and Taekwondo camps at the Club this summer, in addition to the usual crowds at the pool.

In addition to all the camps targeted at our younger members, our adult classes offer something for just about everyone, which include many forms of exercise and dance classes. Several of our instructors have been teaching at the Club for many years. If you are looking for fun ways to meet friends and get in shape, check out the list of classes on the back page of the newsletter.



The Club has several function rooms available to our members to rent for special events. We have had weddings, birthdays, anniversaries, showers, memorials and other celebrations at the Club. If you want to invite more people than your house can accommodate, consider the Club for your party venue. Some of our rooms have kitchens attached and can accommodate up to 230 people.

We have taken many steps to reduce the usage of both water and electricity at the Club and there are more to come. However, it is the individuals who use the Club who can do the most to help conserve. Please be conscientious in your usage of valuable resources when you are visiting the Club. Conservation needs to be a long term habit for all Californians.

As you see on the first page, it is time for our annual end of summer party. This is a no-charge event for our members to thank them for supporting the Club and to encourage you to use the Club's excellent facilities. There is always a large crowd for this event. The water slide and games are a hit with kids and it is hard to beat free food to make the adults happy. Mark the date on your calendar and plan to join your neighbors for a fun Sunday afternoon at the Club.

I have just completed my fourth year at the Club and I still enjoy coming to the Club every day. I hope that you enjoy the Club as well. I welcome feedback on

ways to make the Club better for everyone. Please feel free to call or come by to see me if you have suggestions or ideas you would like to discuss.

## TEEN ROOM MURAL CONTEST



Young RBSTC artists between the ages of 13-19, are invited to enter our Teen Room Mural Contest. To participate, entrants need to submit a prototype/ rendering of your mural design on a 11" x 17" piece of paper that will be displayed in our Teen Game Room. Our Club members will be able to view them and cast their vote. The winner will have the opportunity of selecting their own team of painters and co-artists to help create their vision!

Artwork entries need to be submitted to the front office by September 27, 2015.

Starting on September 28th, submissions will be posted in the Teen Game Room and the voting will begin! Voting will take place the following 2 weeks by Club members ONLY!

Mural should be completed by October 25th. Questions? Contact Yvonne @ 858-382-1607.

**TENNIS TIP**  
**Go-Slow-Go**  
by Jeff Dollins

When playing tennis, the rhythm of hitting can determine your ability to control your shots. We all know that being just slightly off in rhythm, can cause errors and lack of control. The biggest problem for most players is that they start too slow, and when the ball gets to you, everything feels rushed and hard to control or even get the ball back.

I like to recommend that players use a go-slow-go rhythm. This means that as soon as the other players strike the ball, you work quickly with your legs to get to the ball and get your body turned as quickly as possible. This is the first GO part of the rhythm and is the most important part. Without this initial GO, the rest of the rhythm won't work. The SLOW portion of the rhythm means that you smooth out your swing without rushing, and refocus on exactly where the ball is. The SLOW portion includes both your stroke and your movement. If you are still running or swinging too fast, then you didn't get to the ball early enough and will have trouble controlling your shot. If you have been successful in the first two steps, the final GO means you can accelerate again to strike the ball. This final GO allows you to be confident and in control.

You can use this go-slow-go as a metronome phrase to help build your rhythm and confidence. I

suggest practicing this phrase when practice hitting. Once you've worked on it enough in regular hitting, it should become automatic and hopefully will start to happen naturally in your play. Hope this helps!

**ARCHITECTURAL  
COMMITTEE**

Architectural Committee Meetings are held weekly and members of the Committee are always happy to help with any issues relating to interpretation and enforcement of the CC&R's. Meetings are held Saturday mornings at 8:30 at the Swim & Tennis Club. Just stop by if you want to talk about home improvements that you are planning and/or about CC&R issues and concerns. The Committee can be reached at 858-729-1232 or by email at [rbstcarchcommittee@gmail.com](mailto:rbstcarchcommittee@gmail.com). Forms for requesting approval for improvements or to report possible violations are available at [www.rbstc.org](http://www.rbstc.org).

Please remember that the CC&R's are in place to protect our homes and our community and to keep it a place that we all can enjoy.

Maintenance of Yards is a fundamental requirement of the CC&R's and remains in effect though there are mandatory water use restrictions. (For full details of the restrictions and how they affect you go to [www.sandiego.gov/water](http://www.sandiego.gov/water).) You are required to keep your yards, slopes, and banks tidy and free of

rubbish and/or debris and to keep them weeded and free of dead plants, trees, and shrubs.

Please also remember boats, campers, trailers, and trucks must not be parked on your driveway or anywhere else on your property - except loading or unloading. Also, dumpsters and storage units may only be parked on the driveway - with the prior authorization of the Architectural Committee - during periods of reconstruction or when you are moving. The Committee has recently received reports of a number of violations. These reports are taken very seriously and failure to comply has resulted in fining.

The Committee thanks all of you that work hard to maintain your homes and yards and wishes you all good rest of the summer.



We would like to recognize some sports accomplishments by a few of our Club members. Member James Martini recently qualified to compete in next March's Boston Marathon. He qualified by completing 26.2 miles in 3 hours and 21 minutes at a marathon in Seattle in July. Great job James!

Members Joe and Dana Zesbaugh have had a successful summer competing in mixed doubles tennis events. They have moved up to

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being ranked #7 in the nation in their age group!

Additionally, Joe and fellow member Wayne Hughes each won titles in singles for their age groups in the 85th Annual Balboa Open Maureen Connolly Brinker Memorial Tournament.

Also, both of the RBSTC men's tennis teams are undefeated with 3 weeks to go in USTA competition. They hope to move on to the regional championships in the fall!

Congratulations to all of you. If you know of sporting accomplishments by other members that you would like to have recognized by the Club, please let us know.

### **RBSTC Appreciation Night Free Dance**

Have you seen the English Country Dancers dancing on Sunday nights at the Club? Did you think it looked like fun and you might want to try it? Here is your chance.. we are inviting RBSTC members to join us for a *free* night of dancing to live music on Sunday, October 11th from 6 to 9 pm. A program of user-friendly dances will be taught and all are prompted during the dancing. No partner is necessary, as our tradition is to change partners for each dance; soft-soled flat shoes are advised. We will have tasty light refreshments at the break. Please come and try this lovely centuries-old form of social dancing, we are a friendly group and would be happy to introduce you to it.



16955 Bernardo Oaks Drive  
Sand Diego, CA 92128

### **RBSTC CLASSES**

*Contact instructors directly for  
more information and prices*

**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

**Meditation & Yoga For Cancer  
Survivors** - Lauren Babb  
858-578-5731 *or*  
trueyoga11@gmail.com

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

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

**Step by Step Dance** -  
Jeri or 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 B1** - Maria Ghaibi  
858-385-0621 *or*  
mg\_ghaibi@yahoo.com







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