



Newsletter

Issue 61 November/December 2017

Rancho Bernardo Swim & Tennis Club
16955 Bernardo Oaks Drive, San Diego, CA 92128
Phone (858) 487-5002
Wayne Klusmeier, General Manager

CLUB'S HOLIDAY HOURS



Thanksgiving Day	6:30 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 Holidays are upon us again!!! The world has experienced a lot of devastation and terror this year. This serves to remind me how fortunate we actually are. This is also a good time for us to recognize how blessed we are to be living in Rancho Bernardo. We will again be sponsoring a food drive to help the many who are not as fortunate. Please consider leaving canned or dried foods at the collection bin at the front gate of the Club.

We have had an exciting and fun year at the Club and have continued to enhance our facilities. A major new item this year has been in the construction of a

beautiful barbeque area for our members use. This facility opened in May and has seen lots of use. I think everyone who has used it sees it as a great new asset. You can reserve it in advance and you can also rent it for larger parties. It has also enhanced the Club's ability to provide special events for our members.

Last year we put in great new lights on the tennis and pickle ball courts. As a result there has been a significant increase in the amount of night use of our courts. Due to this increased demand, this year we installed new lights on two additional courts which substantially increases our court availability, particularly during the winter months.

For the last several years our men's teams have been very competitive, even advancing to the national championship. This year saw the formation of a new 9.0 mixed doubles league which won their league championship and advance to the sectionals. Additionally, our women returned to play in the Women's AA league. You can watch some really good tennis at the Club if you come out to watch any of these leagues. Their home schedules are posted on the Club notice board. Jeff Dollins, our head tennis pro also hosts several youth tournaments each year in addition to great youth tennis camps. We hope that this is a sign of more championships in the future. Happy Holidays from everyone here at the Club!

SANTA AT THE CLUB



Mark your calendars... Santa has confirmed that he will be at the Club on Sunday, December 10th from 1 to 3 PM. Once again, Santa will have many friends joining him which include: Frosty, Rudolph, elves, 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 friends and helpers for some fun and yummy cookies and hot cocoa!

STAFF APPRECIATION HOLIDAY FUND

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

They have been working hard this past year. Members of the maintenance staff begin to arrive as early as 3 AM to start their daily cleaning, repairing and landscaping. Also, from the moment the Club opens the front gate, 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 "Employee Holiday Fund". Please include

your full name on the envelope unless you want your gift to be anonymous. Thank you, we truly appreciate our members!

HOLIDAY FOOD DRIVE

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. You can learn more at their website @ www.interfaithservices.org

We 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 food 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 towards food, 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.

NON-SMOKING FACILITY

This is a reminder that smoking (including e-cigarettes) is NOT permitted at RBSTC. This applies to all Club property including both parking lots.

ARCHITECTURAL

COMMITTEE

Rules and Procedures

The architectural committee of the RBSTC is responsible for the administration and enforcement of the CC&Rs for over 1600 homes in Rancho Bernardo. The Committee meets at the Club every Saturday morning (with few exceptions) to review applications for improvements and reports of possible violations of the CCR's submitted by members.

This year the Committee was asked by the Board of Directors to review and to document their Rules and Procedures. The Committee published a draft Rules and Procedures document in August which was posted on the Club notice board and on the website www.rbstc.com.

A lot of valuable feedback was received from members and the Committee will be revising the documents to take this feedback into account. In order to ensure that everyone has a chance to be heard, the Club will also be scheduling a series of open meetings in the coming year prior to finalizing documents for final review by the membership and adoption by the Board of Directors. There are no changes to the actual CC&Rs. The draft document is still available on the club website.

Please be aware that no changes to the actual CCRs are involved or proposed.

SWIMMING SENSE

Sun Sense for Swimmers

by Linda West

Sun protection means more than applying sunscreen while standing on the pool deck, then jumping in the water and creating your own oil slick. Protecting your skin is a year-round job for swimmers, since San Diego has about 250 days of sun.

Pool water reflects the sunlight around the body so direct rays are only part of the swimmer's sun exposure. Apply sunscreen at least thirty minutes before swimming. It takes time for the sunscreen to bond with the skin, so it stays on in the water. Goggles that are dark or reflective can protect your eyes from that reflected light.

One of the easiest ways to avoid skin damage is to swim before 9 am or after 4 pm when the sun's rays are less direct. Any weather site on the internet will give the UV index for the best swimming hours. Ultra-violet rays can impact us in every season.

