



RANCHO VALENCIA
An Auberge Resort

MEMBER NEWSLETTER

OCTOBER 2011

FROM SEAN PIAZZA, FITNESS + MEMBERSHIP MANAGER

Cardio-TRX

If you want a stronger tennis serve, groundstroke, volley or overhead smash, I highly recommend our Cardio-TRX class. The class incorporates cardio and strength training, and will increase your flexibility, balance, mobility, and help you prevent injuries, all at an intensity you choose.

Take it from our own Rancho Valencia Tennis Coach and two time US Open Doubles Champion Robin White, "TRX is a great conditioning tool for tennis players. You can do all of your strength, power, flexibility and core workouts in an extremely efficient way. You never get bored because the possibilities are limitless. I wish it had been around when I was competing."

Developed by a Navy Seal, TRX is a new method of suspension training that has become popular in recent years. It focuses on using your own bodyweight as resistance, as opposed to free-weights (dumbbells, kettlebells, barbells, etc.) It will not replace the speed and endurance work you need to do for tennis training, but it is a



great part of a comprehensive tennis workout program. The exercises include squats, lunges, chest presses, back rows, shoulder raises, bicep curls, tricep presses, and various core exercises. Expect to sweat it out as you are taken through a variety of highly effective exercises that constantly keep the body guessing and the mind active.

For more information on our group classes, or to schedule a personal session, please call The Spa at 858-759-6490.



TRAINER SPOTLIGHT

Stacie Rosati

What's more lethal than a New Yorker with a Black Belt in Martial Arts and a Master's degree in Exercise Physiology? Not much—that's why we don't cross Rancho Valencia's own fitness instructor extraordinaire Stacie Rosati! Thankfully, Stacie is one of the most centered and nicest people that you will ever meet on a yoga mat. In addition to being a certified Advanced Yoga Instructor, Stacie has been a personal trainer for 10 years and has studied and practiced holistic health, massage and reformer Pilates her entire professional life. "I love my job because I am constantly learning new ways to live healthier and keep exercising fun and stimulating," said Stacie. Although it's not recommended to challenge Stacie in Martial Arts, you owe it to yourself to attend one of her yoga, reformer Pilates, or personal training sessions at Rancho Valencia.

CLUB MEMBER SPOTLIGHT

Keeping Vigil

What's better than Zumba and pizza or spinning and smoking cigars? Not much if you're Becky and Dave Vigil! Well, maybe those answers were taken out of context, but read on to learn more about this power couple in October's Member Spotlight.

RV Editor: What are your favorite fitness classes?

DV: The spin class is my favorite because I know I won't get hit by a car and probably won't fall down!

BV: I love Zumba! And ballet sculpt—it brings out the dancer in me.

RV Editor: What is the one thing people should know about you, but don't?

DV: I grew up in Escondido.

BV: I was the first MVP of the girls' track team at my high school.

RV Editor: What outdoor activities do you like doing outside of Rancho Valencia?

DV: Golfing and cycling.

BV: Walking on the beach and riding my beach cruiser in Del Mar.

RV Editor: Dave, if you could go cycling anywhere tomorrow where would you go and why?

DV: Girona, Spain because it is the Spanish cycling mecca.

RV Editor: If Hollywood made a movie about your life whom would you like to see play the lead role as you?

DV: Bill Murray.

BV: Meryl Streep.

RV Editor: What's your favorite quote?

DV: "Can't never did anything."

BV: "You can't have everything. Where would you put it?"

RV Editor: If I came home with you, what would I find in your refrigerator?

DV and BV: Water, fruits, vegetables, and dog food.

RV Editor: What three words best describe you?

DV: Loyal, persistent, hard-working.

BV: Very good listener.

RV Editor: What is the most important life lesson you have learned?

DV: Do what you say you will do.

RV Editor: What are your guiding principles in life?

DV: Do unto others as you would have them do unto you.

BV: Love one another.

RV Editor: What are your three greatest passions?

DV: Work, cycling, and spending time with friends.

BV: Family, helping others, and football.

RV Editor: What's your favorite guilty pleasure?

DV: Cigar smoking.

BV: Filippi's Pizza!

RV Editor: What's your favorite band/music to listen to when you work out?

DV: Linkin Park.

BV: Muse and dance music.

RV Editor: Dave, who is more competitive in spin class—you, JJ, or Hal?

DV: Me!

**FROM THE VILLAS**

Purchase Incentive

The Villas at Rancho Valencia – A Timbers Resorts Residence Club, has been enjoying an exceptionally productive sales

season. Since the start of the year, we've welcomed many new Owners with twelve closings in our Private Residence Club! We invite you to become an Owner at The Villas and experience these exceptional residences through a special ownership offering available to new buyers.

