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February 2015

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

New Operating Hours

Please note that the club will be changing its operating hours **starting on February 1st**. The hours will remain the same for week days. **On Saturday the club will still open at 7:00 am but will be closing at 7:00 pm and on Sunday the club will still open at 7:00 am but will close at 6:00 pm.**

ATFC Annual Campaign

The annual fundraising campaign is underway: calls are being made and donations are coming in! Many advances to ATFC's program were made in 2014 and we have high hopes for continued progress in 2015. Our success in the past year is in large part due to your generosity. If we are to continue to make progress in building the vibrant community we see emerging, it will again reflect your generous support. Remember that donations to ATFC Youth Sports are tax deductible.

Thank you

On a chilly day in January several ATFC members donned their woolies and helped clean up **Hunter Park** (ATFC's adopted park). Thanks to: Ben Benjamin, Sally Jones, Nancy Walz, Gail Patton, Nancy Driscoll, Margery Winter, and John Hunt. We appreciate your work!

Maintenance Monday: Special thanks to the handyman crew of Steve Sacks, Dale Bibee, Ted Gibbs, Alex Puente, and Alan Steed who completed many important repairs on the facility; touch-up painting, etc. will continue!

"Wearin' the Green"

Our next tennis social event will be a St. Patrick's round-robin. Look for sign-ups coming soon!

Tennis Committee

Do you have ideas about new tennis events? Concerns about anything on the courts? Questions about USTA leagues, etc.? You are in luck! The Tennis Committee (Su Grossman, Carolyn Kennedy, Janet Anderson, and Kelly Baker) was formed to assist you. Please contact one of them for help or to give input.

WELCOME

ATFC would like to welcome the following new and returning members: Jesse Aledonis, Joshua Barber, Sonna Bennett, Tammy Brewer, Sylvia Chatroux, Janice Collins, David Cook, Jamie Cota, Brandon Diaz, Owen DiRienzo, Annie Dunn, Lesley Falicoff, Brittany Foster, Erin Gilpin, Julie Hagert, Molly Hamilton, Ariana Jappe, Sophia Joshua, Jasmine Joshua, Amelia Kahn, David Keene, Stephanie Keener, Lynn Lottie, Jeff McAllister, Barbara Middleton, Catherine Morris, Jordan O'Donnelle, Terry Schwep, Paul Shefrin, Nicole Smallwood, Pieter Smeenk, Sagen Smith, John Steinbergs, Vanessa Sutton, Gressa Sutton, Sidney Taylor, Pete Toogood & Jack Wiens

Junior Tennis Class Sign-ups

At the beginning of each month there is a logjam of parents signing up kids for our terrific junior classes; in order to avoid the crowd, please sign up your child the week prior to a new session. Thanks very much!

Meet the Trainers!

Tuesday, February 3, 9-11: Meet with John Hacker

Tuesday, February 3, 3-5: Meet with Curly Dykstra

Each of our trainers comes to us with years of experience and specialized coaching. Visit with each to discuss your best path to health.

Special Swim Clinic, February 15: 3-4pm

Coach **John Hacker** will lead this clinic which will cover basic stroke analysis and efficiency. Clinic limited to 8 people. Sign up at the Front Desk or call John: 541/200-8993 **Cost: \$15**

Personal Training & Body Comps

Make the right call—to John Hacker for personal training. Purchase 4 sessions and receive 2 complimentary body compositions to evaluate your progress. \$210 for the entire package deal! Call John at 541/200-8993

A Farewell & A Welcome

As we wish **Sofia Burton (Onstad)** mighty success on her move to Portland, we are happy to welcome **Erin McCallum** to our ATFC fitness team. Erin brings her bright radiance to our yoga classes, as well as fresh enthusiasm to our fitness team. Be inspired and have a visit with Erin!

Beginning Pilates

Check out our newest fitness class: **Beginning Pilates** is now offered in our regular schedule on **Wednesdays at 12:15-1:15** and is taught by **Maureen Frieder**, owner of Ashland Authentic Pilates. Coming in March is **Fundamentals of Pilates** taught by Richard Lawler.

Fit & Flourish Class

- Listen to your body's physical & mental health
- Fitness routines personally designed to push your limits
- Establish & fulfill your 2015 wellness goals
- Practice mindfulness exercises to manage your daily stress
- FUN, small group setting (maximum: 5 persons/group)

2x/week small group training sessions, 1x/week group meditation class 1x/month nutritional meeting **Only \$125/month** call **Molly Romero** at 503/775-1602 and get started.

Thanks to the ATFC's Swimmers

Thank you, swimmers, for welcoming guests who shared our pool while the Y's pool was closed for repairs. You helped our community with your patience and hospitality!

EFT Sign-up

Currently about 75% of ATFC members pay their bills via EFT; soon **all members will be required** to do so. If you are not already using this easy system, it would help tremendously if you would contact Valerie or the Front Desk staff to sign up; otherwise, we'll have to track you down. Thank you!

Ms. Martina Mannerstilova

Dearest MMM:

First of all I want to tell you what a good job you are doing commentating on the Australian Open! Secondly, thank you for your inspirational letter about talcum and baby powder use in the locker rooms at ATFC. I can happily report that on the women's side of things, there has been great improvement; however, some of the men continue to be white powder culprits. Help!

Another problem: a young friend who is studying for the GRE's presented me with a challenging question:

What is the correct sequence in the following situations?

A) Spa first, then Shower or B) Shower first, then Spa

A) Pool first, then Shower or B) Shower first, then Pool

Tough one, eh?

Devotedly, Flummoxed Friend

My Dear Flummoxed Friend:

Please direct your young friend to contact ATFC member **Eric Danson** IMMEDIATELY for GRE tutoring help. But as to the challenging question, here's an easy way to remember the correct order: **ALWAYS SHOWER FIRST!** (This prevents lotions, and cosmetics from finding their way into the spa and pool waters.) Please feel free to pass on this tip!

As to the powdered princes in the Men's Lounge, I find it personally hurtful that they have not honored my request to refrain from using the talc... I am counting on the gentlemen in the Men's to remind their clubmates that powdering at the Club is verboten. Always here for you, MMM