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ATFC Newsletter Editor: Jo Wayles



DECEMBER 2019

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



### Holiday Hours

Please take note that ATFC will close at 5pm on Christmas Eve and on New Year's Eve; the club will be closed on Christmas Day and on New Year's Day. Please plan your holiday swims, work-outs, and tennis matches with this in mind!

### Cookie Elf Help



Cookie elves **Barbara Vasquez** and **Yvonne Endrikat** are organizing this year's gathering of cookies - 100 dozen of them - for the annual Foster Children's Christmas and Holiday Party! As of this writing 23 people have signed up to make 3 dozen cookies each for this lovely event - that means 10 more bakers are needed. **So far, more than 225 foster children have registered for the party** - for many of them, this will be their first experience having home-baked holiday treats.

This is a win-win opportunity! You have the chance to use your creativity and baking talents while the children will delight in seeing platter upon platter of cleverly-concocted cookies, enjoying the flavors of each and every one!



Sign up at the front desk. **Cookies must be delivered to ATFC by noon on Friday, December 6.**

### Holiday Cookie Exchange, Luncheon, and Tennis Social, December 6

In conjunction with the cookie collection, Yvonne is organizing a three-part event.



**Cookie Exchange:** Have you found yourself coveting Carlotta's camel cookies? Salivating over Samantha's Santas? Vexed by Vera's Vixen? Now you will have the chance to wow your friends and family by taking home a plate of your favorites. Bring a dozen of your "signature" cookies to exchange with those of other extraordinary bakers!

**Luncheon:** Along with your divine dozen, please bring an appetizer or luncheon salad to share.





**Tennis:** An added bonus for tennis players is a social mixer.

**Please sign up at the front desk** - either for tennis and the cookie exchange/luncheon or just the luncheon. (There just might be a prize for the most "special" holiday sweater....) All are welcome! Feel free to bring a guest.



We hope this will be an annual event: delivering cookies for the deserving children AND having a holiday social at the club.

### The Giving Tree



'Tis the season for gratitude and sharing. The Giving Tree, a tradition at ATFC, is 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 14. If you prefer, a donation by check will be gratefully received. Your overwhelming generosity over the last 17 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.

### News from our Owner

#### **ATFC Bids Farewell to Jared Rojo-Meyer**



Good luck, Jared. All of us at ATFC wish you well with your plans to return to Southern California.

Jared will be leaving the club in mid-December.

#### **ATFC Welcomes Len Spencer, Director of Tennis**

**welcome** On January 2, Len Spencer arrives to ATFC as our Director of Tennis

No stranger to those of us who have been around tennis in the Pacific Northwest, Len greatly enjoys teaching and has taught tennis in the PNW for 30 years. Since 1992 Len has been a Level One USPTA Professional and has served on the USPTA Board of Directors as the Southern Oregon Representative.

He has worked with all levels of players - from juniors and beginning adults to national level players; he's coached adult USTA teams to Nationals and, on several occasions, has been a Zonal and Intersectional coach for juniors.

As a player, Len played for and captained Open and 5.0 level teams, having competed in Nationals 14 times.

Over the years Len has shown himself to be a capable leader of each tennis program with which he has been associated. He is very much looking forward to beginning his work as ATFC's Director of Tennis and I'm very much looking forward to welcoming him to the club.

Gail and Frank have both known Len through the years and look forward to working directly with him. Marilyn Tribble will also continue to be part of ATFC's teaching staff as a certified instructor for children aged 10 and under.

Look for an email giving a schedule of ATFC's adult tennis classes which will begin in January. Len will be teaching many of the classes; Gail will continue with her Monday and Friday morning clinics. In addition to being fun and energetic, all classes will include instruction. **Sign up and come try them out!** (note: Gail's December classes will go on as usual.)

### **ATFC Welcomes Ronda Spencer, Events Coordinator**

**welcome** Ronda, Len's wife, has worked on the administrative side of tennis - as an employee and as a volunteer - for over 25 years. Over that period she has coordinated many tennis events including tournaments, fundraisers, socials, and adult and junior trips, both domestic and abroad. So, good news, tennis members!! After the 1<sup>st</sup> of the year, in addition to your regular matches, you can look forward to additional tennis offerings.

Ronda is excited to begin work at ATFC and looks forward to getting to know the members. I am pleased that the club will now be able to expand its tennis offerings and I look forward to seeing what she has in store for the club. Once here, Ronda will have her email address: [events.atfc@mind.net](mailto:events.atfc@mind.net) and a voicemail box so you will be able to contact her directly.



### Curly's Corner



### **December Fitness Tip**

One of the first things that often gets put to the bottom of the "to do" list in December is our fitness routine. Perhaps you spent the night out at the company's holiday party and you find yourself hitting the snooze button more than once the next morning - there goes your early morning workout! The next day you remember needing to buy presents for two more people - yet **another** workout gets put off. December events create the perfect storm for fitness setbacks.



How about reframing the language you use about your exercise routines? Instead of..."Oh, I have to work out today?" substituting..."Hooray, I get take a break from holiday chores by going to the club and focusing on **me** for 45 minutes!" I can guarantee that you will benefit from physical activity - you will recharge and be much more able to accomplish all your holiday goals. Give yourself the



best gift ever: stay healthy and fit for the entire month of December. **Just don't quit!**

(And, remember: how you eat between New Year's and Christmas is way more important than how you eat between Christmas and New Year's!)

### **BRRR....It's Cold Outside!**

After a mellow October and early November, it looks like the cold weather has successfully snuck up on us! If snowy and/or slippery conditions occur, the club could have late openings or, possibly, early closures. Should the weather be sketchy, it's probably best to call the club to verify that we are open.

Along those lines, during these inclement months, please be careful driving to and from ATFC, as well as in our parking lot. We will do our best to salt and sand the parking area, BUT....it's important to be cautious out there. MUCH better to be a minute late to hop on the elliptical than to sprain an ankle hurrying to the front door!



### **Thanks to the Hunter Park Weeding Crew**

On a pretty, but chilly November day ATFC was represented by the excellent gardening contingent of Pat Bibee, Gail Patton, and Sharon Laskos. Thanks for stepping up to the plate!



### **Ms. Martina Mannerstilova**

**Dearest ATFC Members:** I've had many opportunities (incognito, of course!) to spend time at ATFC over the past couple of months. While hiding behind the "ball rack" in the free weight room, lurking behind the curtain of Court 4 (very cold there, I might add), sitting on top of the fridge in the fitness classroom, or using the fake wisteria



as camouflage in the pool area, I have witnessed many acts of kindness and consideration by you all. So...here is a shout out to ATFC! All of these little gestures combine to make a club of which you can be proud. You are the best and I wish you all great happiness during this festive season. **Sincerely, MMM**



### **Riddle Me This**

What happens when a vampire and a snowman meet?



