

RAMS HILL News & Views

D E C E M B E R , 1 9 9 7



FREQUENTLY REQUIRED NUMBERS

Security (760) 767-4259	Sales (760) 767-5045
Administration (760) 767-5151	Restaurant (760) 767-5000
Property Mgt. (760) 767-5595	Pro Shop (760) 767-5124

Member Tournaments

December

- 9** Ladies Guest Day and Lunch
8:30 a.m. Golf 1:00 p.m. Lunch
- 11** Mens Guest Day and Lunch
8:30 a.m. Golf 1:00 p.m. Lunch
- 14** Couples Christmas Tournament and Dinner
12:00 Golf 6:00 p.m. Dinner

January

- 4** Couples Golf and Dinner
12:00 Golf 6:00 p.m. Dinner
- 14-16** "Rampage" Invitational-
Couples Member Guest
Practice: Cocktail Party
Round 1: 12:00 Golf Dinner
Round 2: 8:30 a.m. Golf
Lunch and Awards
- 25** Couples Golf and Dinner
12:00 Golf 6:00 p.m. Dinner

TIP OF THE MONTH

Problem: Coming over top/pulling shots to the left
Solution: On the downswing point the end of the club at the ball. This planes the golf club which will produce straighter shots and shallower, smaller divots.

HOLE OF THE MONTH -#10

This shortish par 5 measures 468 yards. However, it is uphill and always seems to be into the wind. Hitting the green in two is difficult because the green is protected by bunkers on the right side. The green is shallow making the third shot difficult to get close. This hole is definitely one of the sleepers on the golf course.

RAMS HILL REAL ESTATE REPORT

By Jane Daniels, Resale Specialist

With Troon Golf Aboard, Rams Hill is off to a very exciting new season! Under the experienced leadership of Troon Manager, Tom Glaser, the Clubhouse and golf course have a brand new look and are full of activity. We have a new chef, John Ryan, who is already establishing an excellent reputation for his fine food and friendly manner. AND Henry is back to complete the re-awakening of the Clubhouse.

Real Estate Sales

To top all this, the real estate sales for 1997 is the best in years! Over 20 properties have sold. The following are some of the new property owners.

Santa Rosa

Henry and Yvonne Laun from Lake Oswego, Oregon
A.P. and Janet Marsten from Bainbridge Island, Washington
Gary and Sue McCabe from Oakland, Oregon
George and May Olmsted from Chatham, Massachusetts
Gabrielle Pavelko from Del Mar, California
Peter Shapiro and Kathleen Sage from Sherman Oaks, California
Gary and Gloria Kanenwisher from Mt. Vernon, Washington

Santa Fe

Don and Patricia Scott from Fresno, California

Valleccitos

Jack and Ginny O'Neel from Borrego Springs, California

Casitas

Mel and Dottie Jackson from Vancouver, Washington

The Olmsteds and the O'Neels are Rams Hill homeowners who opted to move into a larger home on the project. And the Jacksons own a home in Santa Rosa as well.

HAPPY HOLIDAYS!

By Tom E. Glaser, General Manager

I am very excited and happy to be at beautiful Rams Hill Country Club. I left Scottsdale, Arizona with some doubts and concerns, but the wonderful people in the Rams Hill Community and residents of Borrego Springs have put all those concerns to rest.



Thanks to Alan Deck, I arrived at Rams Hill Country Club with a very good staff in place, the golf course in excellent condition, the clubhouse interior freshly painted and filled with spectacular artwork. Thanks Alan — you made my first few days much easier.

All of the residents of Rams Hill should have received their Membership Agreement in the mail by the time this newsletter comes out. Rams Hill LLC, Alan, myself and several residents, worked very hard to arrive at a document that is fair and representative of other quality golf and country clubs. The membership program is the cornerstone of Rams Hill Country Club and will allow us to continue to provide the very best golf course conditions, food and beverage, and social activities. If you have any questions concerning the document or anything concerning Rams Hill Country Club, please don't hesitate to call.

I would like to also thank the residents of Rams Hill and Borrego Springs for their support of our Monday Night Football, Sunday Brunch Buffet, Thanksgiving Holiday Grand Buffet Events, and our ala carte dining. Executive Chef John Ryan, his culinary staff and the service staff have worked very hard to provide the very best dining experience in the valley.

