

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



MARCH 2022

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

### Time to Change the Clock!

Oregon moves to Daylight Savings Time at 2am on Sunday, March 13. Remember clocks ahead an hour before you retire on the 12<sup>th</sup> - you wouldn't want to arrive Sunday for your lap reservation, your tennis match, or your date with your buddy!



to set your  
an hour late on  
work-out

### Welcome to Two New Front Desk Staff Members



Let's warmly welcome **Patty Yarnell** to our Front Desk staff! Patty began visiting Ashland in 1972 and moved here four years ago. For 56 years Patty was very active in the Portland dance community, participating in tap, jazz, and ballet. While in Portland her career was in the insurance industry. What Patty finds most attractive about Ashland are the mountains - she loves to hike - and the theatre scene. And...she is looking forward to meeting ATFC's members and to assisting them as they come to the club for workouts, swims, and tennis.

**Kathleen Lashonse** is also a new member of our Front Desk crew. Kathleen has lived in the Rogue Valley for well over 20 years, having moved here not just for the area's beauty, but also for all of the outdoor activities offered. She loves the fact that her 6 year old black Lab, Barkley, also enjoys lots of outdoor adventures. Her many passions in life include swimming, cycling, and anything that "gets her moving"! Just being at home reading, listening to music, or playing her acoustic guitar are equally enticing for Kathleen. Like Patty, Kathleen is super excited to be part of ATFC and is looking forward to meeting everyone at the club.



### Len's Lesson

#### **Fundraiser for the Maslow Project**



We are happy to announce that the Junior Team Ascension is doing a fundraiser for the Maslow Project. This will be a **HIT-A-THON** to be held on March 5<sup>th</sup>. Here's some background information as well as a few details about the event:

#### **What/Who is Team Ascension?**

Team Ascension is a team of very driven young tennis athletes who love helping their community and people around them. This group is much more like a family than a tennis team - they are always trying to do the right thing and help the person next to them regardless of their background or differences. The team is comprised of twenty-one dedicated juniors, ranging in age from 11-18. If you are around ATFC in the late afternoon, you are likely to have seen **Jade, Stephen, Sascha, Molly, Hannah, Soleia, Andy, Alex, Veronica, Cian, Claudia, Alexis, Ben, Max, Luke, Piper, Reid, Carys, Antonio, Josue, and Pratheeka** on the courts or in the lobby. How fortunate for our club that we have these great kids as part of our community!



## What is the Maslow Project?

Maslow Project is a 501(c)(3) nonprofit advocacy organization providing goal-oriented, wrap-around support services to homeless children, teens, and families in Jackson and Josephine Counties. **Maslow Tax ID#: 270734969**

Maslow Project's mission is to empower homeless youth and families to engage and thrive independently, in all aspects of life, by providing support that stabilizes and strengthens resiliency.

## Why the Maslow Project?

As Team Ascension is a young team of players all in the K-12 system, they come into close contact with other students who may be homeless or financially unstable. "We are choosing Maslow for our fundraiser to help our community and to help our peers who may be struggling; we believe Maslow can help them and we are excited to use our tennis skills to raise money."

## Donations

Members of the Ascension Team may ask you if you would like to make a donation to the Maslow Project - each of them has forms which you may complete. You will have the option of donating a lump sum or a per-hit pledge. Each team member has a personal goal for a rally - say 100 hits. You might offer to pay, for example, 10 cents per hit. After the March 5<sup>th</sup> event, you will be informed about the length of the rally. Checks, made payable to the Maslow Project, can then be left in a special envelope at the front desk.

We hope you will help out these terrific kids in their effort to fundraise for an excellent local nonprofit. Thanks, in advance, for your help.

