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November 2013

Hours of Operation Monday-
Friday 5:45am-9:00pm
Saturday-7:00am - 7:30pm
Sunday 7:00am-6:30pm

New Tennis Fee Structure & Member Dues

Starting November 1st the frequent flyer and pay as you go options will be eliminated and replaced by a flat fee for single and family memberships. Single memberships will pay \$12.50 per month for unlimited court usage. Families will pay \$25 per month for unlimited court usage. The new court fees will be charged to all tennis memberships at the beginning of each month throughout the year. Also reflected on November billing statements will be the final reduction in dues for members who were paying higher rates prior to the April 2012 promotion.

Welcome New Members & Staff

ATFC would like to welcome the following new and returning members: Crissy Barnett, Jeff Behrends, David Bennett, Todd Beveridge, Karen Carnival, Cassidy Christopher, Maria Ciamaichelo, Ann Coombes, Jamie Cota, Jonathan Drahor, Siera Faith, Donald Follmer, Donald Free, Michael Gooding, Piper Gooding, Riah Jafadi Gooding, Allison Hamik, Gordon Javna, Mary Javna, Sarah Jones, Noah Kay, Jodeph Linashke, Carolanne Marano, Cody McDonald, Darran McNamara, Cathryn Moore, Joanie Nissenberg, Jacqueline Parker, Joann Pinder-Jensen, Scott Plass, Carolina Senestraro, Neeta Singh, Kristen Tussey, Lisa Vanderzwan, Vivian Weston, Rivkah Wood and Rufus Yerxa.

Gobble, gobble

The Club will be closed on Thanksgiving Day, November 28. The entire staff wishes you all a joyous day.

Front Desk Volunteers in Perspective

During the 6 years of ATFC's existence, Front Desk Volunteers have played a huge role in keeping our Club afloat. Shepherded continuously by Jane Van Dyke, these Club members have logged approximately 6,500 hours welcoming each person who enters the front doors, doing important administrative work, doing laundry, checking chemicals in the pool and spas, and answering the telephones cheerfully. They have thus far saved ATFC about \$65,000. Wow!! Special thanks go to these folks who have volunteered all 6 years: Gary & Coralie Farnham, Susan Fernlund, Joan Axon, Sharon & Ed Laskos, and Barbara Vasquez. We are grateful, as well, to the many other folks who have been at the Front Desk for lesser amounts of time. And... a giant "Thank You" to Jane for her many, many hours of coordinating the crew all these years. Please know how much you are appreciated.

Cathryn Our New Front Desk Staff Member

Welcome to new Front Desk staff member Cathryn Moore, an upbeat and friendly worker who is enjoying life at ATFC!

**Board of Directors: Justine Bowen-Jones – President
Lee Schnitzer – Vice President
Christie Chiang – Treasurer
Linda Florin – Director**

**Carolyn Kennedy – Director
Sidney Copilow – Director
Vicki Foley – Secretary**

October 25 Party

About 75 Club members, family, and friends gathered on Courts 1 and 2 to celebrate the harvest season. Thanks to Carolyn Kennedy and her posse for the festive autumnal decorations! Thanks to John and the Board for sponsoring the event and for engaging the talented Ed Dunsavage Trio for our listening entertainment. Once again, ATFC members showed that THEY CAN COOK! A great pot-luck feast was enjoyed by all. Before and after the event Tom Kennedy took charge of ferrying tables and chairs to and from the Havurrah (which has been so generous in lending us their furniture) over the years. Thank you, Tom!!

Fall Doubles Classic

Grab a partner and sign up by **November 2nd** for the Fall Doubles Classic to be held at ATFC from November 8-10. This is your chance to gain bragging rights as Club champs for the year! Forms are available at the Front Desk.

USTA League Success

Congratulations to the 55+ Women's 6.0 team (captained by Tilly Gibbs) and the 55+ Women's 8.0 team (captained by Jo Wayles) for winning their divisions this fall, thereby advancing to Sectionals in the Spring! Go ATFC! In addition, as of this writing, Alan Baker's 6.0 combined mixed team is undefeated.

Coming Soon!

Next month the club will be offering a free "I tried scuba" class. This will be a one day class that will allow members to get in the pool and try out some scuba. It will be taught by Adam Elson from SOU.

The November fitness class schedule is posted on the bulletin board and on the club brochure. It is also posted to our website at ashlandtfc.org.

Cardio Classes

Brandon Baldwin invites you to join him for the first week of **November (4th-8th)** to try out his Cardio Boxing class for *free*. Energize your day with jump ropes and power! Mon & Wed & Fri: 6-7am, Tues &

Thurs 8:30-9:30am, Friday 12:45-1:45pm Mae Barraclough wants to encourage you to visit her Cardio BootCamp during the 2nd week of November (11th-18th). You are bound to enjoy your workout full of agility and endurance! Tues & Thurs 6:15-7:00am

Ms. Martina Mannerstilova

After a couple of years spent assisting the crew on the International Space Station (they wasted many precious research hours arguing about who had to go out the door first), I am pleased to say that all rude behavior there has been eradicated; imagine my delight in learning that there is once again a need for my wisdom at ATFC, my very favorite Club! Dear people: I am distressed to know that you are taking the motto, "Carry ATFC with you," too literally: the towels and day locker keys do NOT belong in your gym or tennis bags!!! It is the spirit of the Club which John wants you to export after your match or workout, NOT the precious little towels or locker keys. While I am disappointed that you have fallen back on careless behavior (I thought we had this topic covered in 2009), I and the Club staff will absolutely forgive you if you search through your home laundry room and return the missing towels to their comfortable spot at ATFC. Thank you!

Teen Yoga

TEENS! Come by because Sofia Onstad has a class just for you! Your very own Teen Yoga classes during the week of November 21st-25th; all for *you* and all for *free*!! Wed & Fri 4-5pm

Moving Mindfully Classes

A six week session starting on November 17th until December 22nd on Sundays from 11:30 am to 1:00 pm. The session will include strength training to burn fat and boost metabolism, yoga to warm up the body and focus the mind and healthy holiday recipe sharing. Cost for members will be \$99 and non members \$125.

Thank You

Thanks to Jeff Ripper for donating tennis racquets to the Club and to Shannon del Rio for donating a laptop to help support the Front Desk staff! Thanks also to John Hunt, Barbara Bailey and family, Amy Patton, and Valerie for weeding the area around the tennis courts at Hunter Park, ATFC's adopted community service project.