Troon Golf and I look forward to a long relationship with Rams Hill Country Club.

News & Views

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Borrego Springs, CA 92004-1000



RAMS HILL NATURALIST SCHEDULE

JANUARY, 1998

All trips begin in front of the clubhouse at 8:30 a.m. Bring your own vehicle - check activity descriptions to see if the trip requires four-wheel drive. If you don't have a 4X4, come anyway, there is almost always room in other vehicles. For all trips it is recommended you carry water, a light snack, camera and binoculars (if desired). If possible, wear sturdy hiking shoes or boots. Questions? Call Paul at 767-5179. All trips go regardless of weather. Destinations may change due to severe weather or road washouts.

Sat, Jan 17 RIM OF THE BADLANDS WALK: after a short drive (four-wheel-drive recommended) along Buttes Pass Road, we will park and take a 2.5 miles loop walk which takes us along a rim of the badlands, with wonderful views across the landscape to the north. We'll go down a steep hill, then return via The Slot, a narrow and fascinating canyon at the head of Borrego Mountain Wash. Drive Distance: 30 miles; time: 3.5 hours.

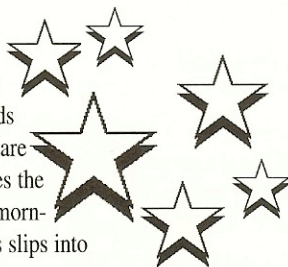
Sun, Jan 18 STONE BRIDGE CANYON #6: we have sampled S.B. Canyons number 1 and 2, this time we'll try number 6. This is one of the easiest canyons to walk, offering, at its upper end, a great view of the huge, fractured, sandstone monolith which occupies the northeast corner of the park. At the top we'll explore some of the myriad nooks and crannies of this little-known landscape. Relatively easy walking, with one or two little scrambles. Walking Distance: 2.5 miles, Driving Distance: 38 miles.

Sun, Jan 25 RAINBOW GORGE: this is a delightful, narrow, rocky canyon - with lots of a very interesting mineral deposits in the bedrock (especially black needle-like hornblende crystals). The walk involves several rocky scrambles to get over dry waterfalls, otherwise it is quite easy. There are lots of luxurious cactus populations. Please wear sturdy shoes/boots with GOOD traction. Driving Distance: 60 miles, Walking Distance: about 2.5 miles.

Sat, Jan 31 SPLIT MOUNTAIN - FOUR-WHEEL DRIVE TRIP: We'll see fossils, great rock formations, an ancient landslide, the famous anticline, and end up at one of the most beautiful slot canyons in the park - Sandstone Canyon. Bring your lunch for this 6-7 hour trip. Driving Distance: 90 miles. Several short walks to visit special features and landmarks. Easy.

SKYWATCHING IN '97

December - December 21st marks the Winter Solstice. The Geminid meteor shower on the 13th peaks the night the full Moon arrives and the Ursids on the 22nd, a day after last quarter, so the Ursids are a better bet for the meteor watcher. Mercury leaves the evening sky around the 11th and reappears in the morning sky around the 23rd. Around mid-month Mars slips into Capricornus.



FITNESS NEWS

by Susanne Brendle, C.P.T.
Certified Personal Trainer



Attention arthritis sufferers!! New news about exercise and arthritis has doctors prescribing strength training and weight resistance programs to their patients suffering from this debilitating joint disease. Previously, doctors feared that exercise would strain the joints and cause inflammation. However, extensive research performed over the last decade has shown that stronger muscles actually provide support for the joints and as a result, the pain associated with arthritis is decreased significantly.

It has long been known that muscle strength protects the joints from impact and becomes the primary source of shock absorption. Stronger muscles that provide better shock absorption reduce injury and impact to exposed joints. Stronger muscles also help to maintain joint alignment.

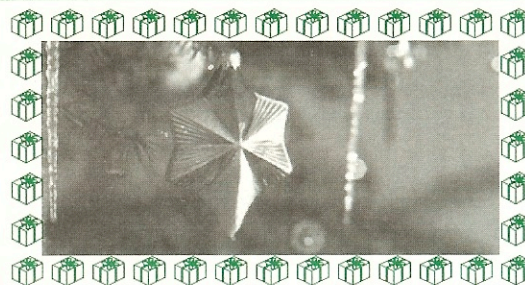
An exercise program can be specifically designed to focus on strengthening those joints most affected. For example, to effectively strengthen the knee joints, the weight resistance exercises would be performed with the quadriceps and hamstring muscles as these are the muscles that support the knee joint. Improved overall functioning and mobility along with decreased pain and suffering has been shown to result from this type of program design.

