



11/8/2023

Dear Homeowner,

Vail Mountain celebrates the start of the winter season on Friday November 10th, an early opening thanks to the snowmaking infrastructure installed two years ago. We've had some good early snow and favorable temperatures and Vail Resorts expects several runs to be open in the Mid-Vail area. Also in November, Revely Vail returns with a series of vibrant events and activities such as cooking classes, gingerbread contests, ice skating shows, the annual tree lighting in Lionshead, a holiday market, and a series of 3 concerts after Thanksgiving. For more information go to: [Revely Vail Early Winter Events - DiscoverVail.com](#).

Winter Rules & Regulations

Wintertime HOA Rules and Regulations are now in effect from November 1, 2023 to May 1, 2024. The only items permitted on the decks and patios are BBQ grills (gas or electric), firewood (less than ¼ cord) and deck furniture. All other items, such as bicycles, bird feeders and flowerpots are not permitted in the winter.

Please remember that during the winter season all vehicles, including motorcycles, must have a parking pass displayed (your 2024 pass will be mailed later this month) and all vehicles must be moved at least daily to clear parking spots during and after snowstorms. Owners and residents who will not be on property for a week or two and are leaving a vehicle behind must relocate their vehicle to the overflow lot by the park, arrangements must be made with either a third party or the maintenance department to have the vehicle moved for snow removal and maintenance operations. If you are a local RBO owner renting your unit short term, then please email Lindsay Stadler at lindsay@VRCMR.com and she will send you the RBO transferable parking passes. If you rent your unit RBO long term, please provide your tenant with your parking passes as well as a copy of the Parking Rules. Parking can be very tight in the winter and your cooperation and parking courtesy are appreciated.

Unit Renovations

A reminder that all interior unit renovations should be complete by November 17th. If you are remodeling and experiencing any delays, please contact Iris Nelson at maintenance@VRCMR.com to make scheduling arrangements. Also, following this letter you'll find the Association's Remodel and Construction Rules. If you are making plans for remodeling next spring, please provide these to your contractor and be aware that any hard surfaces being installed must have a sound underlayment that has been approved by the Association.

Comcast

Please find attached a flyer from Comcast/Xfinity that includes the bulk account support number and troubleshooting tips. This is a handy reference piece to keep in your unit in case you need to either speak with support or address a minor problem.

The Mountain Shoppe

We have newly stocked items from your favorite brands, including Patagonia, Kuhl, Kari Traa, and Prana as well as great holiday gifts (VRC branded items!). Don't forget to mention that you are homeowner at the time of purchase to receive your 10% discount on full-price items.





AppFolio

We are excited to announce that we have successfully completed the migration to a new software for Association Accounting and Communication, AppFolio. You should have received an invitation for your new online portal, which allows for real-time access to your unit account ledgers as well as communications from the management team, document storage of HOA governing documents, the ability to request work for your home, and many other features to keep you informed of everything happening at the Vail Racquet Club. Please contact us at vinc.hoa@vailracquetclub.com if you have any questions about this new tool, or if you need training or other assistance.

November's Homeowner Event

We hope you can join us on Saturday, November 18th in the Elk Room of the Club Building from 6 pm – 8 pm for a Thanksgiving-themed Potluck and Bingo. We will provide the main dish (Turkey & Ham), you bring your favorite side to share with the group. Please rsvp to Front Desk Agent/Activities Coordinator, Mela Kolega, at pkolega@vailracquetclub.com no later than Wednesday, November 15th.

Homeowner Resource Center

Don't forget that the homeowners page on our website includes a plethora of useful information such as: detailed guidelines for specific renovation tasks, insurance guidelines, meeting minutes, parking rules, etc. Much of this information will be loaded into AppFolio, but will continue to also be found at this link on our website:

homeowners.vailracquetclub.com

Username: homeowner

Password: vrcowner1973

Rental Meeting Reminder

We are holding a informational meeting about the VRC Short-Term Rental program on Thursday, November 9th at 4:00 pm via Zoom. Any owner who is interested in learning more about the program is invited to join – current participants or those contemplating joining the program will find a lot of value in the presentation. Please RSVP to lindsay@VRCMR.com by Noon MST on Thursday, November 9th to receive the Zoom link.

