

735 Jefferson Avenue
Ashland, OR 97520
541-482-4073
www.ashland.tfc.org



August 2025



What to watch for in August

August is often a wonderful month for stargazing! It's the month of the [Perseid meteor shower](#), which is one of the most prolific showers and reaches its maximum between **August 11 and 13**. You can still see the Perseids even if they're not at their peak. The shower lasts from about July 23 to August 22, so be sure to keep an eye out.

August 16 : [International Geocaching Day](#)-It's a day full of enjoyable outdoor activities. Today, people of all ages gather to commemorate the placement and discovery of geocaches all across the world. Every year, new people join the activity since the quest for geocaches is always a lot of fun. And there's no telling what kind of surprise you'll get when you find a geocache. Learn more about Geocaching [here](#).

August 26 is [Women's Equality Day](#), which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

ATTENTION TENNIS PLAYERS -SOME RELIEF FROM THE SUMMER HEAT COMING SOON!



In about a month two ceiling fans, each with 24-foot blades, will be installed into the tennis center. Personnel we spoke with at other clubs with the same fans verified the company's information that they are quiet, will reduce the air temperature by about 10° in the summer, will make them more comfortable in the winter, do not interfere with lobbing or other aspects of play and reported their members were very happy with them. We are not expecting much disruption during the approximate 2–3-day installation. We will keep you posted.



WELCOME MOIRA VOLZ TO OUR MASSAGE STAFF

Optimize your performance with Professional Massage. Massage therapy is an essential part of athletic performance and recovery. Moira Volz, LMT is a licensed massage therapist with training in Orthopedic massage techniques, offering targeted treatment for tennis players and active individuals. Whether you're managing muscle tension, recovering from a match, or addressing a specific injury, each session is customized to support joint mobility, reduce pain, and improve performance. Located on site, Moira is available Wednesday 11:30 - 6pm and Saturdays 11:30 4pm. Enjoy \$10 off first session! Please contact Moira directly to schedule at 971 276 0145. For more information on our massage options please visit the club's [website](#).



FOCUS ON FITNESS

August is National Wellness Month: Prioritize Your Well-being!

August arrives with a powerful reminder: it's National Wellness Month! This annual observance, launched in 2018 and encourages individuals to make self-care a priority, cultivate healthy routines, and nurture their mental, physical, and emotional well-being. In our fast-paced lives, it's all too easy to let our own health fall by the wayside amidst work deadlines, family obligations, and countless other stressors.

Making Wellness a Lifestyle: Tips for August and Beyond

National Wellness Month is a catalyst for change, but the goal is to integrate these positive habits into your life year-round. Here are some actionable tips to embrace this August:

- **Take the "I Choose Wellness" Pledge:** Commit to one small, daily act of wellness. It could be drinking 64 ounces of water, walking 10,000 steps, or dedicating 15 minutes to mindful meditation.
- **Challenge Yourself:** Consider participating in a "31-Day Wellness Challenge" where you focus on a different aspect of wellness each day.
- **Explore New Activities:** Try a new fitness activity (the club offers several different fitness opportunities such as fitness classes, swimming & tennis) , experiment with healthy recipes, or discover an outdoor activity that brings you joy.
- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night. Establish a relaxing bedtime routine to help you wind down.
- **Limit Screen Time:** Take regular breaks from digital devices to recharge your mind and reduce anxiety.
- **Connect with Nature:** Spend time outdoors. Fresh air and natural environments can significantly boost your mood and reduce stress.

WIMBLEDON TENNIS BALL RE-PURPOSING

Wimbledon just completed for the 138th time. According to its own estimates, the tournament uses roughly 55,000 tennis balls each year – but what happens to them once they've served their purpose?

While many are sold on-site to raise funds for the Wimbledon Foundation, the All England Lawn Tennis Club has another second act for the fuzzy yellow orbs – one that supports British wildlife and the environment.

After the tournament wraps up, used balls are donated to the Wildlife Trusts, a grassroots movement of 46 independent charities working to bring back and support wildlife. Thanks to their shape and size, [tennis](#) balls offer the perfect ready-made shelter for the mammals.

Written by Wanda Sachs



Mike Powles//Getty Images

COURT REPORT -BIG ALS



Congratulations to the ATFC Players who took home the Finalist or Champion Trophies



Claudia Stadtmueller - Champion - Girls Singles

Eve Herron - Finalist - Girls Singles

Joaquin Maidana - Finalist - Boys Singles Group B

Adam McDougale - Finalist - Men's Singles Group A

Cian O'Neil - Finalist - Open Singles

Cian O'Neil / Ashley Spencer - Finalists - Co-Ed Doubles Group A

Adam Shelton / Nur Shelton - Finalists - Co-Ed Doubles Group B

Eve Herron / Claudia Stadtmueller - Champions - Co-Ed Doubles Group D

Mia Cabalo / Paige Cohee - Finalist - Co-Ed Doubles Group D

Carol Yirak / Gogi Villanueva - Champions - Women's Doubles

John Dix / Ben Haden - Finalists - Men's Doubles Group A

Peter Finkle / Jim Hartman - Champions - Men's Doubles Group B

Darin Souza / Wyatt Thompson-Siporen - Finalists - Men's Doubles Group B

MALLORCA 2026

Are you already thinking of your vacation plans for next summer? Come join Gail and fellow pro Steve Vaughan for a Wild West Tennis Vacation in Mallorca 6/22-6/29/2026. The package includes 4 days of tennis camp including a visit to the Rafael Nadal Academy where we enjoy a museum tour, hit with Academy pros and lunch.

Breakfast and dinner are included in our stay at the ProTour Playa Resort, and we are a short walk to the Sa Coma beach and shopping area. Besides our camp Welcome and Bon Voyage parties there is nightly entertainment at the hotel. If you have a spouse or friend who is not a tennis player we have put together an adventure package so that people can golf or go on guided tours while the tennis group is on the courts.

If you want to watch world class tennis join us for the second leg of the vacation from 6/22-7/3/2026 in London. Air and transfers from Mallorca to London are included in the price and the 4-night hotel package includes breakfast. The price of Wimbledon tickets and London tours is not included.

If you have any questions, contact Gail at 541 601-5129 or go to www.wildwesttennis.com. There are also brochures available at the Club



RIDDLE ME THIS

This month's riddle: What has cities but no houses, forests but no trees, and rivers but no water?



Last month's riddle:

Question: Why did Fred Savage, the inventor of the carousel, and George Ferris, the inventor of the Ferris wheel, not know each other?



Answer: Because they travelled in different circles.