



735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org
ATFC Newsletter Editor: Jo Wayles

DECEMBER 2018
Hours of Operation
Monday-Thursday 6:00am-9:00pm
Friday 6:00am-7:30pm
Saturday 7:00am-6:00pm
Sunday 7:00am-4:00pm



ATFC Holiday Schedule

ATFC will close at 4pm on Christmas Eve and on New Year’s Eve; the club will be closed on Christmas Day and on New Year’s Day.

The Giving Tree



‘Tis the season for gratitude and sharing. The Giving Tree is a tradition at ATFC – an opportunity for club members to give directly to local children in need. To participate, choose an ornament from the beautiful tree in the lobby; purchase the listed items; return the unwrapped gifts, along with the ornament, to the club by December 15. If you prefer, a donation by check will be gratefully received. Your overwhelming generosity over the last 16 years has provided much for many children who have little. Thanks once again to **Patty Knapp** (representing the Talent Elementary School)and **Jeanne Walcher** (representing the Kiwanis/Key Club) for organizing the ATFC Giving Tree.

Cookie Elf Help



Chief cookie elf, **Barbara Vasquez**, is seeking bakers for the annual Foster Children’s Holiday Party – in fact, she needs a LOT of bakers as the target is 87 dozen cookies! If 29 folks create 3 dozen confections each, the goal of 1044 cookies will be met. If you haven’t already signed up to join in the fun, please contact **Barbara at 541/292-3134**. Your creativity, generosity, and baking talents will surely be appreciated by a lot of foster children, many of whom have never enjoyed the delight of a home-baked cookie. Remember, goodies must be delivered to ATFC by noon on Friday, December 7.



P.S. If you end up with a tilted tree, a droopy dreidel, or a crooked camel, feel free to bring those “rejects” to the club for members to enjoy!

ATFC/Ashland Parks & Rec Agreement

The club is pleased to announce that it has finalized an agreement with the City of Ashland for Parks & Rec to use our pool on a very limited basis. The arrangement will not reduce the number of hours the pool has traditionally been available for our members. (Until very recently, it was reserved for the exclusive use of a swim team 2 hours/week.) Beginning in early January (exact date yet to be determined) through April 26, 2019, the City will have exclusive use of the pool on Wednesdays and Thursdays from 5:45-6:45pm. Parks & Rec will be conducting swim classes for children. Locker rooms and restrooms will be available for participants, with guardian supervision, for 15 minutes before and after each swim lesson session



This agreement is positive both for ATFC and for Parks & Rec. For ATFC, it is important to reach out into the community, to build partnerships, and to give local residents the opportunity to learn of our existence – this connection helps to maintain a vibrant and healthy club. Parks & Rec will benefit by being able to complete some of last summer’s outdoor swim classes at the Daniel Meyer pool which were curtailed due to smoke.

Curly's Corner

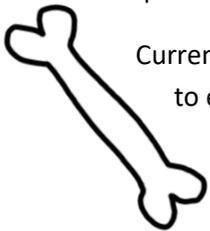
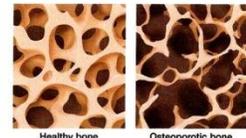


'Dem Bones



Millions of Americans suffer from osteoporosis, or low bone mass. Both men and women are at risk of developing this often silent disease; however, it occurs more often in women due to the reduction of estrogen during menopause. Unfortunately, many people with this disease – characterized by brittle and weak bones – are not aware of their condition.

Exercise can help prevent osteoporosis as we get older. Bones actually become stronger when challenged; their internal structure is reinforced in response to physical stress.



Currently there is no consensus as to the optimum amount of time needed to enhance bone density; however, most research indicates that the exercise must be sufficiently intense to place a demand on the muscle contracting against resistance to better handle the stress.

So, let's get building those bones!

Tennis Family Doubles Social



Come team up with a family member of your choice (if you are lacking a family member who is available to play, note the special category: “We are family because...we look alike, we both hate beets, we both look good in persimmon”) in our inaugural Family Doubles Social! Your cheering section can be as bountiful and boisterous as you'd like, so please: Come one! Come all! Drinks and food will be



provided. Let's celebrate the holidays ATFC style!
December 9

Sunday,
Sign

up at the Front Desk

Yoga Cancelled on Sunday, December 9

Sunday morning yoga class will not be held on December 9 due to the club event that day.

