

The Paseo Club

Valencia

Newsletter

Volume II No. 12

www.thepaseoclub.com

December 2004

Happy Anniversary

Happy Birthday Paseo Club. We enjoyed our first anniversary at the club in November! As you can see from the pictures below everyone had a fantastic time. We opened up the Activity Center with a four course meal prepared by Alisa Powell. We had over 70 members celebrating our first year anniversary at the Paseo Club.

The food was terrific and served by the management and owners. We really are here to serve you!!! The music was provided by our very own Pat Barrows. Our local tennis pro by day and rocking DJ by night. We partied till the late hours to music from rock to hip-hop.

The staff would like to thank everyone for supporting our club and making it one of the premier tennis, health, swim and social clubs in Southern California. The club has been recognized by Club Industry Magazine and Southern California Tennis & Golf Magazine as one of the most unique and family orientated clubs in the United States.

We are going to continue to improve the quality of service and the facility for this coming year and years ahead!



A Word from the General Manager

We are approaching the holidays and my favorite time of the year. I have very fond memories of Christmas as a child and now I am even more excited to experience it with my children. I am so thankful for all that I have and hope that our club can provide you and your families with many wonderful memories over the upcoming years. With that in mind, I would like to thank you for all of your kindness and support of The Paseo Club and my family during this past year and wish you all a joyous and safe holiday season.



Desi McBride

The Activity Center is now open (Dana Cuccia and Darren Miller, our professional designers, did a wonderful job) and we are in the process of developing programs from Cards Clubs to Monday night football. Next year, we will have a full calendar of events and programs for everyone to enjoy! Our mission is and continues to be "Bringing the Family Together" and with the season being all about the family, it is our goal at The Paseo Club to make that happen even more in 2005!

I would also like to thank the staff for doing such a terrific job this past year. I feel we have assembled excellent personal trainers, tennis professionals, Cafe, office, front desk, kids corner and maintenance personnel. These people really care about the members here at The Club and are a joy to work beside. We continue to strive to improve our service and always appreciate any suggestions you may have.



Regards,

Desi McBride

General Manager and Owner

Membership & Events

The social calendar for this past year was very active and filled with wonderful events. I have been in the club business for almost twenty years and have never seen more enthusiasm and participation. Looking back on some of the events from the Super Bowl Party, St. Patino Night, Luau Party, Labor Day Party, Back to School Bash, Halloween Carnival and so many more with hundreds of members enjoying the club and making new friends. Our goal this coming year is to have even more events both inside and outside the club. Continue to look at the website for updates, events, programs and activities. Most of the events were "sold out" and I encourage you to sign up early for socials and tournaments in the future.



Steve McAvoy

On the membership front, we are very pleased with how the year progressed. I would like to thank everyone for referring so many of your friends to our club! Every month we have a membership referral program going on, so keep an eye out for some wonderful surprises in 2005! This month anyone who refers a member who joins will receive \$75 off next months bill! Hopefully this will help with some of those holiday bills that come in during the month of January. Once again thank you for referring so many of your friends to our club.

Happy Holidays,

Stephen McAvoy,

Marketing Director and Owner

The Paseo Club's Tennis Program

Turkey day has come and gone and so has a great month of tennis festivities here at the club. Along with a Member/Guest Social, members who attended the WTA Drill and Social were lucky to meet and take a picture with Lindsay Davenport, the #1 woman player in the world! This was truly incredible and I would like to thank the Wilson Staff for making it happen.



