

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



NOVEMBER 2022

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

### Holiday Hours

The club will close at 7:30 pm on Wednesday, November 23<sup>rd</sup> and will be closed on Thanksgiving Day. However you celebrate the holiday, we wish you a most lovely day! We'll be ready for you with regular hours beginning Friday, the 25<sup>th</sup>.



### Welcome (Back!)



Please give a warm welcome to our newest Front Desk staff member, Dara Dane.

“When I was thirteen years old my family moved to Ashland from Hawaii. I immediately fell in love with the Oregon Shakespeare Festival and our picturesque, arts-oriented community! Later I headed to the University of Oregon to study theatre, dance, and music. After a few years living in Arizona, New Mexico, and, later, Southern California, I returned home to Ashland, recognizing that we have it all here: beauty, community, friendly people, and an amazing quality of life.

“I first joined ATFC – then the Ashland Racquet Club – shortly after its opening 30+ years ago and worked the front reception desk for a time. It’s funny how things come full circle!”

### Reminder to Swimmers



Should you need to cancel a lane reservation, please be sure to do so through the front desk. Doing so will give other swimmers the best possible chance of securing a session to do their workouts! Thank you.

### RONDA'S ROUNDUP

#### Adult Events:

#### Century Tournament

**November 12 (11am-5pm)**



**The Century Tournament** is an ATFC classic! An all-doubles event, the premise is to find a partner whose age, added to yours, is at least 100. There may be special prizes for partners whose ages total EXACTLY 100... Perhaps this is the one time of the year when it is cricket to ask someone’s age, though you may want to ease into the question: “I’m curious about who was president when you were born.” “I’m in need of someone at least 80 years old. Can you think of someone who might be interested?” Century Tournament is a super fun time at the club for everyone – players and spectators alike!



Note: If you need a partner, please let one of the pros know and we will find one for you!

## **CLUB LADDERS STARTING IN NOVEMBER!**

We will be starting our first session of club ladders in mid-November; this session will run 13 weeks and will include:

### **Women's Doubles and Women's Singles Ladders**

### **Men's Doubles and Men's Singles Ladders**

These ladders will be points-based:

- Each match participant will receive 2 points.
- The match winner will receive 5 points.
- Each set won will earn each player 1 point.
- Going three sets will earn each player 2 points.
- Winning in straight sets will earn a player 1 point.



The ladders will be run through an online site called TennisRungs.com. Here you will be able to register for ladders, challenge your opponents, record your scores, and see how many points you are racking up.

We will also post an update of each event's rankings on the tennis bulletin board every 10 days or so.

Prizes will be given to the player with the most points in each category at the end of the season.

More ladders to come, including Junior Ladders and Mixed Doubles.

An email will go out to all members of the club on November 1<sup>st</sup> with the link to register and the rest of the details regarding the ladders.

### **Junior Events:**

### **FRIDAY NIGHT JUNIOR TENNIS PLAY**

#### **NOVEMBER 11**

##### **Advanced/Ascension**

- The cost is \$10 per player and includes pizza and drinks.
- Games and match play
- 24 players max
- 6:30-8:30 pm
- **Register at the front desk by November 9<sup>th</sup> so we can plan accordingly.**



#### **NOVEMBER 18**

##### **Beginner/Intermediate**

- The cost is \$10 per player and includes pizza and drinks.
- Games and match play
- 24 players max
- 6:30-8:30 pm
- **Register at the front desk by November 16<sup>th</sup> so we can plan accordingly**

## Len's Lesson

Kudos to Zach Matthews, ATFC's Head Tennis Pro, who participated in a Pro Am fundraiser for an amazing charity - Watson's Children's Shelter (Boise, Idaho) - in October.



This year they broke the record for donations with a total of about \$115,000, \$4,200 of which was donated by members of ATFC. Thank you so much for supporting the kids of the Watson's Children's Shelter. Club members Dwight and Julia Wilson flew up to attend the auction and purchase a pro, defeating Zach in the second round. Great job, Dwight! This event is very close to Zach's heart and he appreciates all of your support. Apologies to those that did not hear about the event and wanted to contribute – fear not, Zach will definitely be participating again next year! You make us proud, Zach!

GREAT  
JOB

If you would like to learn more about the Watson's Children's Shelter, here is a link to the website:

<https://www.watsonchildrensshelter.org>

## Let's Talk about Courtside Recycling!

In their haste to get onto the next activity, some tennis players are being a little careless about correct use of the three courtside receptacles. Here's a little review!