A recent study performed at a university in Boston, tested a group of arthritis patients by engaging them in a 12-week strength training program. At the end of the 12 weeks, researchers found that not only had the subjects increased their strength by 50-70%, but they were experiencing considerable less pain and fatigue previously associated with their disease.

For more information, or to find out about the other fitness services and programs I provide, please call me at (767)767-5647, or visit me at suite #209 in The Center.

Get involved in your training today, you will be a happier, healthier person tomorrow. Let me show you how!

"Lighten Up" Personal Training & Weight Management
(760)767-5647 • (760)580-7150



GREETINGS FROM THE HILL!

I have received numerous comments from homeowners on how great the project looks and how excited they are about Troon's commitment to excellence. Many of you have made some suggestions on areas of the project that might need special attention. One of those is the developer's recreation areas. This area is currently under a renovation plan which includes replacement of worn patio furniture, painting and as of November 15, 1997 a full-time janitorial service to keep the grounds immaculate. Additional tennis court nets have been ordered and should be installed by the time you read this. Thank you for your suggestions, they are always greatly appreciated.

Dave Hoskins

FROM THE CHEF

The holidays are here. The Rams Hill Restaurant and Lounge staff wish you the very best and hope your holiday parties are a success. There are certain holidays that are very much a family tradition — none more so than at this time of year. In this festive season many of us choose this special time of year to share our holiday spirit with our friends. Here is a holiday dish your family and friends will love.

Merry Christmas

Executive Chef John L. Ryan

RECIPE OF THE MONTH

Winter Vegetable Casserole with Anasazi Beans, Spice and Orange

Serves 8

- 1/2 cup beans, (Anasazi), soaked overnight
- 3 quarts Golden Door Vegetable Broth
- 1 tablespoon olive oil
- 3/4 cup red onions, (1 med. onion), thin slice
- 1 cup leek, white part only, (1 large leek), batonnet
batonnet cut: 1/4" x 1/4" x 2" x 2 1/2"
- 1/2 pound celeriac, (1 medium celeriac), batonnet
- 1/2 pound fennel bulbs, (1 bulb), batonnet
- 1/2 pound parsnips, (1 medium parsnip), batonnet
- 1/3 pound turnips, (2 medium turnips), batonnet
- 1/2 pound yams, (1 medium to large yam), batonnet
- 1/2 pound shiitake mushrooms, (6 to 8 mushrooms), 1/4" slice
- 2 whole cloves
- 1 cinnamon stick
- 1 whole star anise
- 1 teaspoon kosher salt
- Freshly ground black pepper to taste
- 2/3 cup fresh orange juice, (juice of 2 medium oranges)
- 1 tablespoon orange zest, blanched
- 1/4 pound Swiss chard, (6 large leaves), blanched
- 1 cup broccoli flowerettes, steamed
or 1 small Savoy Cabbage, cut in wedges
- 1/4 cup fresh parsley, minced

METHOD:

In a large saucepan, cook drained Anasazi beans in half the vegetable broth for 1 hour or until tender. Do NOT drain.

In a large non-stick pan, heat the olive oil, and stir fry the: onion, leek, celeriac, fennel, parsnip, turnips, and yam. Toss and cook for 5 to 8 minutes - until vegetables are limp.

Transfer to a large roasting pan. Add mushrooms, cloves, cinnamon stick, star anise, ground black pepper and salt. Roast vegetables in 375 to 400 degree oven for 30 minutes.

Add cooked beans, bean broth, and more vegetable broth. Roast for 20 minutes longer. Remove cloves, cinnamon stick, and star anise. Add orange juice and orange zest.

Line 8 plates with blanched Swiss chard leaves. Place roasted vegetables on top of Swiss chard. Add steamed broccoli. Garnish with minced parsley.

