Sip N' Swap
A new "date night" event

Poetry Contest
Kids submit original DFC themed poems

Meet the Staff
Get to know the DFC Fitness Instructors

Spring Fling Tennis
Compete in a social mixed doubles tournament

Membership Appreciation
A pig pickin' and party to celebrate the new membership year
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Board Spotlight

Membership Committee

The Membership Committee is one of several appointed advisory committees to the DFC Board of Governors.

Broadly speaking, this committee is responsible for oversight of club policies related to membership, monitoring the changing needs of members, and working closely with DFC staff (where appropriate) to advise on recruitment initiatives, member conflicts, and best practices.

One of the issues that occasionally arises, and was suggested by some members in last fall’s membership survey, was the idea of offering differing categories of membership (at different dues levels) to better represent the broad spectrum of family structures and life stages of our members.

When considering this option, the committee and Board’s main topic of discussion has been finding the right distribution of dues to meet operational budgets. For every membership that receives a discount (due to less people in the household or usage patterns) another membership must pay more to balance out the equation.

This topic will continue to be modeled and deliberated in future budgeting cycles, but for the near future, the club will remain with the successful “Family” and “Single” membership options.

Membership Committee Members:
- Julie Hollenbeck
- Leighton Roper
- Cathy Lavin

To learn more about this committee, or any other Board advisory committee, please feel free to contact Board President Julie Hollenbeck.

Ask the Expert

Patti answers DFC members’ most common questions

Q: How do I go about obtaining a DFC personal trainer?

A: It’s easy! The DFC has several trainers on staff to accommodate your schedule and fitness goals. Just submit a Personal Trainer Registration Form to Jamie Simerly to schedule your first session. The form is on the club’s website or you can stop by the office.

A personal trainer can help improve your motivation, your workout efficiency, and match a program to your specific fitness needs and goals. If you’re interested in improving flexibility or strength, increasing energy, decreasing stress, or improving cardio, our personal training program can empower you with the skills and knowledge to exercise smarter and safer than you imagined.
Member Spotlight

Horst Meyer: DFC’s longest-serving member

Horst Meyer, Professor Emeritus of Physics, has been a member of the DFC for nearly 50 years. Amazingly, he is one of four remaining active members who, in 1971, transitioned with the club from the Nello Teer, Jr. House on Roxboro Rd to its present location here in Duke Forest. And despite having just celebrated his 90th birthday, he has no intention of slowing down!

Since joining Duke University in 1959, Horst has been an active researcher and leader in the field of low temperature physics. In 2014, he was honored with the Duke University Medal for Distinguished Meritorious Service in recognition of his extraordinary research and mentoring contributions to the Physics Department, as well as his generous and energetic support of Duke Gardens and the Chamber Arts.

Horst also holds a passion for exercise and recreation. Although he has retired his tennis game, he is still an avid user of fitness equipment, and a familiar face at the lap pool. One of the club’s most dedicated die-hards, neither rain, sun, nor snow will keep him away from his daily swims!

Thank you, Horst, for all of your years of Duke service and DFC membership, and we all hope to be so fit and active when we’re 90!

Membership Poll

Cast your vote for Snack Bar specialty nights

Menu planning is underway for the 2016 Snack Bar season. This year, we would like to offer more specialty nights throughout the summer that feature items not included on the standard menu.

We want your feedback!

Click the link below to rank order specialty nights that you and your family would like to see offered at the Snack Bar this summer.

Snack Bar Poll
Join the DFC Board and staff for a celebration of the new membership year on Saturday, April 2. We'd like to thank everyone for renewing their membership for the 2016-2017 year, and we are looking forward to all of the exciting events and programs that this year will bring.

When asked what she and her son, Axel, are most excited about for the new membership year, Maria Notini replied, "We are counting down the days until the main pool opens, and love the festivities on Memorial Day and July 4th!"

At the Membership Appreciation Pig Pickin', you will enjoy pulled pork, barbecue chicken, veggie burgers, potato salad, grilled veggies, and more. We'll also have sweet tea and lemonade, and kegs of local beer.

Food begins at 4:00pm and will last until we run out. Last year, food started to dwindle about an hour and a half into the party, so please schedule your afternoon accordingly if you plan to attend.

There is no charge for this event for all memberships that have renewed for the 2016-2017 membership year. If you have not had a chance to renew your membership, please stop by the office to pay with cash, check, Visa or MasterCard. You can also renew using the echeck system on the club website.
Sip 'N Swap

Enjoy a night of socializing and wine tasting!

The DFC Date Night series continues into spring with a brand new event, Sip 'N Swap, on Friday, April 22. How the event works is each membership will bring two identical bottles of their favorite wine (between $8 and $15, please!) One bottle will be opened for everyone to taste, and the other bottle will be set aside for the swap.

After everyone has had the chance to mingle and taste all of the wines, membership names will be drawn one by one, and the swapping will begin! When your name is called, you can either choose a bottle off the table or select a bottle that someone else has already chosen (akin to a white elephant present exchange).

The DFC will provide heavy appetizers to go along with the wine. The Sip N' Swap event is free, but each membership is required to bring two identical bottles of wine to participate. The more participants, the merrier!

Optional childcare will be available throughout the event for children ages 3 and older for $5 per child. Snacks will be provided for the kids, but please eat dinner beforehand.

› Friday, April 22
› 6:30-8:00pm
› RSVP to the DFC Office

Behind the Scenes

The DFC professional staff have been taking advantage of the warmer weather to get the club ready for the summer. In this photo, they are replenishing the playground surfacing with 50 yards of wood fiber mulch.
Looking for a fun evening for both parents and kids? DFC’s monthly Kids' Night Out program is the perfect option! April's Kids Night Out will be on Friday, April 8 and open to 4 year olds through 6th graders.