- **Is it a rag?** If so, it goes in the **gray bin!**
- **Is it trash?** ( Examples are tissues, plastic tennis can tops, water bottle tops. ) If so, it goes in the **purple bin.**
- **Is it a plastic water bottle or a tennis ball can?** If so, please pop it into the **green recycle bin.**
- **Is it a metal tennis ball can top?** If so, please place it in the special bin by the door to the lobby. Please be careful as this particular item is very sharp!
- **Is it a tennis ball?** This one's a little tricky, so please hang in there! Here you have 3 choices
  1. Take it home with you.
  2. Put it in the **green recycle bin.**
  3. Put it in the recycle cardboard container by the door to the lobby.



**DO NOT PUT IT IN THE TRASH!**

With your help, we can make a positive difference towards recycling! Please remind your court-mates about these simple steps. Thank you!



## A Note about Fitness Classes



Did you know that there is a fitness class – Stretching and Balance – which is open to ALL club members at no charge? The class, held on Tuesdays and Thursdays from 11:30 – 12:15, is taught by Jane Mallowney, a personal trainer and coach with 30 years experience.

All other fitness classes and the use of the gym are open to members who have a fitness component in their club membership – this includes fitness-only members, tennis members who pay to have fitness included, and all swim members. If you are a tennis-only member, you can add all of the fitness classes, use of the gym, and the pool to your membership for \$20-\$22/month.

ATFC's fitness classes are taught by a terrific staff of professionals and are small enough to ensure personal attention.

### Focus on Fitness

#### How Much Wood Can a Woodchuck Chuck?



That used to be the age-old question! A more typical one today is: **how many steps should I walk in a day?** And...depending on whom you ask, the answer will vary.

The optimum target of 10,000 steps has become imbedded in global culture and likely originated in Japan in the 1960's. A clockmaker, wanting to capitalize on interest in fitness following the 1964 Tokyo Olympics, designed a particular pedometer which bore Japanese characters resembling a walking man and which also translated to 10,000 steps.



Is 10,000 a good goal? Probably, for many people. But...it certainly isn't a magic number. A 2019 study showed that women in their 70's who walked as few as 4,400 steps/day reduced their risk of premature death by 40% compared with those completing 2,700 or fewer a day. In that study, benefits of walking more increased until 7,500 steps were achieved at which level a plateau was reached.

The average American walks about 3-4,000 steps a day – this translates to 1.5-2 miles. For those wanting to increase their steps in order to increase help benefits, experts suggest bumping up 1,000 steps a day over the course of 2 weeks.

Here are a few ways you might increase your stepping:

- Take your dog for a walk! Or...borrow a dog to take a walk!
- Walk while waiting: if you arrive early for an appointment, take a little walk instead of sitting down.
- Park a little farther away from your destination than you normally would.
- Take the stairs instead of the elevator or escalator.
- Listen to a good podcast or your favorite music while walking.
- Catch up with your friend on the trail instead of at the café.
- Do "destination" walking – e.g. return your library book or go to the post office.



**Since many club members spend a lot of time swimming and/or playing tennis, it is interesting to see how the gurus translate time doing these sports into walking steps. Here's how it looks:**

**Swimming:** 60 minutes spent swimming is equal to 10,000 steps\*

**Tennis:** 1 hour of singles translates to 10,680 steps; 1 hour of doubles is about 7,980 steps\*

**\*These are averages. You might be “taking” more or fewer steps depending on how hard you work!**

(Note: Soccer player James Milner ran 8.4 miles in a single game in the 2014/2015 season!)

While there’s no absolute ideal number of steps per day, there is consensus that taking 7,000 steps a day reduces the chances of premature death by a stunning 50-70%!!

**Ms. Martina Mannerstilova**



**Dearest MMM:** We talked about this issue last year, but I think members of my club need a little reminder. It’s an awkward topic so I am going to give you a few words and hope you can read between the lines! Here goes: **locker room, bench, behind.** HELP! Sincerely, **Grossed Out Is Putting it Mildly**

**My Dear GOIPIM:** You know I love a puzzle! I think you are asking how I feel about a clubmate sitting “starko” directly on one of the locker room benches. I must say that I concur with your distaste for this behavior! **Club members, PLEASE bring a towel from home to the club and kindly place it between the bench and your derriere!** Thank you. Sincerely, **MMM**

**Riddle Me This**

**Last month’s riddle:** What has a spine but not bones?

**Answer:** A book

**Riddle two:** How do you get a skeleton to laugh out loud?

**Answer:** You tickle his funny bone!

**Riddle three:** Why didn’t the skeleton want to go to the Friday, the 13<sup>th</sup>, dance?

**Answer:** Because he had “no body” to dance with!



**This month’s riddle:** Why was Pavlov’s hair so soft?