For those who close between now and October 31, 2011

The Villas will provide a

\$10,000 resort-wide credit that can be applied to spa, tennis and/or dining on property. To learn more about this ownership or our Referral Program, please contact us via email at info@villasranchovalencia.com, call 858.759.6442, or simply stop by our Model Residence.



WINE DINNER SERIES

Rancho Valencia showcases the Bordeaux-style wines of Napa's Darioush Vineyards



Join **Wine Director Stacy Jacobs** on an exquisitely paired dining adventure created by **Chef Eric Bauer** and **Sommelier Jayson Knack** showcasing the wines of Darioush Vineyards.

Proprietor Darioush Khaledi will also share his philosophy on winemaking and what makes his Bordeaux-style estate wines unique.

Menu**Tray Passed » 2010 - Darioush Viognier, Napa Valley**

Stone Crab & Fine Herb Strudel, Preserved Meyer Lemon Mousseline; Mano de Leon Scallop Crudo, Serrano, Tomato, Pickled Shallot, Fleur de Sel; Roasted & Chilled Beet Salad Spoon, Grapefruit, Avocado, Goat Cheese Puree

First » 2009 - Darioush Chardonnay, Napa Valley

Chilled Olive Oil Poached King Salmon, Apple Spuma, Radish, Osetra Caviar

Second » 2007 - Darioush Merlot, Napa Valley

Pumpkin Agnolotti, Wild Foraged Mushrooms, Pomegranate, Buerre Noisette Emulsion, Wild Greens

Third » 2008 - Darioush Cabernet Sauvignon

45 Day Dry Aged Beef, Dauphinoise Potato Terrine, Baby Fall Vegetables, Sauce Béarnaise

Fourth » 2008 - Capataz Malbec

House Made Ice Cream Profiteroles, Pistachio, Dark Chocolate, Cherry Preserve

Wednesday, October 12th at 6:30pm

\$149 per person, plus tax and gratuity.

Limited seats are available and reservations may be made by phoning 858-759-6216.

DARIOUSH

FROM THE SPA

Tip-to-Toe Fall Special

Enjoy a relaxing massage infused with our signature Valencia oils followed by a rejuvenating hair and scalp treatment. A citrus sea salt foot exfoliation, specialty cocktail and complimentary gift to take home will leave you feeling refreshed and at ease.

90 minutes, \$210





FROM THE RESTAURANT

New for Fall

One of the best things about Fall is the new menu offerings at The Restaurant. Here's just a sampling of Chef's newest delicacies:

Celery Root Soup: 100% Vegan, this soup is made with Chino Farms celery root and features garlic, onion, Granny Smith apple and toasted macadamia nuts that give it a nutty and buttery flavor profile. The base of the soup is vegetable stock with a touch of fresh apple juice, and we finish the soup with salt and a touch of cider vinegar as well as some toasted celery seeds. Garnished with pickled apple brunoise, shaved celery, toasted and chopped macadamia and fresh chive oil.

English Pea & Maine Lobster Risotto: Fall is a perfect time of year to be using English peas as they are still at their peak of sweetness. We start with carnaroli rice, which can absorb more liquid than Arborio while staying in tact, and add sautéed onion, bay leaf and thyme while we cook the rice slowly. The risotto is fished with chives, truffle butter, fresh Maine lobster and fresh English peas. Garnished simply with dressed pea sprouts.

Wild Boar Shoulder: This boar comes from Broken Arrow Ranch, a 25,000 acre ranch in Texas. It is a true wild boar that, graded onsite by a USDA inspector before dressed for sale legally as **true wild boar**. The shoulder is cubed up and cooked with red wine, mirepoix, tomato sauce, anchovy, chili flake and a sachet. The process takes over four hours and results in a very flavorful, and a little spicy, braised boar. The dish is complemented with farro (an ancient grain) and braised chard from local farms as well as pickled chard stems and charred onions. It is finished with a plum purée, ricotta salada, and fresh chives.

RECIPE FROM CHEF BAUER

This month's recipe from Chef Bauer was described by one of our patrons as, "The best soup I have ever had!" Come try it in The Restaurant, or make it at home on a blustery day.

