

## MARCH NEWSLETTER

### LIFEGUARD CERTIFICATION

OVAC is looking for members to work part-time as Summer Lifeguards. You do NOT need to be Red Cross Certified – we have our own certification program through Ellis and Associates. We are looking for people who are confident in the water and who want to help us provide a safe environment at the pool. Call Jenifer Scarminach at 646-7213, ext. 55 for more information.

### COOK'S NIGHT OUT

Thanks to all who have participated in Cook's Night Out, and a special thanks to Jose for fixing such great meals. When you call the order-line, please leave as many details as possible, plus let us know the time you will pick up your meal. If you want to pick up your meal after the café is closed, we will keep it at the front desk. Here is the menu for March:

March 6	Pork tenderloin, mashed potatoes, green bean casserole
March 13	Chicken Broccoli Fettuccine, salad, garlic bread
March 20	Crab enchiladas, verde sauce, rice, corn
March 27	Stuffed pork chops, summer squash, red potatoes

### MARCH MEMBERS OF THE MONTH

From Team 100, we picked Jeff and Lyn Kustal as Members of the Month. Jeff has been a member for 12 years & works out upstairs with a 1-hour routine on his favorite recumbent bike (we are thinking of naming it after him). Lyn teaches yoga at UCSB, as well at Qi Gong, plus she is a massage therapist. She will be teaching a special class on March 17 about movement for relaxation and self massage. They will be receiving gift certificates from the OVAC Pro Shop and Westbridge Market. Congratulations.

### DOLPHIN CLUB

It's halfway through our season & everyone is doing great. The Aquatic Exercise Association says, "If it can be done on land, it can be done in the water." Water exercise is especially beneficial to people with fibromyalgia & arthritis, plus women who are pregnant. So, take the plunge & join the Dolphin Club.

### GROUP PILATES UPDATE

We are just beginning our second Pilates Reformer Group Session and there is still time to get in on the fun! If you haven't tried a FREE demo yet, please reserve your spot and see what all the excitement is about. This session runs through April 7<sup>th</sup> and the next full session will begin on Monday, April 16<sup>th</sup>. For further information and to reserve your spot for the demo, please contact Beth Eisele at [bnp17@aol.com](mailto:bnp17@aol.com) or call 646-5683, x26.

### IT'S TIME TO UPGRADE TO TENNIS!

For the month of March, we are offering special incentives to members who would like to upgrade to a Tennis Full Facility membership. If you upgrade in March, we will give you one month of free dues. So, if you've been thinking about getting back into tennis, or learning to play the game, this is a great opportunity to do so. Tennis, anyone?

## FAREWELL, STEVE

Steve Fox, who has been Maintenance Director since 1988, is leaving OVAC. Fortunately, Steve will remain a member, plus he will be back from time to time doing special jobs at the club. Steve has been an integral part of the club for many years and we will miss him! We wish Steve all the best and look forward to keeping him as a friend and an advisor in the future.

## PLEASE SUPERVISE YOUR CHILDREN

Now that the weather is warming up, we'd like to remind parents that children under age 14 must be with an adult or in a supervised program. Children under age 11 must be **directly** supervised by an adult. Thanks!!

## ACL INJURY PREVENTION

During certain movements, the anterior cruciate ligament, or ACL, plays a big part at the knee in holding the lower and upper-leg together. For example, when you decelerate and spin around on a planted foot to hit a tennis ball, the ACL keeps the tibia or shin bone from sliding forward from underneath you. The ACL is a commonly strained and/or torn ligament in sports that involves cutting moves, running, and jumping. Research studies show that these injuries occur more frequently in young athletic women. Evidence indicates that, during sports activities, females, in comparison to males, perform closer to their "injury threshold." One main reason an ACL can tear is due to the inability, during high intensity play, to maintain adequate joint alignment. An ACL can be at risk when the knee moves, uncontrollably inward, relative to the ankle and the knee, abruptly changing direction to power a soccer ball across the field. *Mandelbaum et al*, in a 2005 study, showed how a carefully designed prevention program addressing agility technique and other areas of fitness, can improve these impaired movement patterns and significantly reduce the incidence of ACL tears in young female athletes. A physical therapist is trained to continually assess related up-to-date peer-reviewed literature, diagnose and treat these types of movement problems.

*References: Bert R. Mandelbaum, MD, Christopher M. Powers, PT, PhD, Susan M. Sigward, PT, PhD, Christine D. Pollard, PT, PhD and the CAPTA Move California Campaign.*

## TENNIS NEWS

The Interclub ladies are knee deep into the 2<sup>nd</sup> half of the season and are off to a strong start. The B and C teams are battling for first place as the A2 and A teams are facing tough competition. It looks like we added a 4.0 Ladies USTA team in the spring. Look for their match play in the following weekends. We will be adding more clay to the clay courts during the month of March, so you "dirt devils" can look for some improvement in your near future. I hope everyone has a great March on the courts!