Jared's Jewels



Turning your Inner Lizard into your Inner Wizard for your Tennis Game



Wrapped around our brain stem, like a snake, our reptilian brain evolved and formed some two million years ago! The sole purpose of the reptilian brain is to continuously broadcast survival fears. Ever heard of "Fight or Flight?" or "Lack and Attack?" We can thank our reptilian brain for these counterproductive tension- and anxiety-producing stimuli. If we were being attacked by a saber tooth tiger like our caveman ancestors for whom this brain formed or – even more apropos– by an Ashland mountain lion, then we would have good use for this prehistoric and largely primitive part of our brain! But..during a tennis match?? Surely, this could not save us!



When was the last time your "Lack and Attack" thought stream flooded your body until you couldn't even lift your arm to serve? Or when your legs wouldn't bend? Or you couldn't get your neck to relax or you lost your ability to breathe properly? Our reptilian brain can overtake our bodies like a glacier, freezing us to the point of tennis paralysis. Understanding that the only purpose of this reptilian hardwiring is to broadcast "Lack and Attack" thoughts or "Fight or Flight" impulses - with **zero justification** on the tennis court - is the first step to learning how to detach from this unhelpful reptile self.

Know your Opponent: Naming the Enemy

When your body feels like it's shackled in chains, it will not let you produce your best tennis – let alone hit a good shot! It may even produce so much fear around competing that you won't come out of your cave to play at all and we won't see you around the club for a month! But...all is not lost. I have seen transformative results with a simple, yet powerful, disassociating tool. I've taught this technique to competitive tournament players in California and am sharing it now with all of you at ATFC.



Tool: Naming Your Inner Lizard



Give your Inner Lizard's voice a name and an identity and you will gain a massive advantage in battling it as you learn to detach from its power. Think of a character – real or fictional – whom you can't stand or who exudes pure evil. But, be gentle. Making friends and kindly asking your Inner Lizard to "Be quiet" or quietly saying, "Shut it," can give you and your body that peace and quiet it needs to let your True North Tennis Game do the

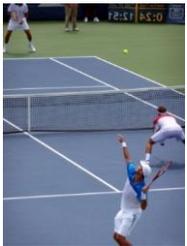
talking, rather than the Caveman Consciousness. While I don't want to reveal my own Inner Lizard's full name, I will call him "D". I can tell when "D" is speaking to me when I feel tension in my body. If I take a moment to do an inventory of the thoughts associated with this "shackles on" feeling, I can quickly identify "D" as the one always give me these "Lacking or Attacking" thoughts.

Make your own Tennis Lizard as real as possible. I have had tournament players actually draw what their character looks like. Usually it is some sloppy monster-looking creature. Some of my tennis clients have found a "Lizard Shock Dampener" to stick in their racquet or a "Lizard Key Chain" or "Lizard Necklace" to carry around or wear as a reminder. Have fun with it. Name your Inner Tennis Lizard and transform into a Tennis Wizard!!



ATFC Community Open House – January 19

The club will be holding an open house for the greater Ashland community on Saturday, January 19 from 10am-3pm. The theme of the event is "Join us for a day and discover a sport for life!" Fun tennis-based activities will be held for both children and adults with children on the courts with our pros from 10am-noon and adults from 1pm-3pm. Please invite your neighbors, work colleagues, and friends to attend. (The only requirement is white-soled athletic shoes; racquets will be provided.) ATFC members are, of course, invited and encouraged to attend! A light lunch will be served at noon.



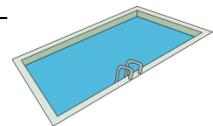
A special feature of the Open House will be drawings for some free one-hour lessons with our Director of Tennis. Persons eligible to enter the drawing will be:

- *all non-members who participate
- *members who bring a non-member to participate
- *members who are confirmed to have referred a non-member to participate

Should be a wonderful day!! (See attached flyer for more information.)

Ms. Martina Mannerstilova

Dearest MMM: I intended to put a pool in my back yard, but have put the plan on hold – turns out that by joining ATFC I have my own private pool!!! Now I will be able to go to MAS for dinner every night they are open and I will be flying first class wherever I go!!



Sincerely, Feeling Mighty Lucky



your swim time to a
Sincerely, MMM

My dear FML: Better "hold your horses" on making those pricey restaurant and airline reservations, Esther Williams. The pool at ATFC is actually **shared by all swimming members**. When you are the only person swimming, feel free to do your 300 laps; however, when 2 or more pool-rats are in the water, please be sure to limit maximum of one hour.

Happy Holidays!