Steak and Vegetable Soup

Ingredients:

- 2 tbsp butter, unsalted*
- 1 onion, diced*
- 2 carrots, diced*
- 2 celery stalks, diced*
- 1 red pepper, diced*
- 1 yellow pepper, diced*
- 1 tbsp garlic, minced*
- 3 quarts beef stock*
- 1 (28 oz) can crushed tomato*
- 1-1/2 lbs top round roasted, diced*
- 2 oz Worcestershire sauce*
- 3-4 dashes Tabasco*
- 2 tbsp parsley, chopped*
- 1 tbsp thyme, chopped*
- Kosher salt to taste*
- Black pepper to taste*

Preparation:

In a medium size pot, over medium heat, melt butter. Add onions, carrots, celery and garlic. Cook, stirring occasionally until onions are translucent, about 10 minutes.

Puree the can of tomatoes in blender until smooth. Add pureed tomatoes and beef stock and bring to a light boil. Reduce heat and simmer for 25 minutes. Add diced top round, Worcestershire sauce, Tabasco, parsley, thyme, salt and pepper. Return to simmer and cook for an additional 10 minutes to meld the flavors.

Taste and adjust seasoning as needed.

FROM THE WINE DIRECTOR

Don't Miss our Pahlmeyer Wine Dinner on Thursday, November 3

Reception: Jayson Chard 2009 & Meritage

Bouches of Stone Crab & Wild Mushrooms, Petite Herbs

Shooters of Celery Root Veloute, Truffle, Crispy Parmesan, Chive Oil

*Duck Rillettes, House Made Fig
Jam, Fruit & Nut Toast*

1st: Pahlmeyer Chard 2009

*Bruleed Goat Cheese Panna
Cotta, Roasted Root Vegetable
Salad, Smoked date Puree,
Hazelnuts*

2nd: Pahlmeyer Pinot 2008

*Grilled Harpoon Caught
Swordfish, White Bean & Iberico
Cassoulet, Charred Artichokes &
Onions, Lambs Quarters,
Barigoule Jus*

3rd: Pahlmeyer Merlot 2008

*House Made Boudin Blanc,
Poached Prunes, Braised Endive,
Spiced Burre Noisette*

4th: Pahlmeyer Meritage 2007

*Mishima Ranch American Waygu
Strip Loin, Duck Fat Potatoes,
Preserved Cherries, Wild Rocket,
Wine Syrup*

5th: Chocolate Truffles and our Signature Donuts



November 3rd at 6:30pm

\$149 per person, plus tax and gratuity.

**Limited seats are available and reservations may be made
by phoning 858-759-6216.**

MEMBERSHIP

Please Welcome

Please help us in welcoming our new Club Member
Allison Wolfsheimer and our new Tennis Member
Elizabeth Levine.

**FROM THE COURTS**

Tennis Happenings

USTA ADULT LEAGUE SECTIONALS

Congratulations to the **Rancho Valencia Ladies 5.0** team who went undefeated as they claimed the USTA sectionals title and a slot in the nationals. They beat San Fernando Valley, L.A. and Orange County.

7TH ANNUAL SES PRO/AM

Rancho Valencia was well represented with many members participating as well as a couple of our own pros. Congratulations to local members **Ken Perilli** and **Scott Hecker** for making it to the semi-finals with RV pros **Brent Davis** and **Mason Fuller**.

Our own **Joni Gurrola**, who has really been playing well, won the mixed doubles division with her partner.

In the men's "A" division, congratulations to Rancho Valencia Tennis Member **Russell Geyser** who had the good fortune of playing with the former #1 doubles player in the world **Rick Leach**, but not quite fortunate enough as they ran into **RV Resident Head Pro Arturo Navarro** who, along with his partner, managed to eek out a tough win in the finals.

SAN DIEGO DISTRICT TOURNAMENT:

Congratulations to **Mark Davis, RV Professional**, who together with his son **Brent** were runners-up in the Open Father/Son division at the San Diego District tournament this year. Mark and Brent were defending champions and almost had the 3-peat.