Best wishes for a healthy winter season and a Happy Thanksgiving!

Sincerely,

A handwritten signature in black ink that reads "Kim Rediker".

Kim Rediker

General Manager

krediker@vailracquetclub.com

(Direct) 970-476-4233

(Main) 970-476-4840





Vail Racquet Club Invites

Our Homeowners To:

Thanksgiving Potluck & Bingo

When: Saturday, November 18, 2023 from 6pm – 8pm

Where: The Elk Room at the Clubhouse

As the holidays approach, we would love to celebrate how grateful we are for YOU! The VRC will provide the turkey for this potluck event, we encourage owners to bring their favorite side dish. While we enjoy the fabulous food, we'll play several riveting games of Bingo, complete with prizes!

Please RSVP to Mela by emailing pkolega@vailracquetclub.com by Wednesday, November 15, 2023 with your name, the number of attendees and the dish you are bringing.

We look forward to celebrating Thanksgiving with you!





Remodel & Construction Rules

Please observe the following rules while working on property:

- 1. All contractors must provide the VRC Maintenance Department with a detailed scope of work, a current Certificate of Insurance and a copy of any applicable Town of Vail permits (building, mechanical, electrical, etc.) before work may begin.**
- 2. Always check in with either the Front Desk or the Maintenance Department before beginning a project. You will need to obtain a parking pass, any vehicle without a Vail Racquet Club parking pass is subject to tow at the owner's expense.**
3. All work must be completed Monday through Thursday between the hours of 9am and 5pm and Fridays from 9am to 2pm. All construction and remodels must be scheduled in the off seasons. Off seasons dates are from the close of Vail Mountain through June 30th and after Labor Day through the opening of Vail Mountain. Special requests can be made by contacting Iris Nelson, the Maintenance Office Manager at (970) 477-3060.
4. Any common area, structural or architectural change requests must be submitted to the Vail Racquet Club Board of Directors for approval before any construction may begin. A VRC **Design Review and Architectural Change Application** is required along with any appropriate plans, drawings or specs.
- 5. Required Sound Underlayment.** Any hard surface flooring must have a sound mitigation underlayment and meet VRC standards. Please contact the Maintenance department for information on approved materials.
6. No items of any type can be stored or left outside the unit. All work must be completed inside the unit. Do not set up workstations outside the unit on any common areas. If at any time, the Association must clean up contractor or remodel debris left in the common areas, the homeowner will be billed an hourly labor rate of \$60.00 per hour per technician with a \$120.00 minimum and may also incur additional fines.
7. No staining or lacquering allowed on property unless prior approval is given from the Association.
8. Do not at any time block access to stairwells or sidewalks.
9. Do not use Racquet Club dumpsters to dispose of construction debris. No trailers or oversized vehicles are permitted on property. All roll-off dumpsters or trash trailers must be approved in advance.
10. Fines are billed to the homeowner and or the contractor for any violations of the Rules & Regulations of the Vail Racquet Club. These fines range from \$25.00 to \$100.00 per occurrence.
11. Any contractor wishing to use the lift must pay in advance of usage and schedule the lift at least 72 hours in advance directly through the Maintenance Department. Please be aware that the lift may not always be available for usage.

Signature: _____ **Date:** _____

Print Name: _____

Title: _____ **Company Name:** _____

Contractor License Number: _____ **Unit Number:** _____



A team dedicated to supporting you.

As part of your amenities that you receive from your property, you also have access to a dedicated Xfinity support team. Available seven days a week from 6:00am – 11:00pm MST, the Xfinity Communities support team is available to assist you with billing questions, technical support, equipment moves, service changes, and anything else related to your account.

