

September 2 Remember

The Paseo Club is proud to bring you "September 2 Remember," a month filled with activities and events to show you the member how much The Paseo Club values you. To show our appreciation, we have developed a referral program that will reward you in a great way. If you refer 2 friends that join The Paseo Club, we will in turn pay your dues for two months.

To reward our loyal members, there will be numerous giveaways throughout the month. Also, we are looking forward to the Labor Day Pool Party on

September 6, and our long awaited Membership Appreciation Celebration on September 25. Get ready to dance swim, and enjoy being appreciated.

This September we look forward to showing how much we appreciate each and every one of you. It's you the member that makes this club so unique and special. And as we grow together it can only get better. So, throughout the month of September, we hope we show you our appreciation.

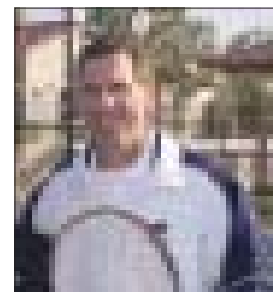


A Word from the General Manager

Dear Members,

As you will hear a lot over the next month, this will be A September 2 Remember. We have some wonderful events planned and some surprises we think you will enjoy. We want to thank you for all of your support and loyalty.

As summer winds down, we will get a chance to review and look to plan the upcoming year. We had some terrific events, such as The Luau, our first Triathlon, Dive in Movie nights for the family, and some enjoyable tennis events. We learned a great deal and are now going through the process of planning next year's calendar of events. I view this as a critical time for our Club. Our ultimate goal is to exceed your expectations and make The Paseo Club the type of club which focuses on creating memories and constantly striving to provide a superior member experience. With that in mind, I would greatly appreciate any suggestions you may have. With your help, we will continue to grow and make the Club an even better place to be.



Desi McBride

We are continuing the task of completing and improving the appearance of The Paseo Club and I have highlighted some of the things we are addressing currently:

- Trellis lights and misters are being installed this week.
- We will begin doing some work to prepare the Activity Center to open. We will be cementing the walk ways, moving the pool fence and begin the process of landscaping the area around the Activity Center.
- We have ordered dispensers for the locker rooms and should be getting them in this week.
- We are aware that a couple of tennis court lights are out and, because they are under warranty, we are working with our contractor to have those lights replaced as soon as possible.
- We have installed a filtered water fountain and ice machine for your use by the Cabana / Tennis Office. Feel free to use the ice machine and water fountain to fill up your jugs.
- We have ordered 2 bulletin boards and will place one in the breezeway between the Studio and Fitness Center by the water cooler and the other on the Tennis Terrace by the Loggia.
- We will work to ensure that the front desk is aware of all upcoming events and programs. We will also make sure they are given all information they need to quickly answer any questions you may have.

If you have any questions, comments or suggestions, I would greatly appreciate hearing them.

See you soon, *Desi McBride*, General Manager and Owner

Membership & Events

Membership is growing, and the Paseo family is growing more and more each day. With September being Member Appreciation month we look ahead to a strong membership enrollment month. As you all are aware of the referral program, take this time to set up a tour for your referral with one of our sales staff, and get the reward of a month of dues on us. With kids back in school and being back from that family vacation, this is the perfect time to save.

Our last Member/Guest social was a huge success, and everyone in attendance had a great time. The drills went great and some great tennis was had by all. We are very excited to show our appreciation this month. I hope to see you all at the Labor Day Pool Party on Sept 6 and again at the Membership Appreciation Celebration on September 25. I personally would like to say that I thank you all for becoming part of our family and I look forward to many more memories to come.

We have learned so much about our club in the last year, and every day we learn how to make your experience at The Paseo Club a better one. I look forward to growing with the members and working together to make our club great.



Steve McAvoy

Warm Regards,

Stephen McAvoy, Marketing Director and Owner



The Paseo Club's Tennis Program

Summer has come and gone and I am looking forward to a really exciting Fall and Winter here at the club. I could not have been happier with the turnout and feedback we received from summer camp and I thank all who attended including The Paseo Club pros!!! September will be a great month for tennis here at the club including the following events:

- **September 11th – U.S Open Social & BBQ**
- **September 17th – Back to School Bash**
- **September 25-26th – Adult Club Doubles Championships**



Darren Miller

Adult singles ladders are continuing to grow! We are really looking to get the Men's and Women's doubles ladders off the ground. Please contact Pat Barrows here at the club for more information.

