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ATFC Newsletter Editor: Jo Wayles



APRIL 2022

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

### Good News about Hatha Yoga

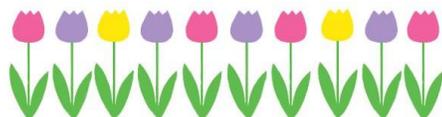
Hatha Yoga is returning to in-person classes beginning Friday, April 1<sup>st</sup> (no kidding!). We are so excited to return to in-person instruction for ATFC's Wednesday and Friday classes, with Susan Jacques continuing as the teacher. The schedule is as follows:



**Wednesday: 9:30-10:45am**

**Friday: 10:15-11:30am**

**Sunday class will remain on Zoom/outside: 9:45-11am**



### Friendly Reminder about Membership Categories for Tennis Players

Please remember that "basic" tennis members have use of the courts, locker rooms, and the lobby, but **NOT** the fitness area or the pool. This is true both for adult and junior members.

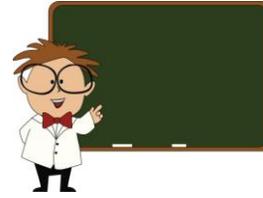
If you are in the "basic" membership category and would like to use the fitness equipment or area for a pre-match warm-up, you are most welcome to do so by paying a \$5 fee each time; simply let the front desk staff person know when you check in. Alternatively, by paying an additional \$20/month to your regular dues, you will have unlimited access to the gym, non-fee fitness classes, and the pool.

### Friendly Reminder about Parking Lot Traffic

**PLEASE** remember that traffic in our parking lot is strictly one-way!! We wouldn't want you to begin or end your visit to the club with an accident, big or little. Even if you think you are "in the clear" to go against the flow, it is never wise to do so. Thank you!



## Len's Lesson



### **Hit-A-Thon Fundraiser**

The Hit-A-Thon for the Maslow Project was a huge success! Congratulations to the team for their hard work in securing donations for Maslow. **The team raised a whopping \$8,923!!**

Over the course of a couple of hours these kids played their hearts out and hit an AMAZING number of shots. We are so lucky to have this group of young men and women who are willing to work hard to help others. I might add that they had tons of fun in the process, while learning a lot about commitment to a worthwhile cause.



Thanks to all who donated to the fundraiser. How fortunate to be in a community that cares about others.



Here's a photo of the Ascension team after the Hit-A-Thon - they are proud and happy!

And here are Cian and Sascha presenting the funds to the folks at the Maslow Project. What an accomplishment!



### **Farewell to Cian O'Neil**

Front Desk staff member and tennis member, Cian O'Neil, will be leaving Ashland and ATFC in April. Tennis members will find it hard to recall a time when Cian was **not** on the court during his years in town!

From Cian: "Next year I'll be attending and playing tennis for Cabrillo Junior College in Aptos, California. While I am looking forward to the next chapter, I will miss ATFC where I have spent many hours each day.

"My tennis journey began not too long ago - right before I moved to Ashland from Durango, Colorado. The second I began tennis, I became heavily addicted to it and loved the challenge it presented every day. Playing tennis has allowed me to meet some incredible friends through team Ascension. Ascension, for me, has been not only a tennis team, but also a family. We are a group of kids of all ages who are motivated to improve our tennis skills, as well as our attitudes and our selves, on and off the court. It has been a true honor to be part of this amazing team.

"If you have met me recently, you might find it hard to believe that prior to tennis I was a very shy kid who never wanted to interact with anyone. After a year and a half of playing at ATFC and the

constant help from my coaches and friends on the team, I am a very outgoing person who could not imagine being shy.

"Thank you, Ascension!"

Cian, we will miss you and wish you the very best. We're counting on you to stay in touch!



### Ronda's Round-Up

#### **Hunter Park Clean-up Day**

Many thanks to **Peter Finkle**, **Ann McVey**, **Carol Yirak**, and **Gail Patton** for volunteering their time at Hunter Park. This fearsome foursome represented ATFC well by cleaning up the area around the Hunter tennis courts. The Ashland Parks and Rec volunteer coordinator was very appreciative of all their help.

#### **TOURNAMENTS**

##### Big Al's

An email with information about this year's Big Al's will be sent out in the next couple of weeks. Registration will open up no later than the first week of April. (Psst...there are some surprises for this year's tournament!)

Mark your calendars for **Big Al's 2022: July 8<sup>th</sup> -10<sup>th</sup>**

##### UTR Home Tournaments

**May 6-8** UTR Singles & Doubles

All Ages/All Levels

Registration Deadline: April 26<sup>th</sup>

<http://app.universaltennis.com/events/82377>

**June 10-12** UTR Singles & Doubles

All Ages/All Levels

Registration Deadline: May 31<sup>st</sup>

<http://app.universaltennis.com/events/82379>

**September 23-25 UTR Singles & Doubles**

All Ages/All Levels

Registration Deadline: September 14<sup>th</sup>

<http://app.universaltennis.com/events/82380>



### **Century Tournament**

We have decided to postpone the Century Tournament to the fall.

### **Focus on Fitness**

#### **Walk Talk**

When a renowned oncologist was recently asked his top recommendation for health, he instantly replied, "Walk, walk, walk!"

With so many other exercise options available, we sometimes forget about this very accessible path to better fitness. Walking 30 minutes a day most days of the week is a great way to improve or maintain overall health.

The Mayo Clinic's research shows that a regular brisk walk can help:

- Strengthen bones & muscles
- Improve mood and cognition
- Improve balance & coordination
- Reduce stress & tension
- Maintain a healthy weight and reduce body fat



They suggest that walkers use this technique:

- Head up, looking forward, not at the ground (But, choose your route carefully, avoiding uneven, cracked areas.)
- Stomach muscles slightly tightened
- Back is straight - not arched forward or backward
- Arms are swinging freely
- Neck, shoulders, back are relaxed, not stiff



**Walking = The Most Under-rated Form of Exercise**

**Ms. Martina Mannerstilova**

**Dearest MMM:** When I glance at the sign-in sheet at the Front Desk or the sign-in sheet for classes, I am struck by how many one-named people (like Cher) and physicians there are in the club's membership. **Sincerely, What do you make of that?**

**My Dear WDYMOT:** Interesting observation! (By the way, did we ever learn what Norm's last name was?) Okay....here's the real deal: the whole reason for signing in at the club and for classes is so the front desk staff can identify who is at the club/in the class. This means that printing your first and last name is important. Much as the staff enjoys a puzzle, trying to decipher scrawly signatures or play guessing games about which "Hermione" is enjoying the stretch class today can get frustrating and time-consuming.

So....please do the wonderful staff members a big favor by taking the extra few seconds to print your John Hancock clearly! Thanks ever so. **Sincerely, MMM**



### Riddle Me This

**Last month's riddle:** Why did the boss put parsley in with the employees' paychecks?

**Answer:** To garnish their wages..... (GROAN.....)



**This month's riddle:** What comes once in a minute, twice in a moment, but never in a thousand years?

