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ATFC Newsletter Editor: Jo Wayles



OCTOBER 2021

Hours of Operation  
Monday - Friday 7:00am- 9pm  
Saturday - Sunday 8:00am-5pm

### Weather Report



Hooray for the blue skies and the rain we've had thus far in September! What sweet relief and wonderful reminder of one of the reasons we love living in the Rogue Valley.



### Pilates News

ATFC wishes **Ali Leonard** all the best in her relocation to Costa Rica; we will miss her.

And, we welcome **Sarah Canfield** as our new Pilates instructor; some of you have already met Sarah as she taught Pilates classes while Ali was on an extended trip.

Sarah became a pilates and yoga instructor to help others find the joy that she finds in these practices. Her love for yoga, pilates, and dance has been the light that has led her to the present moment.

She received her 200-hour certification in Hatha Yoga from Yoga Kingdom Sanctuary in California in 2001. She holds a Bachelors degree in Dance from California State University Long Beach. Her training in Vinyasa Yoga and pilates was completed at Life in Motion in New York City. All of her amazing teachers have radically transformed her heart and for that she is forever grateful.

Sarah teaches classes which are both empowering and rejuvenating for adults of all ages; she is happy to be part of the staff of excellent instructors at ATFC and looks forward to working with club members.

Please take note of the **NEW PILATES SCHEDULE**:

**Mondays: 10am**

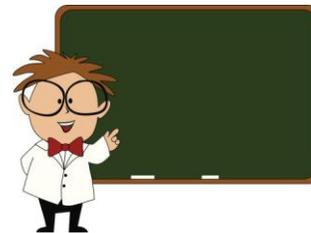
**Wednesdays: 11am**

**Fridays: noon**

The new schedule begins **Monday, October 4th**.



## Len's Lesson



This month's lesson comes from **Tommy Henry**, a recent graduate of the ATFC Junior Ascension Program. Ascension participants write in their journals as a regular part of the program. Tommy has given permission for his final journal entry to be shared in the newsletter. Here is what Tommy wrote to answer the question: What do you want to leave behind?

"I want to leave behind the idea of working hard, staying motivated, and giving your all to what you do. Practically everything worth doing should be done to the best of one's ability. If you choose not to put your all into something - whether it's a sport, academics, or even just day-to-day tasks, you are immediately doing yourself a disservice. By taking spirit out of it, you'll never get the same joy out of an activity. Sadly, this becomes very difficult because it is easy for any emotional attachment to anything to develop into negative feelings such as: lack of confidence, feelings of self-doubt, or a belief that you aren't good enough. It's these feelings that can drive someone to complete apathy towards something. This is because while apathy is viewed as an escape from negativity, it also removes the positive emotions. I would argue that this is even worse than negativity because it becomes pointless to continue doing something that brings you no joy. That's why it's important to give your all to what you do even when it's bringing you negative feelings; you will find that devoting yourself you will find far more positivity than negativity, and you'll gain a better appreciation for what it is you are doing."



Good luck at college, Tommy. We will miss you.

## Special Opportunity for ATFC Members

### Watson Children's Shelter Pro-Am, October 21-24, Missoula, Montana

From ATFC Head Pro Zach Matthews

**Watson Children's Shelter Tennis Pro-Am, hosted by PEAK Health and Wellness, is a three-day charity event that matches pros and amateurs together in a tournament format. 100% of the proceeds goes to support the Shelter and its mission to provide safety, nurturing, and stability to children and families through quality services and informed trauma care.**

I want to share my excitement about this event and my delight at having been graciously invited back to participate this year. Peak, Missoula, is the sister club to Peak Tennis in Hayden and the Hayden Lake Country Club in Idaho where I was Director of Tennis & Pickleball.



Over the past 10 years we have raised over \$500,000 for the Watson Children's Shelter that specializes in providing security to many children who are in need. It is truly amazing how much the shelter has provided in their 44 years. I have personally visited the Shelter as it is adjacent to Peak Tennis.

This will be my 5<sup>th</sup> year attending and participating in the event. Any time I receive an invite to this fundraiser, I will be there for these children in need.



The event begins with an auction on Thursday, October 21<sup>st</sup>, at which time amateur participants bid for each pro. I remember hearing a young man who had grown up at Watson speaking at the auction about the positive experience he had had there.

Though the rough times in his life were difficult to hear about, I loved listening to his story. With the help he received at Watson, he was able to go on to attend an

Ivy League school and now works for a Fortune 500 company.