Darren Miller

The in-house leagues also wrapped up in November and were as competitive as ever. I would like to congratulate the following winners:

Monday p.m. Mixed Doubles – Cindy & Charlie Beals

Tuesday a.m. Ladies Singles – Jennifer Belmont

Tuesday a.m. Ladies Doubles – Chris Halladay/Jan Sylvester

Tuesday p.m. Men's Doubles Sec. A – Brian Anderson/Albert Stock • **Sec. B** – Don Shuman/Dave Michaels

Wednesday a.m. Ladies Singles Sec. A – Cindy Campos • **Sec. B** – Magdalena Juarez

Wednesday p.m. Men's Doubles Sec. A– Joey Buslon/Mike Benser • **Sec. B**— Greg Lowe/Bruce Wagner (Rick Mahn)

Thursday a.m. Ladies Singles – Linda Sivertsen

Thursday a.m. Ladies Doubles – Donna Cole/Yun Byrd

Thursday p.m. Mixed Doubles Sec. A – Jacklyn & Hal Rodman • **Sec. B** – Linda & Rick Merante

Friday a.m. Ladies Doubles – Lori Alvarez/Nat Embree

The following awards were also given out: **Best Sportsmanship** - Harriet Merjan **Most Dedicated Player** - Hal Rodman

The awards were all given out at the End of League party which featured a great dinner prepared by Paseo Chef Alisa Powell and a lecture by Peter Smith, head coach of #4 ranked USC Men's Tennis Team. Special thanks to Brad Sceney for setting that one up! Keep up an eye out for sign ups for the next league session which begins mid-January.

Lastly, I would like to invite you all to attend our last Member/Guest Social of the year coming up on Friday, December 3rd! Please sign up at the front desk or email me at dmiller@thepaseoclub.com. Happy Holidays.

WORK HARD....PLAY SMART!

Darren Miller, Assistant General Manager/Director of Tennis

Fitness Center Merry Fitness and Happy New You!



Jodi Stokes

Hey Fitness Fanatics did you know that our own Jennifer Boorman held a Marathon Class and had Valerie Chase run the whole 26 miles and Jill Adams finished the marathon. A big congrats to Gwen, Jim, Kathy, Kit (and hubby) for also running in the **Santa Clarita Marathon**.

The Skinny on Organic

Going organic is definitely not the most cost-effective and healthy change you can make to your diet. You can get around most problems associated with conventionally grown foods simply by cutting out the bad stuff (processed food and simple carbs) and washing the good stuff (your nine daily servings of fruits and vegetables) before you eat it.

That said, organic foods-defined as those produced without irradiation, genetic modification, sewer-sludge fertilizer, antibiotics, or synthetic pesticides or fertilizers- do have advantages that can justify their cost, especially since even the priciest organic products often cost less per pound than the processed junk most of us snack on daily. With some foods-meat, milk, spinach, strawberries, cherries, peaches, and apples, to name a few- going organic really can help avoid the potential health risks associated with pesticides and animal infections. But the main reason I advocate buying organic foods? They just taste better.

See you in the
Fitness Center,

Jodi Stokes,
Fitness Director



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Calendar of Events

<p>December</p> <p>3 - Member/Guest Tennis Social 18 - Christmas at The Paseo Club 31 - New Year's Eve Dinner, Dancing and Casino Night</p>	
<p>January</p> <p>8 - Paddle Tennis Tournament 8 - 2nd annual resolution run 15, 16 - New Year's Resolution Fitness Open House Weekend 23 - Member/Guest Social 29 - Chili Cook Off Open House 30 - Super Bowl Spin</p>	<p>TBD 8:30am 10am - 3pm 7-10 p.m. 11am - 3 pm 9:00am</p>

ESTABLISH A ROUTINE!

G'day members, hope everybody had a great Thanksgiving and gets back on the court to run off the turkey. The topic that has come up for this month is routines. Each day, whether we work, go to school, take care of the kids, or whatever it may be, we have routines. It is what gets us through the day and makes our lives have some form of structure. To not have a routine, can leave you feeling lost, unorganized and unaware of what to do next. Now try to assimilate this to playing tennis. Set yourself routines to do before you play a match, during the course of a match, in between changeovers of a match and before you play each individual point. Having a routine is one of the best ways to prevent yourself from feeling nervous. Putting yourself through the same routine puts you in familiar surroundings each time you play and therefore feeling more relaxed and comfortable about playing. In turn, that will lead to better play. If you ever watch the pros play, take a look next time at some of the routines that they may use.



