



# Newsletter

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Rancho Bernardo Swim & Tennis Club  
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## “CASINO NIGHT”— THE LUCK OF THE IRISH



**WHEN:** Saturday, March 18, 2017 **TIME:** 6-8:30 PM

**\$10 per person (RBSTC MEMBERS 21 and over ONLY)**

*Food & Drinks included! \* Chance to win prizes \**

**Volunteers & Dealers needed!**

**MUST sign up & pay in advance at the front office or by phone 858-487-5002.**

**Space is limited!!!**



### WAYNE’S WORLD

The new year is off to a great start at the club and there are a lot of things happening. Two major events are our “Casino Night” St. Patrick’s Day event and our annual election for the Board of Directors. Additionally our Annual General Meeting will be held at the Club on Tuesday, March 28 at 7:30 PM.

You can see the details above for Casino night but suffice it to say, it is a very popular and fun night of food, drink, and general merriment. If you haven’t attended one of our ‘adults only’ functions at the Club before, this would be a great one to try. This is our fourth year and we have had to move to our largest room to accommodate the number of members who attend.

Regarding our election, your ballot and return envelopes are enclosed for your use. Please be sure to sign, put your name, property address and membership number on the outer envelope only. For purposes of confidentiality, your personal info cannot be shown on the

inner envelopes since the members who tally the votes are not allowed to know how individuals vote. Our election this year is unusual in that all three openings are vacated by long term members of the board who have completed the maximum of six continuous years on the board and so are not eligible for re-election. Those three individuals are Jane Morgan, Ben Maloney, and Brad Peterson. Between the three of them, they have served over **forty years** on the board. We are all indebted to them and thank them for their many years of faithful service to our community. There are four candidates for the three open positions so make sure to complete and return your ballot.

One additional item which will be of interest to many of our members is that we are in the process of completing the installation of our new **Bar-b-que Area**. It is located next to the Gym and is adjacent to the pool area. In addition to being used for Club parties and events, it will be available for our member’s personal use. We are still work-

ing out details of the procedures for its use. If you are interested in using the grill, please contact the Club office. The photo does not do it justice. Stop by and check it out the next time you are at the Club.

We continue to try to enhance the value of the Club to our members by offering many activities and facilities for your use. My goal is that our Club be a valuable asset to all of our members. Our employees strive to take good care of the facility and to assist our members wherever possible. The Club Annual General Meeting is a great place for members to come to ask questions of the board and management of the Club. If you have questions, please feel free to contact me directly.



## MEET THE FOUR CANDIDATES



**KEN BAUMANN**

I have belonged to the Swim and Tennis Club since my family moved to RB in 1972. I have served on the Board of Directors for the club in 1976 and more recently from 2010 through 2015 when I termed out. My goal has always been to make the club a great place for all members whether they are either “A” or “B” members.

I served as Vice-President for four years and during that time I served as the club manager for three months while the Board searched for a new manager.

I have headed up the following committees: Activities (where I started the Luck of the Irish and October Fest parties) and other numerous activities, Buildings and Grounds ( which is responsible for the care and up keep of the Club) , and the Work Out Room. I started the Snack Bar which not only produces revenue for the club but provides a service for the members.

I am at the Club on a daily basis where I am always on the lookout to make improvements. I have a great working relationship with our current manager and was selected by the current Board of Directors as the Volunteer of the Year

for 2016.

I am asking for your vote so that I can continue the work of keeping the Club the kind of place that you would like to bring your families for enjoyment and also a Club that will continue to increase the property values of all of our members.



**TOM BURKE**

My wife of 39 years and I moved to Rancho Bernardo in January 2016 from Rancho Peñasquitos, where we lived for 18 years, and raised our 5 children. I retired in 2010 as an investigator for the Federal Government. I am a Certified Public Accountant (inactive) and a Certified Fraud Examiner (inactive). I was previously the President of our small Home Owners Association (consisting of 35 homes) and have found that an HOA can be very beneficial to its members.

I consider my self physically very active and am very impressed with all the amenities the Club has to offer. I believe the Club adds to the quality of life for our members and to the value of the homes. I enjoy gym exercise, swimming, cycling, and Pickleball. The recent addition of the well-lit permanent Pickleball courts has made RBSTC the premiere place to play! If elected to the Board of Directors, I want to strive to keep the highest quality facility for our members.



**LAURA HAVER**

I love our Club and community and want to help make it the best place it can be. My professional background includes coaching tennis for over 20 years and working as the Director of Community Relations for a digital marketing agency. I have a Masters degree in International Communication from Macquarie University in Sydney, Australia. I played college tennis at Ohio State where my team was ranked in the top 20. I also competed on the Beach Tennis Pro Tour and was National Champion in both Women’s Doubles and Mixed Doubles. These days you can find me at the Club playing with my two boys, my niece, nephew, sister and extended family. My family moved back into this neighborhood two years ago to be members of the club again. I previously lived in Alameda where I served on the Homeowners' Association Board (which is also part of the RBSTC). We have been coming to the Club since we moved to San Diego in 2004.





**ED ASHMAN**

When I was 5 years old, my family moved to Rancho Bernardo and I fell in love with the Swim & Tennis Club. Growing up I spent almost every day at the Club to use the playground, play tennis, or swim. Today I live in the Greens with my awesome wife Kelly and my 3 fantastic children Patrick (15), Nora (13), and Anna (11). We enjoy the workout room, game room, social functions, swimming, tennis, and pickleball. The Club is truly a part of our lives.

