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November 2015

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

## THANKSGIVING

ATFC will be closed for the Thanksgiving holiday. Staff, Volunteer Management Team, and Board of Directors wish you all a most joyous day with family & friends.



### Holiday Drop and Shop! December 18, 6-9 pm

Drop the kids off and do your last-minute shopping! Pizza, tennis, & games. For ages 7+ and cost is \$10 per kid. Sign up at the front desk.

### Turkey Burn Social, 2-5 pm on Friday, November 27

After your Thanksgiving feast you may want to burn off a few pumpkin pie calories; here's your chance! Drills with the pros and round robin tennis. \$10 per person. Sign up at the tennis desk.

**THANKS AGAIN TO ATFC SUPPORTER  
GRIZZLY PEAK WINERY!**

### News from ATFC Facility CEO, Steve Sacks

Happily, we are now only needing to fix one or two things per week! We have a new mini-vac for the pool—this will enable us to pick up small debris, spiders, etc. a few times per week in between our major once-weekly pool cleaning. Swim member **Kurt Bernhardt** has volunteered to take on this chore. Under-water lights are on order and we are working on mending the pool ladders. Kurt has also purchased a new timer for the sauna. Thanks, Kurt! At the moment one of our treadmills is down and will be refurbished within a week—we are waiting for parts. A great effort is being made to make repairs as quickly as possible.

## ATFC Rowers Rock

Four ATFC members came home with bling from the Wine Country Classic Rowing Regatta on October 5 in Petaluma, California. **Ron Iverson & Brian Conrad** grabbed the Gold in the Men's Masters Quad early in the morning, then repeated the win in the last race of the afternoon, the Mixed (4 men & 4 women) Masters Eight. Member **Judith Cope** copped a 2nd place in the Women's Masters Eight and a gold along with Ron and Brian in the Mixed Eight. **Sandra Claypool-Conrad's** Women's Masters Four Plus Coxswain came in fourth. The Wine Country Classic is known as a Head Race which is rowing lingo for a 5000 meter event—about 3 miles—which usually takes boats between 20 and 25 minutes, depending on tide, wind, skill, and the number of rowers in the boat. Once a race begins, the rowers must go full out for the entire event without a break! It's fun to watch them at the finish line as they cross it and collapse without another ounce of power left. **Holy Cow, they did it again!** On October 24th **Brian & Ron** won gold at the Head of the American race in Rancho Cordova: **Judith** took another gold; **Sandra and Jim Sims** won a silver. Congrats to all and thanks to reporter-on-the-scene **Elysia Iverson**.



### Swimmers' Advisory Group

The new Swimmers' Advisory Group has been formed to advise the Management Team about pool usage and to address pool usage issues. Members are: **Kathleen Mackris, David Pesquini, Vicky Sturtevant, Bruce Taylor, Pam Turner, and John Weston**. Swimmers, if you have ideas or concerns, please contact one of these advocates.

## Fitness Invitation

Here is a friendly reminder for you to check out one of our fitness classes. ATFC has master teachers who are ready to greet you warmly and share their knowledge. If you are new to yoga, pilates, etc., just let the individual instructor know and he/she will be happy to guide you in your new endeavor. Why not give it a try? Feel free to contact **Shannon Rio, Yoga Coordinator** for information about which classes might be best suited for your health and fitness goals. For a fitness training session individualized to your unique health journey, contact **Blaine Hight, Director of Fitness**.

**Shannon:** 541/840-4655 or shannonrio@aol.com  
**Blaine:** 503/559-1545 or blaine145@live.com

### Dan Bulkley, Athlete Extraordinaire

In October Dan participated in his 20th Senior Games. The Huntsman World Senior Games, as the event is known today, began in 1987 as the World Senior Games, an international senior sports competition. Founded by Daisy and John Morgan, the Games began with the couple's vision of a sports event for men and women ages 55 and over. They agreed that the golden years were better when good health and physical fitness became a way of life, rather than an occasional hobby. Dan is the epitome of what they espoused. This year he entered and won both the 200 meter dash (2:11.85) and the 50 meter dash (20.27) in the ages 95-99 category. **Congratulations, Dan!**



### Century Tournament

ATFC's biggest tennis tournament of the year is coming up! Mark your calendars for **January 29-31**. Men's, Women's, & Mixed Doubles. Combined partner ages must equal or exceed 100! (This is a time when it's appropriate to ask someone's age) Find a partner or two and join in the fun! If you need a partner contact Kelly, Gail, Phoenix, or Matt for help.

## New Pro Lesson Rates Effective November 1

Kelly, Gail, and Phoenix: \$30 half/hour; \$55/hour  
Matt: \$27/half/hour; \$50/hour

### Drop-in and Cardio Clinics

**Mondays: 12-1 Drop-in with Matt**  
**Mondays: 7-8pm Cardio with Kelly**  
**Wednesdays: 10-11 Drop-in with Kelly**  
**Thursdays: 10:30-11:30 Cardio with Kelly**  
**Fridays: 10:45-11:45 Doubles Drop-in with Gail & 12-1 Skills Drop-in w/ Gail**

### Ms. Martina Mannerstilova

Dearest MMM:

Suppose I notice that "some people" are not showering before they hop into ATFC's swell pool? I have tried giving them "the stink eye" but it doesn't seem to be very effective. What do you suggest, oh wisest of them all?? Signed, **Squeaky Clean**

**My Dear Squeakster:**

Firstly, I am against the formation of a vigilante squad; secondly, I am not a proponent of "the stink eye" method (suppose your face froze in that position, my friend?).

How about saying, "perhaps you aren't aware that while we are all eager to race from the locker room into the water for our 80 laps, we must take a shower of a minimum of 1 minute before swimming so as to prevent "lotions" (ha, ha) from entering the filter system"? Or a friendly, "did you forget to shower today, Esther Williams?" Lovingly, **MMM**

