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August 2026

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



THINGS TO KNOW ABOUT AUGUST

- **International Youth Day on the 112th**
- **The Perseid meteor shower peaks in mid-August, producing one of the most spectacular displays of the year [Fun World Facts](#).**
- **The Sturgeon Moon is the full moon in August, named after the large sturgeon fish caught more easily during this time.**
- **Women's Equity Day (Aug 26) – marks the 1920 ratification of the 19th Amendment**
- **National Dog Day is observed on the 26th**

FOCUS ON FITNESS -NEW CLASS FOR ALL MEMBERS

The club is offering a new fitness class called Strength and Balancing. **This class is open to all ATFC members, regardless of membership type.**

This class will be taught on Tuesdays and Thursdays from 11:30 to 12:30 pm by Jane Mulowney the club's fitness trainer.

The class is a combination of strength and resistance training followed by focused balance exercises. The lightweight exercises provide a total body workout through basic movement which is beneficial for bone density and joint strength.

The focused balance exercises are necessary for fall prevention, joint flexibility and improved overall functional strength. Combining strength training and balance work greatly improves overall functional mobility for activities of daily living

Please stop by and check it out.

ATFC WELCOMES LISA MELLING TO THE FRONT DESK STAFF

Lisa grew up on the Long Beach Peninsula, across that big bridge and about 15 miles from Astoria, where she attended Clatsop Community College and a Shakespeare class first brought me to Ashland. She fell in love with the town and transferred to SOU to complete her BA before moving back home for a few years before finding herself back at SOU in 2006 as an employee; she worked there six years before budget cuts bumped her out the door but she didn't want to relocate so here she is!

When not at work, she enjoys reading, music, meditation, walking her Akita Nala, and enjoying the outdoors in general; having four seasons after so many years on the rainy Washington Coast is definitely something she appreciates. She felt welcomed at ATFC from day one and both the staff and members have been amazing and patient while she gets her bearings. She looks forward to getting to know everyone better as time passes.



RIDDLE ME THIS

This month's riddle: "And when you're done grilling us to perfection, we insist you serve us on a hard roll with sauerkraut, onion, and Dijon mustard...and absolutely NO ketchup!" Who's speaking?



Last month's riddle :

What's the difference between Spring Rolls and Summer Rolls?

Answer: By their seasoning.

BIG AL'S 51ST ANNUAL TENNIS TOURNAMENT

Thank you so much to our sponsors for helping make Big Al's 51st Annual Tennis Tournament such a fantastic event!

Milo and Dana Smith, Title Sponsor

Riley MacGraw

Sally Jones and Ben Benjamin

Matt Katzenson

Suncrest Homes

Andrew Narus

Glen Alex

Ashley O'Neil

Solinco Sports

The players were treated to a fun goodie bag, t-shirt, and player dinner on Saturday evening. Friends, family, and other fans had a blast watching some amazing matches.

The perfect weather made the weekend even better, and we were fortunate to have very little smoke affecting our enjoyment.



TOURNAMENT RESULTS

Division	Champion	Finalist
Co-Ed Doubles	Paige Cohee / Levi Ennis	Dan Rosetta / Nicole Suetos
Co-Ed Singles	Dagon Fox	Sabrina Gaur
Men's Doubles A	John Dix / Zach Lieninger	Zach Matthews / Hugo Schez
Men's Doubles B	Steve Reeder / Martin Lee	David Kibler / Kellen Cleveland
Men's Singles A	Hikaru Ishizeki	Aarav Sheoran
Men's Singles B	Henry Smith	Kellen Cleveland
Men's Singles C	David Kilber	Abbott Koehler
Women's Doubles	Veronica Miller / Anna Soto	Anita Phillips / Virginia Wolf
Women's Singles A	Veronica Miller	Anna Soto
Women's Singles B	Lexi Packer	Shea Gillanders