I am a positive, high energy person and have a passion for being involved and helping other people. If elected, I will work hard listening to the members needs and do my best at getting more people involved with existing activities at the Club or new ones that don't exist yet. I feel that it is important for this Club to be a friendly and inviting facility that is inclusive of all members.

I have received so many benefits from the club over the last 45 years that I would appreciate the opportunity to give back to the community. I would be honored to serve on the board and would appreciate your vote.

## STAFF CHANGES



We sadly say farewell to Joel Cotas who worked for the Club in the maintenance department for the last 8 years. Joel's last day at the Club was February 15. Joel was a delightful person to have around the Club and I know many members will miss his smiling face. Many also enjoyed seeing Joel mature from a young, single, eligible bachelor to a young married man and eventually to the father of beautiful twins who are almost 4 years old. Joel had a great career opportunity which he chose to pursue but wanted to thank the many members he got to know personally. We wish Joel and his family a great future.



Jose Paredes joined the staff of the Club on February 15. Prior to joining us, he was employed at our neighbor, The Rancho Bernardo Community Presbyterian Church. Jose is married and has two sons ages 18 and 21. Jose is hard worker and has a happy disposition. He is very excited to be part of the Club family and looks forward to meeting and serving our members. Jose will be working every Saturday and Sunday in addition to during the

week. Say 'Hi' to Jose when you see him and welcome him to the Club.

## SWIMMING SENSE

### Training Aids II

*by Linda West*

Training aids help swimmers strengthen stroke and vary their workouts. Here are a few aids and their uses: Kicking with a board strengthens the legs, elevates heart rate, and can increase speed over time. Kicking on the side while placing the hand on top of the kickboard is great balance drill. Choose a kickboard that fits your arms comfortably. Any shoulder pain can be reduced by bending the affected arm and placing in closer to the body.

Use a foam pull buoy placed between the upper thighs to strengthen the arm stroke for freestyle and breaststroke. Pull the body with the arms only. While sinking legs are supported, practice core balance as buoys can elevate the legs too high, especially in backstroke.

Hand paddles should fit your hands, larger paddles don't equal faster pulling. Proper use requires careful attention to hand entry, exit and clean pulls. Use the bands provided to keep your fingers anchored. Paddles strengthen by displacing more water than your hands, but overuse or poor fit can result in shoulder pain.

Inline snorkels are best for lap swimming. The aid in this device is that side breathing is eliminated so the swimmer can concentrate on body position and arm stroke.

Combine your aids for strengthening. Use paddles with buoy, fins with kickboard or snorkel. Paddles and fins together can elevate the heart rate and using paddles with no buoy or kicking will challenge your endurance.

## TENNIS TIP

### The Overhead

by Jeff Dollins

We all think the overhead should be an easy way to finish off a point. Yet anyone who has played much tennis knows we miss way too many. Those darn pros make it look so easy on tv. However, the reality is that the overhead is not a shot that we ever really work on or get to hit very often. This means that we shouldn't really be surprised about missing some but everyone feels like an idiot when we miss or frame one into the net.

My main point is that if we spent a little more time practicing our overheads they might feel a lot better. But I'd like to suggest a few things to focus on so your practice sessions are more effective. The three mistakes I see most often on overheads are 1) Not getting ready early enough, 2) Footwork, and 3) Hitting the net. So, as you might guess, my suggestions follow these mistakes.

Early preparation means a few things. First getting turned (body facing the side fence), getting your racket head up and getting your opposite hand up. All three of these can happen at the same time and as soon as you see the ball pop up off your opponent's racket.

The best footwork is to quickly get behind the ball so you can move forward if possible. The first step should push your body sideways and back quickly, then just be sure to keep moving so you don't get stuck in the wrong spot.

Try to practice hitting the ball a foot

long or past the base line. You'll be surprised, I bet you won't miss long much. Most of the time we pull down too hard and either miss the strings because our head pulls down taking our eyes off the ball, or just pulls the ball down into the net.

Find a partner who will feed you some overheads and then return the favor. You just might find that hitting a few extra with the right concepts in mind that your overhead won't let you down (at least not as much). Have fun and good luck!

## ARCHITECTURAL COMMITTEE

The Architectural Committee (AC) would like to thank all of you who work so 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.

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 AC before the work begins. This is a requirement of the CC&R's and is a legally binding requirement on you, the homeowner.

Information on the AC, AC policies, including policies on fencing and roofs, and the actual CC&R's are easy for you to access at [www.rbstc.com](http://www.rbstc.com). You can also find forms you need to file for home improvements or to file a report of a possible violation of the CC&R's at this website. Please check the website before you plan work on

your home.

AC procedures are relatively simple and a member of the AC can always be reached at 858-729-1232 or by email at [rbstcarchcommittee@gmail.com](mailto:rbstcarchcommittee@gmail.com). There is also advice and answers to frequently asked questions on the website.

AC meetings are held weekly, every Saturday morning at 8:30 am at the Swim and Tennis Club. Just stop by if you want to talk about home improvements and/or about issues/concerns relating to CC&R enforcement or violations. The Committee will be happy to meet with you.

The CC&R's and AC policies and procedures are in place to protect your home and the environment in which you choose to live. The AC members are happy to serve you and work with you.

## Bricks 4 Kidz



**We learn, we build, we play with LEGO® Bricks!**

**Kidz Night Out!** The 3<sup>rd</sup> Saturday of the month from 5:00 pm – 8:00pm -- \$30

**Spring Break Camp!** 4/10 – 4/14; all day (\$300) or half day (\$150); daily rates available!

Register on line at [www.bricks4kidz.com/poway](http://www.bricks4kidz.com/poway) or call Lisa 858.945.3568 for daily rates.