Wearing a swim shirt or wetsuit top can protect the torso and arms. These shirts should fit close, like a swimsuit does, to prevent drag. "Jams" that cover to the knee or swim pants can protect the legs. The extra layer also protects from cool breezes.

A sun protection routine will help your swim workout going strong during our endless summers because we can expect sunny and warm as a forecast any time.

GYM NEWS

Seated Leg Press Machine

by Bethany Murray

What a great machine right?! Daily, I see so many people jumping on this machine and using it incorrectly. When I see this, it makes my own knees hurt and I know yours will too down the road. So, let's chat about this machine and address proper form while using it.

1. What muscle groups does this machine work?

- This machine specifically targets your quads, hamstrings, and glutes. Which totally are needed for everyday use outside the gym. These muscles should be worked!

2. How do I know if I am using it correctly?

- Adjust the bottom position of the machine and seat yourself. You can do this by pulling the 'red cane' by your right hand.

- Select an appropriate weight load for your training (start lighter and work up). Plant your feet a little wider than shoulder width on the platform. Grasp the handles, maintaining good spinal position with your chest up and your head looking forward. This will be your starting position with your upper and lower legs making a 90 degree angle. This is key!

- Driving through the heels of your feet, extend through the hips and knees to push the seat back. Please do NOT lock out your knees. Leave a slight bend in your knees when your legs are

extended.

- Return to the starting position (legs bent) without fully returning the weight to the stack.

Cheers to a happier and healthier leg press!!!

TENNIS TIP

Soft Hands and Knees

by Jeff Dollins



The game of tennis can be both very satisfying and frustrating depending on how you play that day. The game will always have its ups and downs, however I like to focus on the constants that lead to more of the satisfying days and less of the frustrating ones. And probably the most important constant in tennis is control.

The element of control is always necessary whether you play defensive or aggressive or whatever style you like. And probably the two quickest ways to lose control is by (1) a tight gripped miss-hit, or (2) by being off balance and/or out of position. That's why a very simple reminder that I say over and over when teaching is "*soft hands and soft knees*".

Soft hands may not always mean you hit the center of the strings perfectly, but it will help you make the fine little adjustments and even help carry a poorly stuck ball better than if you tense up the grip. Surprisingly even though the pros are hitting the ball extremely hard they still manage to

keep their hands soft. You don't want to try to add power by squeezing the grip tighter. Soft knees are critical for being able to adjust your movement. Often the ball may not be exactly where you hoped it would be and soft knees can help you sink lower or rise up which decreases the need to change your swing as much. Trust me you will move better, have better balance, and adjust better if you make an effort to keep soft knees.

I'm not claiming that soft hands and soft knees will be the answer to all your woes, but your ability to control the ball will benefit your game. The good days will definitely come more often if you can remind yourself once and a while - soft hands and soft knees. Good luck and have fun out there.



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RBSTC ELECTIONS

The board of directors is responsible for all aspects of the operation of the Club. These individuals are very important to shaping the future of the Club and our community.

The annual elections for 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. You may also contact the GM, Wayne Klusmeier if you have any questions @ 858-487-5002.

RBSTC CLASSES

Work your mind, body & soul...

1. *Aerobics*
Bobbie Davis 858-485-0132
2. *Aqua Bodies* (Water Aerobics)
Cindy Hughes 858-432-4471
3. *English Country Dance*
Rich Cosgrove 619-733-5275
4. *Strength & Stretch*
Judy Ryan 858-603-3091
5. *Israeli Folk Dance*
Barb Birenbaum 858-382-6312
6. *Line Dance*
Cathleen Bossaller 760-945-4682
7. *Step by Step Dance*
Jeri/Sioux 858-487-6652 (Kids)
8. *Step by Step Cardio Hip Hop* -
Sioux 858-487-6652 (Adults)

9. *Taekwondo*

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

10. *Tai Chi*

Georgette Coffey 858-485-0517

11. *Teen & Tween Yoga*

Alex Stephenson 619-865-5598

12. *Tennis Lessons*

Jeff Dollins 619-723-9575
Kim Dollins 858-213-5583

13. *Yoga/Meditation*

(for Cancer survivors)
Malinda Romine 760-533-9475

14. *Zumba*

Maria Ghaibi 858-385-0621

* * If interested in any of these classes, please contact instructors directly for more information and pricing.