

SBCA Health & Fitness Committee
Approved Minutes – December 4, 2025

1. Call to Order

The meeting was called to order at 9:30 a.m.

2. Quorum Determination

A quorum was achieved. Committee members present: Christine Spagle (chair), Faye Beuby, Randy Edwards, Jeannette Hanson, Dean Rosenthal, Barb Sweet, and John Sweet. Also present: GM Mark Torres and Association member Steve Doob.

3. Approve Agenda

The agenda was approved unanimously with no changes.

4. Approve Minutes of November 6, 2025

The minutes were approved unanimously with no changes.

5. Old Business

a. Recap: New Equipment for Weight and Cardio Rooms

Randy provided a recap of the equipment acquired. Mark noted that the equipment has been paid for and is expected to arrive within 2–3 weeks. John will contact Chimacum High School regarding potential interest in the existing equipment, with removal required by the recipient. Other possible recipients include a local tribe and a fire department. The goal is to have the old equipment removed before the new equipment arrives. Upon receiving the equipment and set up the committee will discuss setting sessions for how to use the new equipment.

For the cardio room, the goal is to identify the most desirable equipment to ensure timely replacement of broken or end-of-life items.

Weight Rack Fabrication

Dean Rosenthal located a business that can fabricate a custom weight rack to fit the new niche after removal of the lower cabinet. No commercial equipment appears to fit the space. Dean was unsure of the cost but volunteered to pay for the fabrication.

A motion to contract fabrication of the rack was made and seconded, and a majority voted in favor. Committee members also expressed no objection to Dean covering the cost. Chris will present this to Finance on December 11 and the Board on December 13.

b. Measuring Equipment Usage

John reported difficulty finding a suitable device. A previously promising company has not returned calls or emails. This item is tabled indefinitely.

c. First Aid Training

Mark has been in contact with EJFR, which is willing to conduct one or more sessions on emergency procedures. The training will not provide certification but will include guidance on communicating with 911 and immediate actions for various scenarios. Scheduling will be discussed at the next Health & Fitness meeting.

d. Haberpointner Presentations

Mark will contact Haberpointner after the new year.

e. Galleri/United Diagnostic Services

After review, this does not appear to be a service the Club would sponsor; however, they may rent space to make a presentation. No further action.

f. Lockers

Jeannette and Dean have identified suitable lockers for both locker rooms. This information will be forwarded to Mark for action.

6. New Business

a. Captain's Reports

Aerobic Room – no issues.

Weight Room – no issues.

Stretching Area – no issues, other than a fan being ordered for the hall to help keep the outside door closed.

Pool – Friday afternoons will be changed to Water Exercise/Swim from Virtual Water Aerobics.

Locker Rooms – no issues; the women's locker room hot water issue has been resolved.

7. Issues from Other Committees

None.

7. Comments

A brief discussion was held regarding content for the January Communique. January is Mental Health Month. John will draw from previous articles and include information about the new weight room equipment.

8. Adjournment

The meeting adjourned at 11:00 a.m.

Next Meeting

TBD (the January meeting date falls on January 1).