Kids will enjoy a night of games and activities, pizza for dinner, movie, and dessert while you get a much deserved night out. Please call to RSVP for this popular event as spaces fill up quickly.

- **Friday, April 8**
- **6:00-9:00pm**
- **$15/child; $10/additional**
- RSVP to the DFC Office

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**Poetry Contest**

**Celebrate National Poetry Month with DFC!**

April is National Poetry Month, and to celebrate the club is holding a DFC kids' poetry contest! The theme for this contest is, "Summer at DFC". Kids are encouraged to write about their fondest DFC memories and all of the fun and excitement that summer brings.

Any type of poem or rhyme qualifies for entry, but only one entry per member will be accepted. Entries will be placed into two separate divisions: ages 5-8 and ages 9-12. The DFC staff will read each poem and select the winners. Winning poems and authors will be featured in the May newsletter and will also receive a DFC prize bag.

Please email poems to Madi, or drop a copy off in the office. In your submission, please include your name, membership, and age. The submission deadline is Monday, April 18.
Meet the Staff

DFC Instructors share their philosophies on fitness

Crystal
"Teaching since 2010, I joined the DFC in 2015. I always tell my classes to let me know if they’re ever bored or confused....we can change that quickly!"

Jeremiah
"I have been teaching classes since 2012, but started at the DFC in 2015. I like to bring my experiences from training to personalize a workout that will get results for each client."

Alicen
"I have been in the fitness industry and teaching exercise classes for 33 years. I feel that exercise should be fun and everyone should try to find some form of exercise they enjoy."

David
"I believe fitness should be a part of daily life, like eating and breathing! That means fitness should also be enjoyable. Make it fun and people will want to do it."

Leslie
"Generally, I believe that yoga is a path that can strengthen and detoxify the body and mind ultimately leading to joy, well-being and peace."

Leah
"My group fitness career began in 2013, and I have been teaching at the DFC since 2014. Sharing positive, uplifting energy in my classes is what I believe will fortify other aspects of life."
There are several options available in the DFC fitness center for performing biceps curls. You can use the dumbbell free weights, the fixed-weight straight bars, or the fixed-weight curl bars. This month, we will focus on proper form for a standing biceps curl using the pre-loaded curl bar.

**Step 1:** Select a weight that is challenging, but that you are able to complete the full range of motion for a curl (beginning at your thighs and curling up to your shoulders).

**Step 2:** Stand with your feet hip width apart with a slight bend in your knees. This solid base of support will help with being able to effectively lift the weight, while protecting your back from hyper-extending.

**Step 3:** Keeping your elbows tucked in by your side, curl the bar all the way up towards your shoulders in a slow and controlled manner.

**Step 4:** Slowly lower the weight back down towards your thighs, making sure to keep your elbows pressed into your sides along the way. Repeat steps 3 and 4 10-12 times for a full set of bicep curls.

Watching yourself in the mirror is helpful in maintaining proper form. If you see that you are leaning backwards, or are not able to move through the full range of motion, then the weight you have selected is most likely too heavy.
Grab a partner (or we can pair you with one) for the Spring Fling Mixed Doubles Tennis Tournament on Saturday, April 30 from 10:00am-2:00pm.

Teams will be placed in flights based on their level of play, so all levels of players are invited to come out for a short set tournament.

Prizes will be awarded to the teams who win their flights, and a light lunch, snacks, and beverages will be provided. The cost to play in the tournament is $5 per person.

Please register with Mike by Thursday, April 21 if you would like to participate.

As we move into the spring season, there has been a slight adjustment to the adult clinic schedule. Please see below for the April schedule, and visit the club calendar for more information.

- Mondays 6:00-7:30pm - Co-Ed Beginner
- Wednesdays 9:00-10:30am - Women's Intermediate
- Thursdays 8:30-10:00am - Men's Intermediate
- Fridays 9:00-10:30am - Women's Advanced
- Saturdays 8:30-10:00am - Co-Ed Intermediate
- Saturdays 10:00-11:30am - Men's Advanced
Junior Tennis Clinics

Registration for Session 3 is now open

The final session of the spring Junior Tennis Clinics is set to begin on Monday, April 25 and will run through Tuesday, June 2. With four different clinics, there is something for all abilities and all juniors ages four and older.

Tiny Tennis - Ages 4-6
- This clinic is designed as the first step in developing hand-eye coordination and swing technique in young players. Based on the USTA QuickStart format, students utilize modified equipment to maximize skill development.

Future Stars - Ages 7-10
- Juniors will work on court movement, development of grip and swing technique, and the introduction of live ball rallying. This clinic also uses modified equipment to help ensure player success and development.

Tourney Prep - Ages 10-14
- Similar to Future Stars, this clinic teaches the new tennis player detailed stroke production, court movement, and the beginnings of live ball rallying. One of the goals is for students to have the ability to play Junior/High School Tennis and local USTA tournaments.

Player Development - Ages 11-16
- This clinic will focus on all aspects of the game, including technique, match strategy, point construction, fitness, and mental toughness. This class is designed for juniors who are already playing school or tournament tennis.

Visit the club website for information about clinic dates and times, and class pass options.
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Save The Dates

Mark your calendars for April programs and events:

- May 6 - DFC Date Night
- May 13 - MayFiesta/Pool Opening Party
- May 14 - Main pool opens for the season
- May 20 - TBD Social Event
- May 30 - Memorial Day Celebration

For a complete schedule of all DFC events, please check out our Club Calendar