See ya on the courts,

Ryan

## NEW ADULT BEGINNER CLINIC!

Starting in March, we will be adding a fun instructional clinic for adults who work during the day. The clinic is Mondays at 6:00pm. It will be a great way to get the basics down

so you will be confident on the court. It's also a nice way to meet other players. Contact Ryan if you are interested (ext. 12).

#### WINE TASTING AT OVAC!

We will have our first wine tasting event of the season this March! The dates aren't set quite yet, but this will be an event not to miss. The theme will be exciting wines of Italy. We're talking some of the best Italy has to offer. From great whites to Barolos and Amarone, this will be an event for all who are interested in vino. Tickets will be limited to ONLY 40 PEOPLE! We'll offer great appetizers to accompany the wine, and wine experts will be on hand to explain each wine. Don't miss out! The sign up will be in the lobby, or you may contact Ryan for more information. The cost is only \$35.00 per person.

#### CLINIC REMINDER

Same

Adult Beginner Clinic	Monday	6:00pm	\$14.00
-----------------------	--------	--------	---------

#### MY PYRAMID

By Fitness Director, Danielle J. Williams. NASM-CPT, CES

We all remember growing up learning the Food Guide Pyramid. It was created before I was born and has been around ever since with its eating plan that was supposed to apply to everyone. The United States Department of Agriculture & Health & Human Services finally recognized how outdated this food guidance system had become, and published in 2005 My Pyramid as a new way to make recommendations more specific to each of us as individuals. A welcome surprise to the new pyramid is the inclusion of physical activity recommendations for individuals – recommendations that will hopefully shock our country into turning off television and starting to exercise.

How is the new My Pyramid system different from the old system? I'm most excited about the hard line My Pyramid has taken on being active. My Pyramid recommends physical activity on most – preferably all – days of the week. It's no great surprise anymore to hear that physical activity is crucial if you want to avoid chronic disease. For this, My Pyramid states that you must perform at least 30 minutes of exercise most – preferably all – days of the week. Do you love that body you are in? Maintaining your body weight and preventing pounds from slowly creeping on will require 60 minutes of moderate to vigorous intensity activity most days of the week. Want to lose weight? Sit down for this one – 60-90 minutes of moderate-intensity activity every day. Some of the other major changes in My Pyramid from the old food guide pyramid include emphasis on moderation of “no-no” foods (those high in saturated fat, trans fat, sodium, & sugar); a more individualized approach to making recommendations based on gender, activity level + age, portion control, variety, plus encouraging you to make gradual improvements to your diet & physical activity level.

The food groups are a little different in My Pyramid & include Fruits & Vegetables, Grains, Meats & Bean, Dairy, Fats & Oils, plus Discretionary Calorie Allowance. **Fruits**

**& Vegetables:** The best approach with this group is to eat a rainbow, that is a wide variety of colors of fruits & vegetables, whether they are canned, frozen, dried or fresh from our local Farmer's Market. And plan on eating more of them to meet dietary fiber requirements. Another benefit to the plan is that it will help you obtain a healthy blood pressure from the potassium found in fruits & vegetables. Again, variety is the key. Try to eat at least one leafy green & an orange fruit or vegetable every day to get the recommended nutrients & fiber. Worried about calories? The plan recommends limiting your starchy vegetables to 2-4 cups per week (corn, peas, potatoes). **Grains:** Whole grains are the key & are a good source of antioxidants, iron, B-vitamins, fiber & complex carbs, without being high in fat. I can't tell you how many times I hear people say, "I don't eat bread". Breads & products made from grain are not the enemy if they're made from whole grain. **Meat & Beans:** Sorry all you steak lovers, but low-fat or lean meats are the recommendation in this category to avoid saturated fats & high cholesterol consumption. This category also includes eggs, peas, nuts, seeds & tofu. **Dairy:** This category is all about bone health while avoiding saturated fat & an increase in cholesterol. Thus, you need to shop for fat-free or low-fat milk, yogurt or cheese. Also try soy products, fortified beverages & leafy greens. Some may still need a calcium supplement. **Fats & Oils:** We need fats & oils to provide our body with essential fatty acids & vitamin E. Fat is one of the major sources for fuel for muscles. Not all fat is created equal. Saturated fats, & partially hydrogenated oils are to be avoided to prevent disease & limit trans fat consumption. This means fast food should be a thing of your past, along with most of the items in the inner aisles of the grocery store. Healthy, unsaturated fats include canola oil, olive oil, nuts, seeds & avocados. Omega-3 fatty acids are also good because they can help reduce arterial blood clotting (salmon, tuna, nuts, flaxseed oil). Discretionary Calorie Allowance: These are your typical "cheat foods" that have little nutrient value (cookies, ice cream, alcohol, non-diet soda), but eating them helps you maintain a little sanity. The emphasis here is on limiting such foods.

Are you ready to see your personalized My Pyramid? All you need to do is visit the free website [www.mypyramid.gov](http://www.mypyramid.gov). You will be asked your age, gender, & physical activity level to begin. In addition to giving you dietary recommendations, you can also print out a helpful meal tracking worksheet, and use the My Pyramid Tracker for a more detailed assessment of your specific diet quality & physical activity. The website is loaded with useful information & is definitely worth checking out.

