

735 Jefferson Ave
Ashland, OR 97520
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www.ashlandtfc.org



July 2024

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



July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today. **July 4 is Independence Day (U.S.)**. On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776.



The Club will be closed on the 4th of July

However, you choose to celebrate the holiday, as part of the community, with your family, or on your own, we wish you a happy and safe day!



Club Closure Report

Thirteen various trades people worked over four days for the annual closure. In addition to carpet cleaning, window cleaning and painting, the tennis court curtains were tightened, the pool and spas were treated with an anti-microbial agent and the saunas were deep cleaned. We hope you enjoyed coming back to a revitalized club!



Exercizing in the Summer

Fron Every Day Health

When the temperature of the air around you is hotter or when your body is producing more heat through exercise or both you sweat more. When it comes to staying cool in the summer heat, sweat is helpful. Despite this built-in cooling system, we can still overheat especially when exercising in hot conditions. When the heat you're producing is greater than the heat you're losing, body temperature rises, which can lead to serious health issues, including heat rash, heat cramps, heat exhaustion, and heatstroke. Here are some signs that you are experiencing heat exhaustion or heatstroke and should seek immediate medical attention:

- Nausea or vomiting
- High body temperature (103 degrees F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache, dizziness, or confusion
- Passing out



Club's Pool Maintenance Procedures

In order to maintain the pool in optimal conditions the Club checks the chemical levels four times a day and makes any necessary adjustments to balance the chemicals to the appropriate levels. For example since there are many factors that can affect the ideal chlorine level for a pool, the recommended range for chlorine in most pools is between 1.0 and 3.0 parts per million (ppm). However, depending on factors such as number of users, temperature, and sunlight exposure, this range may need to be adjusted. The tempature is checked four times a. day and the tempature is maintained at 81-82 degrees. The pool and spas are professionally checked and maintained once a week. The health inspector comes in twice a year and the club posts the certificate of healty operation from Jackson County Health Department on our bulletin board for your reference.

Ronda's Roundup

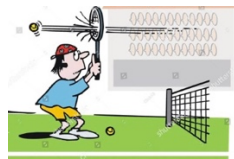


Big Al's 49th Annual Tennis Tournament July 11-14

If you are not playing this year come out and enjoy some tennis, food trucks and friends! All matches will be played at Hunter Park. Cheer on your fellow members who are playing! There is an exhibition and dinner on Saturday night at Ashland Hills Hotel free to the players but you can join the fun for a fee of \$35 for adults and \$18 for kids under 12. Contact Ronda Spencer if you would like to attend: events.atfc@mind.net.

Volunteers needed for Big Al's

We are need of a few volunteers in a couple of areas: Thursday evening we will need a couple of people to help fold t-shirts and stuff the goodie bags. During the tournament we will need a couple of "runners" to help monitor the courts and find players as needed. If you are interested in helping contact Ronda Spencer: events.atfc@mind.net



Stringing Labor Price Increase.

Beginning July1st the labor cost to string a racquet will increase from \$20 to \$25 per racquet

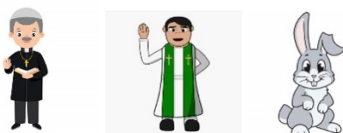
Riddle Me This



This month's riddle: When is it impossible to plant flowers?

Last month's riddle:

A priest, a minister, and a rabbit walk into a clinic to donate blood. The rabbit turns to a nurse and says.....:



Answer: I'm pretty sure I'm a Type-O