



Holidays we celebrate in June

- June 5 is [World Environment Day](#)—a day meant to raise environmental awareness across the globe.
- June 14 is [Flag Day](#) (U.S.). Be sure to raise the flag! Learn about the [U.S. Flag Code](#), which provides guidelines for displaying the American flag properly.
- June 15 is Father's Day this year. Find activity ideas and learn about the history of [Father's Day](#).
- June 19 is [Juneteenth](#) On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas.
- June 20 is the [summer solstice](#), which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight. In the Southern Hemisphere, winter begins at this time.



FOCUS ON FITNESS

Get ready for International Yoga Day this June 21st! People everywhere are excited to get their yoga on, but did you know this practice is ancient? Yoga started way back in India around 5,000 years ago to connect your mind, body, and soul to help you reach enlightenment. When it became popular in the West, it transformed into a go-to for exercise and chilling out, with people saying it helps with everything from general wellness to injuries and ongoing pain.

Our club has several different yoga classes you can try:

- **Hatha Yoga:** A typical Integral Hatha Yoga class gives you a solid grounding in classic Hatha Yoga, covering poses (Asana), breathing exercises (Pranayama), super deep relaxation (Yoga Nidra), and a first look at meditation. The goal here is to get your body nice and relaxed, boost your energy, and help your mind and body work together smoothly.
- **Gentle Yoga:** This yoga is for absolutely everyone! We focus on having fun, using your breath to move through the poses, finding your balance (both mentally and physically), and even a little bit of "moving meditation" where we flow to music for a bit.
- **Beginner/Level I Hatha Yoga:** Perfect if you're new to yoga, want to get back into it, or just want an easy start to your week. We'll go through the basic poses (asana), learn or refresh your breathing techniques (pranayama), and finish with some lovely deep relaxation (Yoga Nidra).



REMINDER - UPCOMING ANNUAL LOCKER FEE AND BALL RECYCLING FEE

Just a heads-up about those annual charges hitting your June statement. If you rent a locker, you'll see a \$96 fee, which breaks down to \$8 each month. And for all you tennis enthusiasts, there's a \$7 annual fee specifically for tennis ball recycling to help defray the cost of shipping the tennis balls back east for recycling. We have plenty of lockers available if anyone's looking to rent one. Just a quick chat with the folks at the front desk will get you all the details.

HOLD POLICY

Hold status requests will be approved only for:

- Verifiable medical reasons
- Military service
- A member lives at least 45 miles from the club for a minimum of 3 consecutive months a year
- Juniors may also go on hold if they are attending college or participating in another sport

Hold status must take effect on the 1st of any month and end on the last date of the month.

- Once approved for this status members are charged 25% of their regular monthly dues during hold status. A one-time \$35 administrative fee for adults and \$25 for young adults and juniors will be charged at the time of the hold approval.
- Members are required to contact the club in writing to reactivate their accounts by completing this form or by emailing: billingatfc@mind.net
- Members on hold for injuries may "try out the club" once while on hold to determine if they are ready to return. *If you want to take advantage of the one-time, try out you must notify the club in advance. There will be a small fee charged to your account for that "try out."

**If the club is not notified in advance that you are requesting the one time try out or the club becomes aware that a member has used the club more than the one allowable try out time, you will automatically be taken off hold status and your account will begin to be billed for the full applicable dues.*

REMINDER - UPCOMING CLUB CLOSURE FOR CLEANING & MAINTENANCE



To ensure a clean and well-maintained environment, the club will be closed from Thursday, June 5th to Sunday, June 8th for deep cleaning, sanitization, and repairs. This will allow us to address tasks that are difficult to manage during daily operations.

COURT REPORT

BIG ALS



Celebrating
50 Years
of Tennis
in Ashland

BIG AL'S
50th Annual
Tennis Tournament

July 10-13, 2025

DIVISIONS

- Adult Men's Singles & Doubles - Level Based Draws (18+)
- Adult Women's Singles & Doubles - Level Based Draws (18+)
- Mixed Doubles - Level Based Draws (All Ages - Juniors and Adults Combined)
- Open Singles - UTR 5.0 and above (All Ages - Men and Women Combined)
- Junior Boys Singles & Doubles - Level Based Draws
- Junior Girls Singles & Doubles - Level Based Draws

HIGHLIGHTS

- ★ Complimentary T-shirt for Every Player
- ★ Complimentary Saturday Night Dinner for Every Player
- ★ Complimentary Goodie Bag for Every Player
- ★ Exhibition Match During Dinner (players TBA)
- ★ Food Trucks Friday, Saturday and Sunday
- ★ Face Painting on Saturday

50 YEARS

Hosted By
ASHLAND
TENNIS & FITNESS
CLUB

To register and for more information about the tournament, please scan the QR code or go to:
<https://tenniscircuits.com/tournament-register/Nzc=>

Contact Ronda Spencer for more information
541-517-9764 Events.attc@mind.net
Ask about sponsorship opportunities.

Register

HIGH SCHOOL & STATE PARTICIPANTS

Alex Gurov
Alice Albano
Antonio Perez-Cansino
Ben Smith
Bennett Peterson
Carys Chamberland
Case Johnston
Caswell Dorcak
Clark David
Claudia Stadtmueller
Henry Smith
Luke Oliva
Max Herron
Mia Cabalo
Natalie Hung
Opal Stagg
Paige Cohee
Rosetta Boney
Thea Vogel
Veronica Miller

RIDDLE ME THIS



This month's riddle:

This is the famous "Harvard" riddle: I turn polar bears white, and I will make you cry. I make guys have to pee, and girls comb their hair. And I make celebrities look stupid, and normal people look like celebrities. I turn your pancake brown, and I make your champagne bubble. If you squeeze me, I'll pop. If you look at me, you'll pop.

Can you guess the riddle?



Last month's riddle:

Question: What time is it when an elephant sits on your fence?

Answer: Time to get a new fence!