Len



## Ronda's Round-Up

## Hunter Park Clean Up - Volunteers Needed

**Saturday, March 5<sup>th</sup> from 9am to 11am** at Hunter Park tennis courts



In 2012 Ashland Tennis & Fitness Club adopted Hunter Park as part of the Adopt-a-Park program organized by Ashland Parks and Recreation Commission; we are very appreciative of APRC's allowing us to use the Hunter courts each year for Big Al's, so are happy to participate. The program recruits individuals, local businesses, and groups to support APRC's pesticide-free policy by supplementing existing park maintenance with a few "work parties" each year in which volunteers weed, lay down bark, pick up litter, and remove invasive species. These work parties are a great way to give back, to spend time together as a group, and to have fun. Gloves, tools, and snacks are provided by Ashland Parks & Rec.

Beautiful parks require a little dirty work, especially parks which don't use pesticides!

Please let me know if you can help: [events.atfc@mind.net](mailto:events.atfc@mind.net) Thanks!

Ronda

## Tournaments

ATFC'S beloved **Century Tournament** will return late this spring. We are zeroing in on the dates and will let you know as soon as possible so you can mark your calendars. Remember that this is the one time of the year when it is "cool" to ask someone's age! You will want to find someone whose age when added to yours reaches at least 100. You can ease into it: "I'm looking for someone who was born when FDR was president." Or...you can be a little more direct: "I need someone who is at least 78 years old – I don't think you qualify, but..." Super fun event, so don't miss it!!

Reminder: **Big Al's Tournament** will be held July 8-10 at Hunter Park. Please contact Ronda if you would like to help in the planning. [events.atfc@mind.net](mailto:events.atfc@mind.net)

We are in the process of setting dates for some other tennis events in the near future - watch for flyers and emails with all the details.

## Focus on Fitness

### **Spring into Action!**

Isn't it amazing how the little sprouts of crocuses push their way through the dirt every spring? Now the daffodils are in their prime and the tulips are preparing to reveal their glorious splendor. Maybe this is just the time for all of us to emulate these fantastic flowers by pushing through resistance and springing into action for increased health!



How about a little seasonal change -up to revitalize your fitness program? Here are a few ideas to get you going:

#### **1. Shake Up Your Routine**

If you usually do your workout at 5pm, every once in a while try to hit the ATFC gym at 7am; you may be surprised at how much more energy you have for the rest of the day.

#### **2. Add Regular Walking to Your Fitness Regimen**

We are so lucky to live in a beautiful area with a multitude of lovely neighborhoods. How about driving to a new 'hood and taking a 30-minute walk to check out a new scene?

#### **3. Think of Workouts as Appointments**

You wouldn't consider missing your 10:45 Wednesday tennis match or your 9:30 Friday swim; however, it sometimes feels okay to let go of that plan to work out. Whether you have a paper appointment book or an on-line calendar, write in your workout schedule for the week and honor your commitment to yourself.

#### **4. Cross-train**

Make spring the time to try that wonderful ATFC fitness class you've been pondering!

Haven't picked up a tennis racquet in 10 years? Sign up for a clinic!

Stuck on weights? Hit the elliptical!

Hey, if the crocuses can push through something difficult, so can you!

Ms. Martina Mannerstilova

**Dearest MMM:** I think it would be great if each club member had his/her own sink in ATFC's locker rooms. Can you put in a good word with the people in charge? **Sincerely, A Little Gressed Out**



**My Dear ALGO:** In my humble opinion, one of the greatest inventions of all time is the double sink counter in one's home bathroom. I love having my own space and the sole responsibility for keeping my sink however I like; unfortunately, that luxury is simply not possible in a facility such as ATFC. Some members enjoy applying make-up, drying their hair, and even curling their hair at the club after they have finished their swims/work-outs/matches/classes. May I give those folks a friendly reminder to wipe off the sink and counter when they have finished? This will ensure a clean sink area for the next person. Thank you! **Sincerely, MMM**



Riddle Me This

**Last month's riddle:** Can you write down eight eights so they add up to 1000?

**Answer:**  $888 + 88 + 8 + 8 + 8 = 1000$

**This month's riddle:** Why did the boss tuck some parsley in with the employee's paycheck?