*Source: "My Pyramid: A Personalized Approach to Healthy Eating" by Jasmin Ilkay, MPH, RD: American Fitness: January/February 2006.*

## SPINNING WEIGHT LOSS PROGRAM

This program is not a diet – it's a plan you can live with. New spinners & longtime fans are invited to join Danielle Williams in her 8-week program. Discover a better you, sign up today: \$139 non-refundable. 10 consecutive Tuesdays at 4pm beginning March 27, 2007.

## NEW BOOT CAMP

Have you tried other fitness programs in the past? Are you having trouble sticking to your goals? Try OVAC Boot Camp! Certified Personal Trainer & Group Fitness Instructor Jeff Hoefling will host a 4-week strength, endurance & core training program to motivate you, jump start your fitness plan & keep you on track so you can achieve your dreams. The class is open to members of any fitness level. Be prepared to work hard indoors & out as Jeff motivates you to meet your individual goals. Classes meet Monday, Tuesday, Thursday & Friday mornings from 6-7am, from March 12<sup>th</sup> – April 19<sup>th</sup>. That's 16 intense workouts for only \$300 (non-refundable). Sign up today at the front desk. Questions? Call Jeff at 798-4674.

#### ONE HOUR SWIM RESULTS (IN METERS)

Robbie Campana – 4400

Kurtis Sakai – 4325

Michelle Horgan – 4075

Sam Dutter – 4000

Joe Dutter – 4000

Ben Edwards – 4000

Taylor Wolfe – 3925

Franco Campana – 3900

Bryan Tally – 3875

Thomas Campana – 3825

Mary Natwick – 3750

Adam Ogg – 3750

Tess Krimmer – 3725

Evan Kristiansen – 3675

Andrew Nelson – 3600

Sue McMahon – 3600

Brian Hunt – 3575

Harry Delatre – 3575

Laura Schreiner – 3525

Sara Del Vecchio – 3500

Peter Christl – 3475

Scott Wilson – 3475

Brad Roe – 3425

Edward Campana – 3350

Fred Drennan – 3325

Barbara Wood – 3250

Chris Bailey – 3175

Bella Manfredi – 3150

Rowan Frederick – 3150

Kelly Van Houten – 3100

Kathy Bean – 3075

Mark Speer – 3075

Lu Setnicka – 3050

Sol Bueno – 3000  
Donna Whitman – 3000  
Katrine Edwards – 2975  
Sheri Ann Cate – 2950  
Ashley Wachtel – 2950  
Sue Horgan – 2950  
Daniel Turbeville – 2900  
Summer Van Houten – 2875  
Liz Tally – 2875  
Lindsay Luckenbach – 2850  
Alexis Wachtel – 2850  
Mitnee Duque – 2825  
Kathy Wachtel – 2825  
Camilla Denton – 2800  
Trenton Chew – 2800  
Richard LaPlante – 2800  
Dane Whitman – 2750  
Claire Small – 2725  
Carol McCormick – 2700  
Angela Amico – 2700  
Emmalee Mikhalek – 2650  
Amanda Clark – 2650  
Rich Sojka – 2625  
Cody Silvester – 2625  
Julian Garcia – 2600  
David Moody – 2550  
Austin Bailey – 2525  
Christel Stratton – 2525  
Lucas Starbuck – 2500  
Olga Jones – 2475  
Sierra Gesselman – 2450  
Sarah Van Son – 2400  
Sean Edwards – 2375  
Delaney Sproles – 2350  
Casey Dowden – 2350  
Katy Bailey – 2350  
Samantha Stafford – 2350  
Riley Schreiner – 2350  
Ben Cohen – 2275  
Jane Spiller – 2225  
Diana Rossetti – 2225  
Ian Stafford – 2200  
Tina Drennan – 2200  
Francoise Kasimirowski – 2200  
Scout Van Houten – 2125  
Austen Berryman – 2100

Casey Craven – 2075  
Katherine Patton – 2075  
Clemencia Garcia – 2075  
Elsa Fraki – 2025  
Jay Inman – 1775  
Jennie Taylor – 1650  
Nancy Voyer – 1650  
Alyza Wood – 1550

#### MARCH SPECIAL EVENTS

Sunday, March 4, 12-1:30pm

KUNDALINI YOGA with Sat Siri Kaur. Free for members

Saturday, March 10, 1-2:30pm

HOOPLA with Diana Lopez & her magical hoops. Free for members.

Saturday, March 17, 1-2:30pm

MOVEMENT & SELF MASSAGE with Lyn Kustal. Free for members.

Sunday, March 18, 8:30am

BACK TO BACK SPIN CLASS + ABS with Tara. Free for members

Tuesday, March 20, 8:30-9:30am

SPECIAL FAREWELL YOGA WITH KARI SIMMS. Free for members.