

SBCA Health & Fitness Committee Meeting
September 4, 2025
Unapproved Minutes

1. Call to Order at 9:31am
2. Determination of Quorum: Committee members present: Faye Beuby, Jeannette Hanson, Dean Rosenthal, Kare Sargent, Christine Spagle (Chair), Barb Sweet: a quorum was present. Present ex-officio: GM Mark Torres, absent were John Sweet, Randy Edwards and Adina Rivers
3. Approve Agenda: One additional item added by Dean Rosenthal- emergency medical treatment. Motion to approve and seconded, carried unanimously.
4. Approve Minutes of August 7, 2025
No changes to the draft minutes, motion to approve by Jeanette Hanson, 2nd Barb Sweet, carried unanimously.
In an effort to get the minutes posted to the website expeditiously Chair Spagle indicated she would strive to get the draft minutes to Committee members within 2 days, would ask for a 3 day turn-around time for edits, send out a final and ask for email approval, then send to the webmaster for posting. Kare asked that the Chair indicate a time frame for response when the draft minutes were sent out and Chris Spagle agreed.
5. New Business
 - a. Captain's Reports
 - Aerobic Room, Dean Rosenthal: researching compact stepmill machines as well as a digital means to track equipment usage;
 - Weight Room, Dean Rosenthal: no issues
 - Stretching Area, Barb Sweet: No issues
 - Pool, Jeannette Hanson: 2 new participants for water aerobics, and most sessions are at or close to optimal number of participants
 - Locker Rooms
 - Men's, Dean Rosenthal: GM Mark Torres awaiting information re: desired types of lockers and will follow-up with plumbing issue (remove one sink, leaving one sink available for use) when plumbing vendor next at the Club
 - Women's, Jeannette Hanson: ditto on lockers and Jeanette will provide that information to Chris who will forward to the GM;
 - The light in the women's shower is very dim, GM Torres will change out to brighter bulb;
 - Dean Rosenthal presented information on an anti-choking device to be used When the the Heimlich maneuver isn't working. GM Mark Torres noted the information and will look into it – cost is about \$100.
 - A suggestion was made to see if Red Cross or other qualified organization is available to provide first aid training. Chris Spagle will follow up and see what is available and any associated cost.
6. Old Business:
 - a. Follow up to August 7 meeting re: topics for future presentations
 - Additional water exercises focused on specific health issues: Chris Spagle to work with Kare Sargent (who is on Activities Committee) and Jefferson Health Care to determine opportunities;

- Chris Spagle to contact Michael Haberpointer of Active Life to see if he is ready/willing to resume monthly presentations.
- Dean Rosenthal will check with Randy Edwards regarding regular presentation on how to use various equipment in the Club.
- b. Dean Rosenthal shared a future floor plan for a more efficient use of space for the weight room. A step forward in determining best configurations for fitness areas.

7. Issues from Other Committees: None

8. Comments: None

9. Motion to adjourn by Jeannette Hanson, 2nd by Barb Sweet carried unanimously for adjournment at 10:17am.

Submitted by Chair Christine Spagle

Next Health & Fitness Meeting: October 2, 2025 at 9:30am