The competition in the tournament is tough! Pros I will compete against this year include **Mats Wilander, Brenda Shultz-McCarthy, Luke and Murphy Jensen, Robert Kendrick, and Jesse Witten**. In total, 32 pros and 32 amateurs compete through a compass draw and are guaranteed 4-5 matches over two days. The minimum bid for each pro is \$300 and bids go up from there.

This year we are offering the opportunity to participate in the Watson Pro-Am to ATFC members. If you are interested in attending or being involved in this event, please contact me directly for more details: 208/699-2101 or [Zacharycmatthews@gmail.com](mailto:Zacharycmatthews@gmail.com)

I am very proud to contribute to this event and to help the children. It would be wonderful to have some of our great Ashland members join me in October!

If you go to the website, you will learn more details about the schedule of the event, as well as the pros and their bios.

<https://www.watsonchildrensshelter.org/tennis-proam>

### **Tennis Ball Recycling**

Tennis players, we've just learned that ATFC's latest shipment of used tennis balls has resulted in 3400 fewer tennis balls being sent to landfills. Yay! Thanks for helping the environment.

## Ronda's Round-Up



### Pumpkin Pie Fall Frolic

**GREAT News! A tennis-only doubles event is scheduled for October 30<sup>th</sup>. We hope you will join us for the first annual Pumpkin Pie Fall Frolic!**

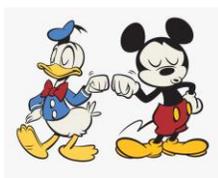
Though COVID prevents us from having a full-on tennis social, we have found a way to have an event that is tennis only. Check it out!



We will have 2 separate time blocks with 16 players max per block (8 doubles teams). Just in case someone can't make it after signing up, there will be a waiting list of players.

**3:00-4:30 Advanced Players (3.5-4.5)**

**4:30-6:00 Beginning/Intermediate Players (2.5-3.5)**



All play will be doubles and you and your partner will play together for the entire session. (Teams can be mixed or same gender.) We will be using the "Bump" format: your team will be placed randomly on a court for the first round. The winning team of each round will move up to the next court (or stay if you are on the top court); the non-winning team (☺) will move down a court. Each round will end at a specific time (TBD); if you are tied when it is time to switch, you will play 1 point to determine the winner.

The format will continue til the end of the 1.5 hour session. The winner is the last doubles team to win on the top court. **Winners receive pumpkin pies!!!**

You can sign up your team at the front desk or you can call in to register. Entry fee per team is \$10.

## Curly's Corner



### Fall Fitness Tips

I like a good mystery now and then, how about you? Here's a quote from Agatha Christie who could craft a tale like no other!

*The secret of getting ahead is getting started.*

That's a good way to begin talking about fall and fitness. Though it's been quite a while since my school days, I still see autumn as the beginning of the year. It's a time for a fresh start and for fresh goals: anything is possible.

Here are a few simple ideas for your fall fitness experience:

- 1) **Head for the trails!** We are so fortunate here in the Valley to have a **ton** of beautiful walking/hiking trails - from easy, short ones to those that are lengthy and challenging (and everything in between!). Go out and enjoy the fresh air; check out the changing leaves. Take a friend instead of your phone!
- 2) **Rake your own leaves!** Super satisfying and great exercise. (And...it's a job that's just about never completed.)
- 3) **Try out a class at the club.** Check out yoga, pilates, weights, water aerobics!
- 4) **Work out with a buddy.** I find that if I have a commitment with a friend, I am apt to keep that date. Way easier to bail when I'm the only one involved.
- 5) As Ms. Christie suggests: **"Just get started!"** You will likely be pleasantly surprised to see where you end up.



### Ms. Martina Mannerstilova

**Dear ATFC Members:** I am so excited to learn that you will be holding the first tennis event in quite a while at the end of the month! Not many people know that we pros held a Pumpkin Pie Bump Tournament every October for many years. Unfortunately, so many well-known players missed their matches because they were lost in the corn maize that we had to discontinue the event. At any rate, I encourage you to sign up! It is great to have the opportunity to be on the court with people with whom you don't usually play. **Love, MMM** p.s. I LOVE pumpkin pie!

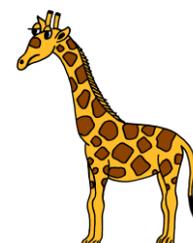
### Riddle Me This

**This month's riddle:** Why are giraffes so slow to apologize??

**Last month's riddle:** What do you call a girl standing in the middle of a tennis court?

**Answer:** Annette..... (Big groan....)

**Last month's teaser:** What word in the English language does the following: the first two letters signify a man; the first three letters relate to a woman; the first four letters signify a great person; the whole word signifies a great woman?



**Answer:** HEROINE

