

SBCA

Health & Fitness Committee Minutes December 2, 2021

1. Meeting called to order by the Chairman at 9:30a.m.
2. A quorum was present: Bill Wight, Dean Rosenthal, Barb Sweet, Maureen Black & Barb Phillips; guest attendees included Jeanette Hanson, Diane Hill, and Keith Paton; SBCA Board members Gil Skinner and Christine Spagle participated along with Manager, Mark Torres.
3. The Agenda for the meeting was approved.
4. It was moved & seconded that the minutes of the November 3, 2021 meeting be approved. Passed unanimously.
5. Activity Captains' reports the following areas:
 - A. Aerobic Room, Dean, No discrepancies
 - B. B. Weight Room, Dean, No Discrepancies
 - C. Floor Exercise: It was noted some users were doing stretching and flexing warmups in the area because of a lack of mirrors in their area; It reported a single mirror in the stretching area would be <\$500 perhaps the monies already approved for such a mirror could possibly be applied. Bill will check with the contractor on what might be possible in terms of costs for a single mirror.
 - D. Fitness Classes: A number of inputs were given including the potential for an internet/Bluetooth capable TV to view videos for various exercise/

fitness “classes” in both exercise areas and the auditorium. John Sweet, absent because of a doctor’s appointment, provided an excellent written report with copies provided to each Committee Member by Barb Sweet. In addition to the preceding, he highlighted the reluctance of instructors to present such things as yoga classes owing to the requirement that they purchase insurance. Mark detailed the basis for this and it wasn’t clear if, or why, the Beach Club did or didn’t require such coverage. While not under our jurisdiction, he also highlighted the effort to secure the PNW Navy

Band for a President’s Day performance. It was reported both Jamie Kelly and Pat Connor with the Olympic Chapter of the Association of Naval Aviation have returned emails and offered assistance.

Message traffic on this was passed to Vickie Norris Chair of the Activities and Amenities Committee. Finally a question regarding the MemberMe app was addressed. Mark stated covid had brought any action on this to a stop, but that it could move ahead when warranted, or when covid is contained.

E. Courts: Maureen reported Members continue to use the courts in spite of Fall weather, but that they are need of maintenance/upkeep. Mark stated grounds maintenance personnel would be tasked with addressing the problems. She was asked to report on recommendations to revitalize the “Racquet Club” at our next meeting.”

6. Old Business

A. The status of efforts on the Active Life/SBCA Agreement was discussed. A motion to remove from the table the August 12 tabling motion by the SBCA Board to vote on the agreement, the final version of which had been crafted by Board Member, David Jurca, was passed unanimously at the November 11 Board meeting. Approval of the agreement was set to be voted on at the upcoming December 9 Board meeting. Materials provided to the Board in support of this vote were explained to the Committee.

B. The status of the H & F Committee Communique and interaction with the Communications Committee was detailed. It is believed Communications will recommend to the SBCA Board that an eblast for the Communique be transmitted no more than once a month on the 3rd Wednesday of the month so as not to conflict with other Club/ Association communications. They suggested “going forward the ideal process for doing this newsletter would

be for your committee to write the content in Word and just forward the Word doc to me (Janet DeDonato, Cmte Chair). Then we will do the formatting for your team to review, and get it to Mark to send out. After that, I will send the Word doc and visuals to Tom (Sprandel) to put on the website.”

C. A number of “pre-covid” initiatives were discussed. Barb Sweet was tasked with researching “Silver Sneakers” to determine what might be applicable and of interest to SBCA Members. Bill will examine what potentials might exist for Members to take advantage of Medicare funding for certain activities. Further review of others pre-covid initiatives is needed.

D. Added comments were received regarding TV monitors and the potentials for activity videos. Here and earlier, discussion of a TV or projector in the pool area for water aerobics was covered. It was decided a projector for this was likely impractical, that “outdoor” TVs carried a high cost, and regular Flat screen units needed to be researched further to determine their applicability in a high humidity environment. Bill will research. In addition, more research will be done by Bill on enhanced video consoles for our Precor treadmill.

E. It was reported the first of the three magazines secured for the fitness area, “Prevention,” had arrived early. This and the other two (“Men’s Health’ and “Women’s Health) had not been anticipated until January.

7. New Business

A. The need for added revenues for the Club and the impact on the fitness center/activities was outlined. More Associate Members and the concomitant added revenues could help. To that end, a correspondence & questionnaire to Associate Members was further outlined with that potential action to be presented to the Board at its next meeting.

B. Dean showed the group a collection of ~ 20 posters illustrating various physical activities and exercises and explained the potentials for the Members. The Facilities Chair elaborated on the difficulty in reaching an agreement on how & where they could be mounted.

C. Dean also detailed the need for updating various signage in the Club, particularly in the fitness area. He had drafted a number of recommended updates which he will furnish.

D. Potential Communique subjects were discussed, including results of the Active Life agreement, a fitness center “introduction,” and HVAC system requirements for proper operation.

E. A discussion of ambiance and possible music in the fitness center resulted in a show of hands among Committee Members and guests with two in favor and five opposed. As a result, that idea was rejected.

F. In the course of earlier discussions and under this heading, it was suggested that Diane Hill be brought aboard the Committee as an unpaid consultant, given her experience in fitness/wellness subjects, and as a PA. She indicated a willingness to serve as such and the SBCA Board President along with the SBCA Manager agreed such a step was acceptable. The Committee, with a motion, also approved Steve Gill as a potential new Committee Member. His name will be presented to the Board for approval.

8. The meeting was adjourned at ~ 11:15