Call 1-855-307-4896 for support.

xfinity

Troubleshooting Tips

TV has no picture

- Make sure the power cords are connected and power is on for both the TV box and TV.
- Check the connections between the TV, TV box, and coaxial outlet to ensure they're all finger tight or pushed in.
- Make sure the TV (not TV box) is on the default channel or the correct input for the TV box.
- Unplug the TV box from power and wait 30 seconds before plugging it back in. Your TV box should be working properly within 5-20 minutes.
- If your TV service is still not working, call **1-855-307-4896** or visit **www.xfinity.com/support**.

TV has no sound

- If you're missing audio on all channels, verify the volume is not muted and that the volume is turned up on both the TV and the TV box.
- If you're missing audio on some channels, attempt to press the LANG, SAP, or MTS button on the Xfinity remote or TV remote if applicable (not all remotes will have these buttons).
- If your TV service is still not working, call **1-855-307-4896** or visit **www.xfinity.com/support**.

TV remote is not responding

- Check that the batteries are inserted correctly and replace with new batteries if necessary.
- Visit **www.xfinity.com/support/remotes**.

Internet cannot connect

- Verify that your modem/gateway is plugged into a power outlet.
- Verify that the coaxial cable from the wall to the modem/gateway is plugged in and secure on both ends.
- Verify that the online light is solid on the modem.
- If the light is not solid, unplug the modem from power and wait 30 seconds before plugging it back in. It will take a few minutes before the online light is solid.

If online light is solid, try these additional steps:

- For laptop – ensure your WiFi button is active.
- For other devices, ensure WiFi is turned on.
- Check your network settings to make sure you are connected to your network and re-enter password if necessary.

If online light is off or blinking:

- Call **1-855-307-4896** or visit **www.xfinity.com/support**.

Phone with no dial tone

- Make sure all phones are on the hook and cordless phone batteries are charged, as well as cordless phone base is plugged into power.
- Verify that your modem/gateway is plugged into a power outlet.
- Verify that the coaxial cable from the wall to the modem/gateway is plugged in and secure on both ends.
- Unplug the modem from power and wait 30 seconds before plugging it back in. It will take a few minutes before the online light is solid.
- If your phone service is still not working, call **1-855-307-4896** or visit **www.xfinity.com/support**.





Vail Racquet Club

Happy Thanksgiving!

November
2023

The Old Muddy Gazette

VRC Class Update For November



WINTER SPORTS CONDITIONING
WITH KINNA BEGINS IN DECEMBER!

Pilates Mat (Patti)

Monday's @ 8:00 am
Thursday's @ 9:00 am

Pilates Mat (Rife)

Tuesday's 9:00 am
Friday's 9:00 am

Yoga (Joey)

Monday's @ 5:30 pm
Wednesday's @ 5:30 pm
Sunday's @ 5:30 pm

Yoga (Jasmine)

Thursday's @ 8:00 am

Masters Swim (Katie & Jim)

Monday-Wednesday-Friday @ 6:30 am

Check classes online at vailracquetclub.com



Vail Racquet Club Owners Event

Please join us on Saturday
November 18th from 6pm—8pm
for a Thanksgiving potluck and
Bingo in the Elk Room!

We encourage all homeowners to
join us and put your chef's hat on,
and please provide a dish to bring
to the event. We will also play
bingo complete with prizes!

We hope to see you there!

Please RSVP by Wednesday

November 15th to

pkolega@vailracquetclub.com

The Tennis & Pickleball courts have been
closed for the Winter season! Thank you for
a great summer! We will reopen them next
Spring when the snow clears.

Mountain Shoppe

Winter Apparel has arrived!



We are currently closed but will
be reopening Dec. 1st!

