



RANCHO VALENCIA
An Auberge Resort

MEMBER NEWSLETTER

JUNE 2011

FROM THE RESORT

Referral Rewards

from The Villas at Rancho Valencia

As a member of the resort, you're already familiar with its distinction as a mecca for tennis, dining, fitness, spa experiences, special events and an enriching wellness lifestyle. You may not be familiar with another sensational component, The Villas at Rancho Valencia—A Timbers Resorts Residence Club. This private enclave of just twelve Villas is available for ownership through a Private Residence Club program.

We invite you to visit The Villas to meet Sales Manager **Catryn Fowler**, and Ownership Representative **Lacey O'Neal**, who can describe the benefits of ownership and the enticing Owner Referral Program. As a member of the resort, should you refer a prospective buyer to The Villas who closes on an ownership interest, you'll receive one year of dues towards your membership!

Learn more by calling 858.759.6442, email to info@villasranchovalencia.com, stop by the model in Villa 404, or visit villasranchovalencia.com.

NEW MEMBERS

PLEASE WELCOME
TO THE CLUB:

Feng and Lulua Lin and Family
Chris and Jane Crane
Joe Winkler

AND TO TENNIS:

Robert and Kathy Piva

GENERAL RESORT NEWS

Million Dollar Challenge

Rancho Valencia is a proud supporter of Dodge Million Dollar Challenge (MDC). MDC is an unforgettable seven-day, 620-mile journey down the breathtaking California coastline from San Francisco to San Diego. The event is produced by the Challenged Athletes Foundation (CAF)—a unique San Diego organization that enables physically challenged athletes to find success in sports—and in life. As the group prepares for this amazing experience they stick to a rigorous training schedule. Monthly rides starting at Rancho Valencia are planned through October.



We look forward to welcoming the group and showing our support! To learn more about the Challenged Athletes Foundation and their life changing athletic programs go to <http://www.challengedathletes.com/>

FROM THE KITCHEN

Celebrate Color!

June is National Fruit & Vegetable month and we have two simple rules to keep in mind when shopping for the freshest and tastiest fruits and vegetables: buy items that are in season, and buy locally. We proudly follow this rule and support our local farmers.



Summery Fun!

A summery selection from our wine list—Chateau Ollieux Romanis—a rosé with a difference! Bright salmon in color with ruby shades. Beautifully structured with delicate tannins, this rosé, made from the Cinsault grape, is soft and fresh with a touch of spice, black berries and grapefruit. Pair a refreshing glass with our seasonal day boat Alaskan halibut filet served with spring morels, Schaner Farms fava beans, vermouth & bacon jus for the perfect dinner experience!



RESORT HAPPENINGS

Family Fun!

We had a great time celebrating moms at our Mother's Day brunch!



Responsible Luxury

We are proud to announce our partnership with Clean the World.

Clean the World works with a group of hospitality partners like Rancho Valencia to collect and recycle discarded soap and distributes the sanitized products to impoverished people in an effort of preventing millions of deaths caused by hygiene-related illnesses every day.



Clean the World[™]

Since its inception, Clean the World

has put over 4 million soap bars and 200,000 pounds of shampoo and conditioner back into human use, simultaneously eliminating over 380 tons of waste.

RESORT HAPPENINGS

FATHER'S DAY PANCAKE BREAKFAST & BBQ

Sunday, June 19, 10:00am-3:00pm. \$65++ adults, \$25++ kids 11 & under. Reservations required.

More Information



CRAFTED COCKTAIL

Friday, June 24, 5:30-8:30pm. Francesco Lafranconi, Master Mixologist, joins Chef Eric Bauer to launch our 2011 Summer/Fall Wine & Spirits Series. Enjoy a casual evening of hand crafted cocktails and delicious bites prepared to order complemented by the sounds of GipsyMenco. **More Information**

WINE DOWN WEDNESDAYS

Enjoy 1/2 off selected bottles of wine! Wednesdays, 11am-10pm. **More Information**

FOUR Cs THURSDAYS

Play a game of Croquet and enjoy Cheese, Charcuterie & Cocktails. Thursdays, 5pm-7pm.

More Information

SWEET SUNDAYS

Sunday Brunch featuring House-made Crepes and Donuts. Sundays, 11am-2:30pm. **More Information**

MEN'S DOUBLES CHAMPIONSHIPS MEMBER TENNIS TOURNAMENT

Saturday, June 11, 9:00am-12:00pm;

BBQ to follow from noon to 2:00pm.

Please sign up in Pro shop prior to the event!

SAN DIEGUITO RIVER VALLEY CONSERVANCY

Santa Maria Creek Exploration

Saturday, June 11, 9:00am-2:00pm. Reservations required. **More Information**

FROM THE SPA

Sean's Fitness Tip

HOW DOES CARDIOVASCULAR EXERCISE BOOST YOUR METABOLISM?

Cardiovascular exercise (also known as aerobic exercise) is anything that involves or improves your body's oxygen consumption. Cardiovascular exercise boosts your metabolism quite simply because they require additional calories to perform. Cardiovascular



exercises also slightly increase your metabolism for a few hours after exercising.

When breaking down the amount of calories that you burn each workout, use this example; if you normally burn 2000 calories per day and you do a cardiovascular

workout three times per week—which burns 500 calories a session—then you could potentially burn an extra 3600 calories per week (1500 calories from the three cardiovascular workouts and an additional 300 calories per day from the 15% post workout increase).

For more information on how to boost your metabolism through cardiovascular training, strength training or dieting, please feel free to contact me at the Spa at 858.759.6493.

FROM THE COURTS

Arturo's Tennis Tip

Watch the ball disappear from your racquet.

95% of players will hit the ball while not watching the point of contact. Stay with the ball longer. For example: When hitting a forehand, keep your head down and still all the way through contact.



Introducing Jadicence

The Spa is thrilled to announce the addition of Jadicence Herbal Formulas.

Jadicence is comprised of carefully selected, scientifically – tested, all natural,



organic, wild harvested, east Asian herbs which provide extraordinary results from the inside out.

You can “soak” up this extraordinary product as an upgrade to any of our Signature Massages!

Choose from a Muscle & Joint Soak or Detox & Slimming Soak. Both just a \$25.00 add on.

You can enjoy Jadicence Herbal Formulas at home too! Come to the spa and check out the Detox, Slimming and Muscle & Sports Injury lines that offer lotions, bath salt scrubs, soaks & sprays. We are offering 15% off the entire line through the end of the month, while supplies last.

Revital-eyes!

Looking for a way to revitalize tired, puffy eyes? We have the perfect at home trick! Mix a small amount of fresh finely chopped mint with a small amount of fresh mashed cucumber and smooth onto eyelids and under eyes. Relax while the cooling salve penetrates for 10-15 mins and rinse with cool water. Hello, bright eyes!



FROM THE UMPIRE CHAIR

What's the Call?

John DeLille, Tennis Director

Recently I observed a tennis match where a player threw up a high lob, but it was short. When she realized how short it was going to be, she yelled out “Short! Get back!” The opponent then swung at the overhead and missed it completely. She then argued that the point was hers because her opponent made the expression just as she was about to hit the ball. They conversed about this for awhile before asking me about the rule.

What's the Call?

You can talk or say anything you want as long as the ball is on your side of the net. Once it goes over to your opponent's side, you may not say anything or it may be considered a “hindrance.” **Point goes to the team that whiffed the overhead.**