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ATFC Newsletter Editor: Jo Wayles



JANUARY 2020

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

### Happy New Year!



Happy New Year from the staff at ATFC. We hope that 2020 brings health, adventure, and friendship to club members and their families. Please know that we appreciate your having chosen ATFC as your fitness/swim/tennis facility and that we will continue to do our very best to create a wonderful and supportive environment for you here.

### Gratitude

Once again ATFC's members have shown wonderful generosity during the holiday season by donating to two charitable projects: the cookie drive for the Foster Children's Holiday Party and the Giving Tree.



This year a record 100 dozen cookies were baked and delivered to the club by more than 30 bakers. Seeing the treats arrayed on every available inch of counter space in the lobby was quite remarkable - cookies of all imaginable shapes, colors, and sizes were on display! Thanks to all the bakers and to our Chief Cookie Elves, **Barbara Vasquez** and **Yvonne Endrikat**, for organizing another most successful cookie campaign!



Every tag on the Giving Tree was chosen and, as a result, many local children in great need received exactly the gifts they'd requested. It is always heartening to see the large bags of presents gathered under our beautiful lobby tree and to see the smiles on the faces of members as they happily deliver their bounty. Thanks to **Patty Knapp** and **Jeanne Walcher** for coordinating this effort.

Thanks also to staff elves, Shannon and Val, whose help with both projects was invaluable. And thanks to Heywood for putting up the tree!

### Curly's Corner



The holidays are over - perhaps you are vowing to start practicing portion control. No, that doesn't mean you need to carry around measuring cups and spoons! Here are some accurate visual cues to help you stay in control and easily identify accurate portions.



How to count servings:

**Carbohydrates:**

**Serving size**

**Calories**

**Visual Cue**

$\frac{1}{2}$  cup pasta or dry cereal  
 $\frac{1}{2}$  small bagel  
 1 slice whole grain bread

70  
 70  
 70

hockey puck  
 hockey puck  
 hockey puck



**Vegetables:**

2 cups raw leafy greens  
 1 cup broccoli

25  
 25

two baseballs  
 one baseball



**Fruit:**

$\frac{1}{2}$  cup fresh fruit slices  
 1 small apple or orange

60  
 60

tennis ball  
 tennis ball



**Protein/Dairy:**

3 oz. of fish  
 2-2.5 oz of meat

110  
 110

deck of cards  
 2/3 deck of cards



**Fats:**

1  $\frac{1}{2}$  tsp. of peanut butter  
 1 tsp. butter/margarine

45  
 45

2 dice  
 1 die



A **serving** is a specific amount of food that equals a specific number of calories. A **portion** you eat may contain more than one serving, so keep that in mind when making your food selections.

**A Note from Len Spencer, ATFC's New Director of Tennis**



I am excited about being part of Ashland Tennis & Fitness Club and am looking forward to seeing you all on the court. The 2020 junior and adult classes are scheduled; the front desk knows my private lesson availability if you would like to schedule a lesson before I arrive. Please feel free to contact me if you have any questions or if I can help you in any way!

Voicemail at ATFC: 541/482-4073 cell: 541/517-0546 email: [tennisdir.atfc@mind.net](mailto:tennisdir.atfc@mind.net)



### A Note from Ronda Spencer, ATFC's New Events Coordinator

My name is Ronda and I will be the new Events Coordinator at ATFC beginning January 2, 2020. I'm excited to get started!! We have some ideas for tennis activities - an adult exchange with Redding; one-day adult events (various); mini adult camp; adult UTR tournament; adult and family tennis camp to various locations. In addition, I would love to have your input about other kinds of events in which you'd like to participate - your feedback will ensure we have a dynamic and energetic tennis program at ATFC! Please call me at the club or email me with any ideas you have. I am looking forward to meeting you and to hearing your suggestions. Club phone: 541/482-4073 email: [events.atfc@mind.net](mailto:events.atfc@mind.net)

### Ms. Martina Mannerstilova

**Dearest MMM:** I really like it when I walk into the club and the front desk staff person greets me by name. Makes me feel like I really belong (and kind of like I am at "Cheers"! ). Do you think it would be okay for me to call them by name? I don't want to be inappropriate. **Sincerely, Norm**

**My Dear Norm:** As you know I have spent time at many, many clubs all around the world. One of the reasons I have chosen ATFC as my "home" club is the friendliness of staff and members. By all means, please feel free to address the staff by name. (I happen to know that they like it a lot!) **Sincerely, MMM**

### Riddle Me This



How does a polar bear build its house?

(December's Riddle: What happens when a vampire meets a snowman? **Answer:** Frostbite)