(970)688-5437

@aprescafevail



If the mind, that rules the body, ever so far forgets itself as to trample on its slave, the slave is never generous enough to forgive the injury, but will rise and smite the oppressor. Henry Wadsworth Longfellow

In the 1600s, philosopher René Descartes gave the world the concept of mind-body dualism. The body was composed of physical substance, visible, weighable and measurable. The mind was something else. Over the next three centuries, as scientists deconstructed the body to discover its secrets, the mind reclaimed its place as an inseparable part of the body. (Soul is another matter, not open to scientific inquiry.) Some rudimentary examples of the mind-body connection are the blush of embarrassment, the adrenaline rush following a near miss accident or the receipt of bad news, and the cotton mouth that accompanies emotional distress. The mind perceives and the body reacts. The mind decides and the body acts. Not only are mind and body inseparable, but most often the body responds to a vast subconscious system rather than to the aware part of the mind known as consciousness.

In Sigmund Freud's (1856-1939) introductory rendering, the *unconscious mind* was a cauldron of seething resentments that gave rise to neurotic behaviors and bad dreams. Modern research softened this view and today the unconscious mind seems more like an executive secretary who relieves the boss of routine work. It sorts through incoming information, keeps track of the environment and runs the motor system that operates the body, all with such subtlety that much of the time you, the boss, *think* you are in charge. But if you have an electrode placed in your brain recording the action of the nerve cells that put your arm in motion, the recording will show activation of those cells *before* you are consciously aware of your decision to reach for that candy bar. Before you "know" it, the choice has been made in your *subconscious mind*. This doesn't mean we are automatons – after all, you can still decide not to eat the candy.

The subconscious mind may have even more power than we suspect. The same chemicals that transmit information in the brain are found in virtually every organ of the body. This *neuropeptide network*, discovered around 1980, bridges the gap between the brain and the body, making a *psycho(mind)somatic(body)* connection. Since the time of Freud, the word psychosomatic has a bad reputation, often synonymous with "hysterical" or "without physical cause." All symptoms, however, are technically psychosomatic because they arise in the body and are perceived in the mind. The discovery of the chemical interplay between brain and other body organs forces us to consider whether the flow of information goes the other way too. Can the mind *cause* diseases to happen? Can it help heal disease?

Eastern medical practices have always regarded the body/mind as one entity. Since the 1950s, Western medicine has acknowledged the mind's influence over the body by taking into account the placebo effect in studies of new treatments. The placebo effect is the relief that happens when a patient *believes* he has received a real treatment, despite the treatment being a sham. The phenomenon may reflect the power of belief or it may reflect the fact that many disease processes get better on their own – the only way to tell is to add a third, no-treatment group to each study. The fact that the placebo effect occurs in more than 30% of patients in many studies demonstrates the mind's significant role in disease and health.

The alternative and the conventional medical industries operate side-by-side, sometimes, but not always complementing each other. Conventional medicine is increasingly fragmented, with care delivered on an organ by organ basis. The whole person and his mind-body relationship can get lost in the process; unwanted side effects occur, and sometimes treatments hurt more than they help. But conventional methods save many lives and provide much needed comfort. Alternative practices that teach wellness via mind-body wholeness also do much good, mostly in preventing disease by emphasizing the back-to-basics factors: nutrition, sleep, exercise, relaxation, relationships and environment. Importantly, most of them do no harm except if they keep patients from seeking conventional help when necessary.

In this century, the commercial spotlight is trained on the role of the mind in sickness and in health, which may obscure an important fact: most of the mind's effects on health are subconscious, embedded in long years of mental and physical habits and not amenable to conscious adjustment over short periods of time. The right thinking and attitudes will help only insofar as they can work their way into the subconscious underpinnings of the mind by the diligent practice that leads to habit formation. Whether the mind-body practices are called meditation, yoga, Tai-chi, guided imagery, art and music therapy, biofeedback or acupuncture, they should be undertaken as long term projects requiring persistence, just like all those other low-tech habits that promote good health. The mind may be the body's master, but it cannot change the laws of nature that govern all biological systems. There are no quick and easy fixes.