MOVEMENT STUDIO/FITNESS CLASS SCHEDULE FOR OCTOBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin- 1-1/2 hr 8:30-10:00am Victor	Spin 6:30-7:30am Victor	Spin 7:15-8:15am Lenita	Spin 6:30-7:30am Carlos	Spin 7:15-8:15am Jennifer	Spin 7:30-8:30am Lenita	Spin 8:00-9:00am Carlos
Hatha Yoga 10:30-11:30am Renee	Power Yoga 7:45-8:45am Lauren	Outdoor Fitness 8:30-9:30am Croquet Lawn	Reformer Pilates \$ 9:00-10:00am Stacie	Cardio/TRX 8:30-9:30am Sport Court Sean	Zumba 9:00-10:00am Karla	Reformer Pilates \$ 9:00-10:00am Stacie
	Reformer Pilates \$ 9:00-10:00am Stacie	Ballet Sculpt 9:30-10:30am Jeannine	Spin 9:15 to 10:15am Jennifer	Ballet Sculpt 9:30-10:30am Jeannine	Reformer Pilates \$ 10:00-11:00am Stacie	Cardio/TRX 9:00-10:00am Sport Court
	Spin 9:00-10:00am Carlos	Cardio-Sculpt 10:30-11:30am Sean	Abs Blast 10:30-11:00 Sean	Cardio-Sculpt 10:30-11:30am Sean	Abs Blast 10:30-11:00 Sean	Hatha Flow Yoga 9:15-10:30am Carol
	Yoga 10:15-11:30am Josh	Reformer Pilates \$ 10:30-11:30am Jeannine	Hatha Yoga 12:00-1:00pm Renee	Reformer Pilates \$ 10:30-11:30am Jeannine	Tennis-TRX 11:00-12:00pm Sport Court Sean	Ballet Sculpt 10:30-11:30am Jeannine
	Tennis-TRX 11:00-12:00pm Sport Court Sean				Power Yoga 12:00-1:00pm Stacie	
	Cycore 5:30-6:30pm Jeannine	Power Yoga 5:30-6:30pm Stacie	Spin 5:30-6:30pm Carlos	Cardio-Sculpt 5:30-6:30pm Stephanie		

\$ Reformer Pilates classes are offered at an additional cost. For information regarding pricing and availability, please contact The Spa front desk at 858-759-6490.

MOVEMENT STUDIO/FITNESS CLASS DESCRIPTIONS

Outdoor Fitness: This is a circuit training session that includes a variety of effective exercises designed to tone, strengthen and keep you energized. All levels are welcome and each participant may go at their own pace. It is held outdoors on our croquet lawn which is an invigorating alternative to the gym. Get ready for a workout that you cannot wait to try again.

Spin: Spin classes offer a unique combination of high-energy music and cycling- inspired rides taught by some of San Diego's elite spin instructors. Classes are uniquely tailored to a wide range of abilities and fitness goals and are taught on our state of the art Keiser M3 bikes.

Hatha Yoga: All levels are welcome to this stretch/yoga class. This class incorporates traditional Hatha Yoga poses linking breath and movement. Benefits you will receive will be increased flexibility and quieting of the mind as you stretch and strengthen your body.

Cy-Core; Spin/Yoga: The Cy-Core class is an hour long class that pairs the intense cardio workout of indoor cycling with the lengthening, strengthening and toning benefits of yoga. After a 30 minute ride on the indoor cycling bike set to inspirational, upbeat music playlists that change weekly, your muscles are warm and ready to hit the yoga mats for 30 minutes of intensive stretching and strength building. With an emphasis on integrating breath and movement for optimum athletic performance in and out of the gym,

the Cy-Core class is perfect for increasing stamina, strength and flexibility in just 60 minutes.

Power Yoga: A challenging workout that will leave you with a feeling of peace. This class aspires to improve the connection between body and mind raising ones awareness to a higher level. The breath initiates each movement to create a fluid flow between yoga poses. The class design is unique and created to challenge the student while leaving the option of modification for those newer to yoga.

Yoga Sculpt: This yoga class is formulated around balance & strength training that features a variety of yoga postures with the use of light free weights. The class format is specifically developed to tone and increase your balance. The slow pace and challenging sequence help to build heat, stamina, lean muscle mass, and increase flexibility. Practice to up beat music! Great for all yoga levels.

Reformer Pilates (\$): Whether you want to improve your posture, tennis game, golf swing, flexibility, mobility or core strength, Pilates can help you! This small-group setting takes place in our custom reformer-studio and is available 3 days a week. For reservations and pricing inquiries, please contact The Spa front desk.

Ballet Sculpt: Ballet Sculpt is an intense, hour long class that combines the fat burning and cardio benefits of ballet, with the toning and slimming benefits of Pilates. Set to energizing music, and

utilizing small movements, low weights, and a ballet barre, Ballet Sculpt classes shape and sculpt the body quickly and safely.

Cardio Sculpt: This class combines cardiovascular work and fat-burning techniques with an emphasis on total body sculpting, with use of light weights, for a fun hi/low workout. Great for all fitness levels.

Cardio/TRX: This class takes suspension-training class is designed to combine cardio, power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Expect to sweat it out as you are taken through a variety of highly effective exercises that constantly keep the body guessing and the mind active.

Tennis/TRX: Open to guests of all skill levels, this class combines TRX exercises with tennis- based drills to help improve strength and agility both on and off the tennis court

Zumba: Zumba is a fusion of Latin and International music/dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.