Our 4.5 Paseo Club Women's Team ended up winning the league for the San Fernando Area and placed 2nd at Sectionals, winning our Flight (defeating teams from Coachella Valley, San Diego, and Palm Valley) before losing in the sectional finals to Whittier, just short of going to Nationals in Tucson, Arizona. *Photos of the team at Los Caballeros Racket Club in Fountain Valley.*



I am happy to announce the arrival of 5 shade court structures for your comfort. They are scheduled to be installed the first week of September. We have been looking for the perfect ones for the club and feel very confident that these are the answer. I sincerely hope you enjoy them and encourage your feedback.

WORK HARD....PLAY SMART!

Darren Miller, Assistant General Manager/Director of Tennis



Fitness Center

Hi Everyone,
New Classes this Month:

- **1/2 Marathon Training**
- **Fit Tots**
- **Hard Core**

for more information go grab a Fitness Schedule or look on the Web.



Jodi Stokes

FATTUCCINOS

If the original Coffee Frappuccino was a minor indulgence, the latest (coffee-free) **Blended Crème Frappuccinos** are a swimsuit suicide.

An ordinary venti (24-ounce) Coffee Frappuccino has 350 calories (roughly 480 if you ask for whipped cream). The numbers drop to 260 calories (for a 16-ounce Grande) or 190 (for a 12-ounce tall)

In contrast, a venti Strawberries & Crème Frappuccino has 650 calories. Add Whipped cream and you're up to 780 calories and 10 grams of saturated fat. It's a Pizza Hut Personal Pan Pepperoni Pizza (plus 160 calories) that you sip through a straw.

The other new Blended Cremes are no better. A venti **Double Chocolate Chip** with whipped cream hits 750 calories and 16 grams of sat fat. And a venti Vanilla Bean

With whipped cream will give you 640 calories and 10 grams of sat fat to work off at the gym.

Blended Crème Fappuccino is a fancy word for milkshake. Our advice: If you want a Frappuccino, stick with tall Coffee and skip the whip. Or get a no- whip **Frappuccino Light**. The lights aren't sugar-free, but you'll save 100 to 150 calories and – thanks to their skim milk – two to three grams of sat fat. (They'd be better if they didn't mix the safe artificial sweetener Splenda with the possible unsafe sweetener acesulfame potassium).

Be Healthy,
Jodi Stokes, Fitness Director





The Paseo Club

Valencia



2004 Calendar of Events

<h3>September</h3>		
6	Labor Day Bar B Que and Pool Party	12-6 p.m.
11	US Open Tennis Social & BBQ	All Day
17	Back to School Bash	7-10 p.m.
25,26	Adult Club Doubles Tennis Championships	All Day
<h3>October</h3>		
9,10	Club Junior Singles Tennis Championships	
15	Oktoberfest Member/Guest Tennis Social	
21-24	Sr. Womens' Tennis Classic Tournament	
29	Halloween Party at The Paseo Club	

Practice doesn't make perfect, perfect practice makes perfect

G'day members, hope all is going well!

It just seemed only weeks ago that we were getting ready for a busy summer schedule and all of a sudden we staring the fall season in the face. We have had the summer camp for our juniors, and also two USTA sanctioned tournaments, one for the adults and one for the juniors. I noticed we had some players that were new to tournament play and I congratulate you on taking the step forward to tournament action. We encourage you to look out for future tournaments in the area.



Brad Sceney

Possibly the easiest shot, or so it can appear is the overhead! Trouble is though they come in a wide variety of ways, not all are going to sit on top of the net, just asking to be hammered away. You will find that there are very affective lobbers out there that can be extremely annoying to play against. So let's figure out how to defeat that. First thing you want to remember is to keep your concentration levels up, just because a high, floating ball is coming towards you doesn't mean its easy. Prepare early, by getting your non-hitting hand pointing to the ball, this will help out with finding your perfect contact point. Make sure your racquet is waiting down your back, and now start moving your feet to get into position. Always remember that the ball is never hit to you, your opponents aren't that nice, you have to move to the ball. Once you understand this you will get better position on all of your strokes. When you feel the time is right, let the swing go by extending all the way up and imagine dunking the ball over the net. Another name for an overhead is a smash, **so smash the ball!** Finish with your racquet hand down along the opposite side of your body. Be complete with your swing, you have to trust it in order to have an effective shot, if you dink the ball back over then you are playing into your opponents hands. If you lob is hit extremely high, then let it bounce 1 time and then have a go at it. Always think that when you get an overhead you are on top in the point and your opponent is trying to buy recovery time, don't allow them and put the overhead away. If you don't have the confidence, spend a little more time on it on the practice court, *remember practice doesn't make perfect, perfect practice makes perfect.* Try this the next time you are getting overheads and become a little more aggressive, your opponents will think twice about throwing up lobs again!