Nutrition (per serving): 199 calories

Saturated fat	0 g
Total fat	2 g
Protein	6 g
Carbohydrates	38 g

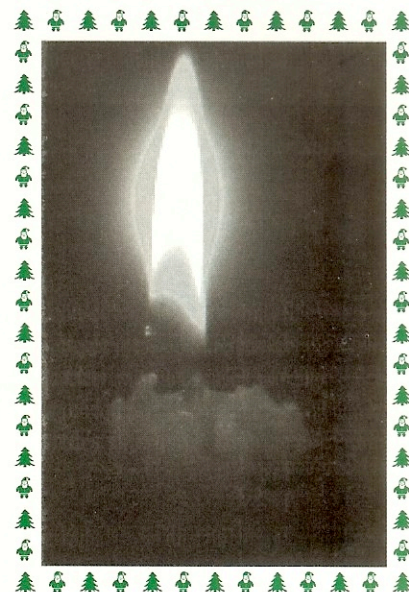
FROM THE ASSOCIATION MANAGEMENT OFFICE

Arline & Bob Whited

In our sixteen years of living in Borrego Springs, this is the first time we have experienced the desert so green in October and November, including a wonderful display of wild flowers. As I sit in my office and look out the front window, the Barrel Cactus in the front planter is blooming bright orange flowers. If this is the beginning of the fall/winter season, I wonder what the March bloom will be like.

Besides the beauty of the uncommonly green desert, the Borrego Golf Courses have benefitted from the early rains as well. As you reach the crest on the Montezuma Grade, take a moment to enjoy the view of our wonderful valley. All of us at Whited Enterprises appreciate living in such a unique and beautiful community.

We would like to share our appreciation for each and every Rams Hill resident and welcome you all back for a great season up on "The Hill!" Speaking of appreciation, it has been a pleasure over the years to work with the various Boards of Directors. These men and women give of their time and talent as volunteers to direct the management company in the preservation, maintenance, and enhancement of the association assets.



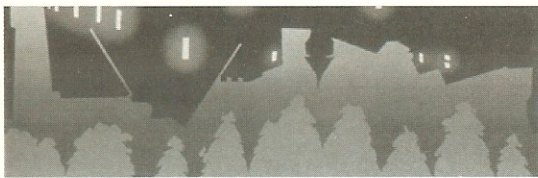
The 1998 budget packages were mailed to all owners on November 14, 1997. If you have not received your package please contact the Management Office. The 1998 coupon books will be mailed in late December and with the Christmas mail situation, it might be the first week in January before you receive them. We are at the mercy of a time schedule complicated by the holidays and the U.S. Mail. If your book had not been received by mid-January, please call the Management Office.

Annual meetings have been planned and the following dates have been set: **March 13, 1998** for Casitas, Vallecitos and Estates and **March 21, 1998** for Santa Fe and Sa Felipe. **Mark your calendar and plan to attend.**

The schedule is out for the 1998 Naturalist Program. The first trip is planned for January 1998. This exciting program has been organized under the guidance of Vallecitos Board Member, Nancy Katzman. She has worked with Paul Johnson to put together a program of interest to all and your support of this program is greatly appreciated. When you see Nancy be sure to thank her for her on-going efforts to keep this program fresh and of interest to one and all.

We welcome all homeowners, new and old, to stop by our office at 1712 Indigo Lane and meet the staff. We are a full service management company and we are here to serve you! We hope you have a relaxing and enjoyable season at Rams Hill.





Happy Holidays!



BOOKS OF THE MONTH

By Don Kohler, Assistant Profession

30 Exercises for Better Golf: A simple yet very effective way to cut strokes off a round of golf is to devote 20 minutes each day to flexibility, and muscle toning exercises. This book was written by Frank W. Jobe, M.D. and Diane R. Schwab, M.S., R.P.T., and is engineered for people of all ages and physical conditioning. One exercise that can reduce the possibility of tendinitis in the wrists is to use a one pound weight. With the forearm laying flat on a table surface, the wrist and hand just off the edge, flex the wrist up and down slowly. This simple exercise will strengthen the wrists and lessen the possibility of injury caused by impact when the club head strikes the ball and turf. Too often people who love the game of golf have had to give it up due to injuries that could have been prevented by better conditioning.

NEW INFORMATION CENTER

We invite you to come and take a look at our new Real Estate office. We have magnificent views from our deck of the golf course and putting greens. We have an informal and attractively furnished building complete with our new "topo board" showing the complete Rams Hill project (including the flight of the ball). Our new brochures are available as well as current up to date sales lists. The Information Center is open 7 days a week from 9 am to 4 pm. We hope you'll stop by and say Hi!