Brad Sceney

The common ones are the straightening of strings in between points, adjusting their cap a certain number of times, pulling on their shirt, if they are serving – bouncing the ball the same amount of times on each serve. You of course can use any number of these or even develop your own, but try routines to set your mind at ease. Generally once you walk on the court, your strokes aren't going to get any better during the course of a match, it is your mind that can get better (and worse if you let it)! So allow your mind to be your greatest asset. Crunch times in matches are generally the start of the match and the end of a match, they can be the most difficult and that is when our minds play tricks on us the most. Don't allow that to happen. So if you already have some routines...great, if you don't, then try developing just a few, don't go overboard and next time you feel that crunch time, stick to your routine. You will be surprised how it can relax you and make you more ready to compete in the moment.

Cheers,

Brad Sceney, Head Teaching Professional

Junior Development

Hi Everyone!

Our Fall after school tennis clinic is coming to an end the week of December 13 and will resume starting the week of January 3. For those juniors who want to play through the holiday break, we will be offering a **Holiday Tennis Camp** starting December 27 through December 30. The camp will offer tennis to kids of all ages and abilities.



Katy Smith

Kids who are between the ages of 5-8 will sign up for the **Grand Prix level**, while kids between the ages of 9-17 can sign up for either the **Challenger level** or the **Tournament Training level**. Juniors who sign up for the Challenger level can be beginning to intermediate players who have not yet started competing in either tournaments or match play. Juniors who sign up for Tournament Training are either already playing tournaments or are about to start in the near future, but have the ability to serve and play matches. Please contact Darren Miller if you have any questions regarding a child's level.

Don't forget to sign up **December 4th** for the Saturday Junior Challenge. All juniors can sign up at the front desk and contact Ellian with any further questions. If any juniors are looking to play practice matches, the junior challenge ladder can be found at www.thepaseoclub.com and matches are to be scheduled on your own time. Remember to practice and play smart and I will see you back in January!

Keep practicing and playing smart!

Katy Smith, Director of Junior Development

Employee Spotlight

Darren Miller our Tennis Director and Assistant General Manager has been working on the Paseo Club even before we broke ground. He was instrumental in helping with marketing, facility concepts, organizing staff and so many other areas it would take to long to mention. Darren and the tennis staff took a brand new program and have within one year implemented a full year round junior program, a National Adult Women's tournament, a full tennis social calendar and a complete line of adult drills and lessons. The program is quickly becoming one of Southern California's best. Thanks Darren for doing such a fantastic job and being our employee spotlight of the month!



The Paseo Club Café

Dear Members,

First, I would like to thank all of you for welcoming me to the club so warmly. My first month here has been fun and challenging. I look forward to making more changes with the menu over the next month. We have already changed our bread vendor to La Brea Bakery and our produce company is now Worldwide Produce.



Alisa Powell

Due to many of you asking, I have changed the Caesar Dressing to have a more creamy texture. Also, I have changed the potato salad and will continue to come up with interesting flavors to keep it fresh and exciting. So far we have had chipotle with green onions, lemon chive, and pesto.

On November 20, 2004 we had our first anniversary party in the newly opened Activity Center and from all of the reviews, it went exceedingly well. For those of you who could not make it, we had a four course Prime Rib dinner complete with Wines by Valencia Wine Company and music provided by our own Patrick Barrows with dancing until the wee hours. I am excited to plan our next event, New Years Eve Casino Night!!

Sincerely,

Alisa Powell

Food and Beverage Manager

Member Spotlight

Elsie Lau and Grant Tarling are the member spotlight for the month of December. Elsie and Grant have been extremely active at the club since almost the beginning! Although they both had a very difficult summer with the passing of Elsie's father along with a serious injury to her shoulder, they are always good natured and great to be around. Elsie's tennis game has really been improving by taking lessons, drill classes and lots of practice. She and Grant have also been involved with adult tennis leagues at night and have done extremely well together! They also use the fitness center regularly and are active in the socials at the club. Elsie also takes care of our computer system and keeps us working. Thanks for all of your support and help this last year!



The Paseo Club *"Bringing the Family Together"*

