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October 2015

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

Grizzly Peak Event & Other Fundraising Activities

We are happy to report that the ATFC party/auction held at **Grizzly Peak Winery** was a great success - both financially for our club and for building community spirit. More than 160 people attended, enjoying fine food, wine, beer, music, and all-around fun. Spearheaded by **Tilly Gibbs** and **Jo Wayles**, the committee included **Pam Larsen**, **Vicky Huxtable**, and **Jennifer Joss**. **Sally Jones** was the organizer of the successful Ball Guess Game while **Pam** handled the very profitable Wine Pull table. **Ted Gibbs** contributed greatly, utilizing his computer wizardry for many aspects of the event. Many others helped in setting up and tearing down. Happily, the weather cooperated and we got through the evening rain-free! Special thanks to **Virginia and Al Silbowitz**, Grizzly Peak owners, for allowing us to use their wonderful venue; we are also grateful to **Don Stoudt** of **Standing Stone Brewery** for donating the beer. Prior to September 2 two ATFC fundraising events were held: the Shrimp Boil hosted by the Bibeas and the "March to May" concert hosted by the Gibbs. These two combined to net a little over **\$1600** to the Club's coffers. Another prong of ATFC fundraising activities is the blanket knitting. Under the vigilant guidance of **Vicky Huxtable**, 15 knitters (**Sandra Claypool**, **Sally Jones**, **Jody Hodges**, **Coralie Farnham**, **Tilly Gibbs**, **Kristianna Woods**, **Pat Bibee**, **Aleta Stiers**, **Nancy Yamane**, **Barbara Bailey**, **Janet Anderson**, **Liz Pischel**, **Shari Neumann**, **Mary Townsend** & **Jo Wayles**) have been knitting 100% cotton blankets in three sizes (large: 50"x62" @\$250; medium: 38"x43" @\$125; baby: 34"x38"@\$100). (The yarn comes in 16 stunning colors). **More than \$2700 worth of blankets have been sold** These hand-made pieces of art are wonderful gift items - please contact Vicky Huxtable should you like to order one. vicky@fcfbrands.com
The grand total of these fundraising efforts is about \$20,000. Thanks to all who have helped!

First Above & Beyond Award

The Volunteer Management Team honored **Tom & Carolyn Kennedy** with the first annual Above & Beyond Award for their many contributions to ATFC over many years. Making repairs, serving on the Board, being tennis team captain, schlepping MANY chairs & tables—these are only a few of the ways in which the Kennedys demonstrate their commitment to our Club. Check out the plaque!

More Folks to Thank

Thanks to **Ted & Tilly Gibbs** who donated the shower doors in the Women's Locker Room—what a great addition! And...did I mention that they also installed them and made the curtains for them? Also, we are grateful to the members who pitched in for a new television in the Fitness Room: **Elysia & Ron Iverson**, **Coralie & Gary Farnham**, **Tom & Carolyn Kennedy**, **Brenda & Peter Dowd**, and **Greg Skoog**. We appreciate you all.

New Board Member

The Board of Directors is happy to announce that **Rhonda Lewis** has been appointed to the Board following the resignation of Carolyn Kennedy. Rhonda is a well-known member of the greater Ashland community who has long been involved at ATFC in a variety of capacities. Thanks for joining in the club leadership, Rhonda!

Hunter Park Clean-up on Saturday, October 10

Sign up at the Front Desk to help clean up ATFC's adopted park on October 10 from 9-11am.

Some Nutty News for You

The annual PEO Nut Sale is on now through Oct. 6. Place your order for fresh, tasty nuts to have them delivered in time for Thanksgiving. Proceeds will provide scholarship to qualified women returning to college to complete their educations. Order forms are available at the Front Desk. Call John Slyt at 541/482-6420 for more information.

Sports Injury: A Woman's Concern

Guenther Knoblich, MD, surgeon, Ashland Orthopedic Associates, will be presenting a talk a 7pm on Thursday, October 8 at the Ashland YMCA: Whether on the ski slopes or soccer field, women athletes are at a special risk for knee pain, ACL injuries, and even stress fractures. Dr. Knoblich shares prevention tips and treatment options. No fee. Please register by calling: 541/789-3515.

Volunteer Management Team

Ted Gibbs reports that we are aiming for November 1 for getting 10sClub on-line. Getting the Twin Oaks data vetted and in shape to send to support has proven much more time-consuming for Valerie and Ted than they'd anticipated. Steve Sacks noted that there had been a much-needed outdoor clean-up—many wayward weeds, leaves, and dead trees & branches were cleared away.

Parent/Child Tennis Day—October 17

We'll be inviting parents of kids participating in our junior program to try tennis from 4-6pm! We'll introduce skills to new players and have fun games for parents and children to play together. Cost: \$5 per adult, kids free! Sign up at Front Desk or ask a pro for more info.

New Time for Monday Cardio

As of October, Monday evening's Cardio Tennis will move from 6:30pm to 7pm.

Gail's Friday Drop-in Clinic Schedule

10:45-11:45 Doubles & 12-1 Skills Clinic

Junior Tennis Classes are ongoing

Tiny Tennis: ages 4-6

Mon/Weds 3:45-4:30pm

Beginner/Intermediate: ages 7-14

Mon/Weds 4:30-5:30pm

Intermediate/Advanced:

Tues/Thurs 4:00-5:30pm

HS Academy: (by pro approval)

Mon/Weds 5:30-7:00pm

Fri 4:00-6:00 pm



Blaine Hight, New Director of Fitness

Blaine Hight is an SOU alumnus who has lived in Ashland for 10 years. A certified ACE personal trainer for over 2 years since leaving the corporate world, Blaine has a passion for fitness. One of his favorite activities is trail running near Ashland—he's competed in numerous races such as Mt. Ashland Hill Climb & SOB 50k and is now training for a 100 mile event. He loves being active in the community as a Search & Rescue volunteer. As a personal trainer Blaine likes to meet clients where they are at currently and help them progressively and systematically meet their fitness goals. He wants his clients to have fun while they exercise, so he "digs in to find out their likes & dislikes," believing that people will stick with their program long-term if it is customized to meet their needs and wants.

October Training Specials

Holly and Blaine are offering 15% off on all personal training sessions purchased in October. They are adding a 10-series for \$400 AND if you purchase a 10-series in October, they will throw in 2 additional sessions. That comes to only a little over \$28/session!!

Try a Trainer Day Coming in October

We'll be holding a day on which you can sign up to try one of the trainers for only \$10 for half an hour. This is a great way to see what they can do for you and answer any questions you might have. You'll want to reserve your block of time as soon as the sign-up comes out!

Ms. Martina Mannerstilova

Dearest MMM: I lent an ATFC friend a giant stuffed saguaro cactus for a desert-themed party—she SAYS she left it for me at the Club, but I cannot find it. What do you think? **Signed, Feeling Skeptical**

Dear Skeptic: You came to the right place (as usual!) for I know the answer to this tricky query. AFTC has changed its Will Call site. Rest assured that the elusive saguaro is happily resting in the Will Call cabinet (against the wall towards the tennis courts). If you want to leave something for a club-mate, place it in the cabinet and write his/her name on the white board on the counter. So...pick up the cactus and erase your name from the board!

Happy to help, xoxox , MMM