Cheers,

Brad Sceney, Head Teaching Professional



Junior Development

Hi everyone! We have successfully completed our first summer camp at the Paseo Club. Our all-inclusive sports camp and tennis camp were extremely popular the entire summer which has already led to many sign-ups for our Fall tennis program. Fall tennis clinic will be held Tuesday, Wednesday, and Thursday afternoons beginning September 7th. Players between the ages of 3-5 can join our Future Pros class, players between the ages of 5-8 can join our Grand Prix class, and players between the ages of 8-17 can join our Challenger/Tournament Training class. Players who are highly ranked can join our Super Excellence class on Monday afternoons with approval from Darren. For further information regarding any of these classes, please contact the front desk.



Katy Smith

A big thanks to all of our junior tennis players who participated in the **1st Annual Paseo Club USTA Satellite Tournament** August 19-22. Congratulations to **Kristof Kinal** for winning the Boys 14 division and **Sydney Smith** for winning the Girls 12 division! Other standouts were **Andrea Macchiavello** (finalist Girls 12), **Courtney Kaska** (semi finals Girls 14), **Thalia Wilczynski** (semi finals Girls 14), **Monique Palmera** (finalist Girls 16), and **Ryan Lassila** (finalist Boys 16). **Thanks to everyone who participated.**

Keep up the hard work!

Katy Smith, Director of Junior Development

Member Spotlight

Mark, Linda, and Tosh Sivertsen

This month's member spotlight is on the Sivertsen family. As new members the Sivertsen family can be seen taking full advantage of the club, be it getting a work out in at the fitness center, hanging pool side, it's always nice to run into this wonderful family. Being a family club, it's picture perfect when you see Mark, Linda, and Tosh all working on their tennis game as a family. You'll be sure to run into them at a social, or just at the café. Hats off to Linda, seeing that she is an award-winning author for "Lives Charmed." Congratulations Sivertsens for being our member spotlight. Also, let's all wish Linda a great Happy Birthday this month!!



The Paseo Club Café

Dear Members,

Our children are off to school and now we have some time to ourselves. As your Food and Beverage Manager at The Paseo Club, my job is to maintain a certain standard of food for the members.



Earlene & Terry

This month of September the Café would like to show appreciation to our members and their effort to live long and healthy lives. This month the Café will be posting calorie information as well as, Fats, Proteins, and Carbs— there's that word everyone wants to leave out of there diet these days.

We will be offering more fruit options, wheat tortillas can be substituted for bread or flour tortillas. The Café will also be introducing a new roll for lunch, made with stone ground whole wheat flour, unsweetened applesauce, and olive oil. This roll is a great replacement to those white flours and high sugar starches.

A Southwestern salad has been created for the Balmain Family- our Southwestern combination is placed on mixed greens, garnished with tomatoes, salsa and a little cheddar cheese, with our house dressing. This is a great alternative to no carbs and lots of protein and vegetables.

Bon Appetite! See you all pool side,

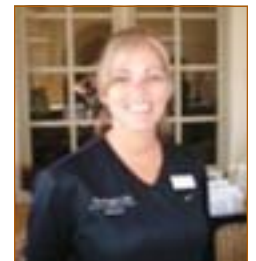
Earlene Hayes

Food and Beverage Manager

Employee Spotlight

Christy Vanderberg

Front Desk Attendant



Every day we try to improve The Paseo Club in some positive and important way. In doing this we take great pride in having friendly, hard working, and approachable front desk hosts. Christy has a heart of gold and the great work ethic to go with it. She understands the many programs and activities going on here and is very helpful at getting the information to the members. With her warm and very approachable manner, Christy solves problems with ease and keeps a positive attitude in the process. We are very fortunate that she is a part of The Paseo Club Team. In Christy's mission statement she writes "My priorities fall in the order of finding the answers to the questions you may have, keeping the Gallery presentable for the members and their guests as they arrive and most importantly making the members and their guest feel as if they are at "home."

The Paseo Club *"Bringing the Family Together"*

