

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
ashlandtfc@gmail.com
www.ashlandtfc.org



February 2016

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

Yoga Basics

This class will be held from 12-1 on Wednesdays in February: February 3, 10, 17, & 24. Yoga Basics is a class for beginners or those experienced in yoga who would like to practice the postures gently and safely. The atmosphere is relaxed, with a focus on enjoying the practice. Points of focus will be on increasing stability, improving posture, and use of the breath with movement. Each session will be different and classes are not sequential. Feel free to try out one class or take them all! If you have questions, please e-mail instructor **Shannon Rio** at: shannonrio@aol.com

Valentine's Training Special

Blaine is offering an amazing special: Semi-private training hour for \$35 for 2 people. Invite your sweetie or a friend to become fitter with you! Additional folks may join you for \$10 each (up to 5 people). Sign up at the Front Desk.

Meditation for Beginners

Susan Jaques, a certified Integral Meditation/Hatha Yoga teacher, is offering a series of beginning meditation classes in February. Classes will be held on Saturdays from 8:30-9:30 (February 13, 20 & March 5,12) in the upstairs fitness room. Join Susan once a week to learn simple but essential breathing and meditation practices that will not only ease stress, improve concentration and less anxiety, but also help you sleep better while increasing your overall sense of well being. **Cost: \$25 for the series for members; \$35 for non-members. Sign up at the front desk.**

February 6 Junior Match Playday

Our youngest juniors will team up with RVST juniors to play their first matches. 8:30-10—so expect some court time changes later in the day (e.g. 9:30 session will begin at 10).

Keeping Up with Breaking Down

Per Steve Sacks our fitness equipment gets plenty of use and, as with all things mechanical and/or electronic, suffers breakdowns. We try to fix things as quickly as possible. Fixed this month: Treadmill rebuilt, two elliptical trainers repaired, sauna (which was broken by someone twisting the heat control past its upper limit) is awaiting parts. Most of the repairs take time, so your patience is appreciated!

Sip 'n Knit & Health

For more than a year **Vicky Huxtable** has captained a mighty crew of ATFC knitters—the group is now up to 20 needle-clicking souls. While two benefits have been clear from the get-go: great fun for all involved AND a significant chunk of change (more than \$3,000) into the club coffers—a third plus can now be verified. In an article in the January 25 edition of the NY Times author Jane Brody speaks to “The Health Benefits of Knitting”. She cites Dr. Herbert Bensen who reports, “the repetitive action of needlework can induce a relaxed state like that associated with meditation and yoga. Once you get beyond the learning curve, doing needlework can actually lower heart-rate and reduce blood pressure..” If you are interested in participating, please contact Vicky Huxtable: vicky@fcfbrands.com

And, in the thank you department, big gratitude to **Kelly Sacks** who has created a most beautiful volume including photos of many of the blankets and afghans created in 2015 by the noble knitters as a fundraising effort for our cool club! If you can pry the book out of Vicky's hands, take a look at the masterpieces (including Kelly's beautiful tome).



Tennis Court Fees Beginning February 1

As tennis players have already been informed, court fees of \$2 per session will be instituted beginning February 1. Until our front office is better automated, there is a new system, as follows:

There will be a **court card** for each session of tennis with the **person reserving the court responsible** for filling it out with the names of those playing. Beside each name there will be 2 boxes, indicating how each individual is paying his/her \$2 fee. The options are: 1) Charge to Account or 2) Cash 3) Having a premium membership.

Please note that "Cash" can either be \$2 US dollars OR an ATFC \$2 ticket. ATFC tickets may be purchased in increments of 10 and can be charged to your account.

We all appreciate your patience as we adjust to this system. Thank you!

February 13 – Valentine Parents' Night Out!

Drop your kids (ages 7+) off at the club for pizza, tennis, and games (6-9pm) while you go out on the town! \$10 per child – sign up at the Front Desk

February 19 – Third Friday Tennis Social

Join us for a fun-filled evening of tennis! 6:15-8:15
\$10 per person

February 27- Junior Winter League

Please note that we have Junior League from 9-noon and then two USTA League matches in the afternoon so the courts will be seeing a lot of action on that day. The only times courts will be available to reserve are early morning and noon. Sorry for any inconvenience! (Give your racquet a rest for the day and come watch some fun tennis matches!)



Ms. Martina Mannerstilova

Dearest MMM: I think my three teenagers have moved into the ATFC locker rooms. What should I do? Please help me. Signed, **Perplexed Parent**

My dear Perplexed: You are wise to know that MMM is quite the detective and thus quickly able to read between the lines. Clearly, you are referring to clothes and shoes scattered and strewn hither and thither—on and off benches. Fortunately, there is an easy remedy. People, please make your footprint small when you are in the shared locker room space. Try to confine your belongings to a locker and when you must place something on the bench, make an effort not to spread your

Kudos

Laura Winters "would like to thank Kelly Baker for all of his hard work at ATFC both on and off the courts. Kelly has brought a lot of energy to the Club and I appreciate the countless hours he has worked putting together a program suitable for our tennis community. His classes are not only fun, but also always instructional. He is clearly passionate about his job and the game of tennis and inspires that in others."

Chuck Nelke (aka Chuckers) "I have spent much of the last two years under Kelly Baker's instruction and I absolutely love the man! One fine instructor and one great human being! May I have another two years...or much, much more! Would love to spend more time with the other pros (Gail, Matt) as time permits."

And from **Christine Edner:** "As many know, when I became a member last June I was returning to tennis after a 40-year break. I love so many aspects of my tennis membership but my clinics with Kelly have been especially valuable. I hugely appreciate the skills he has helped me practice, but I love listening and watching how he keeps track of so many of us at the same time remembering our names, giving personal feedback to us—all in a professional (and, at times, humorous) way! Getting back into tennis has changed my life! Thank you, Kelly, for your huge contribution."

If there's a club or staff member you'd like to celebrate in the newsletter, please drop a line to the newsletter scribe: jowayles@gmail.com