



November 2009 Newsletter

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www.longfellowclubs.com

508-358-7355



Dear Members,

The Longfellow Clubs wishes you and your family a wonderful Thanksgiving. We are fortunate to live in a nation that is filled with so many opportunities and to have a place like Longfellow to nurture and strengthen our mind, body, and spirit. We have much to be thankful for. The Longfellow owners and staff are very appreciative of you, our members, because without you we wouldn't be in business. Our thanks to you for all you are and all you do to make Longfellow the great place it is!

As a member, you can't miss seeing the many fundraising events that Longfellow members and staff are involved in promoting. For Longfellow, this is a natural part of being part of a community that cares. During this season of gratitude, we offer a special thanks to everyone who has participated in one of our events that help support people who are in need of help. This newsletter reports on fundraising events that have happened recently and will be happening. We're proud to say that this is the 29th year of holding a tennis round robin to help end world hunger by raising money for Oxfam--we've raised over \$50,000 for this worthy cause.

Longfellow has always been the leading club in New England for training young tennis players. We are proud of the success of all the juniors who play at Longfellow, and every month there

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are many juniors who have made major improvement in their games that is worthy of celebrating. This week we are thrilled to offer a special congratulations to Al Steinroeder, the son of one of our tennis professionals, **Bill Steinroeder**.

Please read the article below describing Al's most recent extraordinary accomplishment. And we invite you to attend the **USTA Boys 16s National Open Championships** to be held at Longfellow in Wayland and Natick beginning on Thanksgiving Day and running through Sunday November 29th. Longfellow juniors **Will Spector and Aaron Revzin** will join Al in representing Longfellow in this very exciting national competition.

With gratitude,

Laury Hammel
President

- **Longfellow Raises \$1650 to benefit the Susan G. Komen Breast Cancer Foundation**

- Thank you to everyone who helped & participated in the Breast Cancer Events at the Club! The **Halloween Dance Party** for kids on Oct. 24 was great fun! **Kelly Brice** danced to "THRILLER" with all the kids and their costumes! We played lots of games & activities with the kids that attended and **Carol Kagan** had a Bubble Fest! All in all we raised \$230.00 to help fight breast cancer!



- The Raffle for the Tom Brady picture and Led Zeppelin picture, raised about \$220.00 also with Tom Brady having 175 tickets sold! Member **Ashild Athanas** won the Tom Brady picture and member **Bob Catinella** won the Led Zeppelin Picture! Congratulations to both!

The **Breast Cancer walk** held on November 1, had 45 walkers proudly wearing a breast cancer t-shirt designed by Teresa. It was a beautiful day! We raised \$1200.00, with some money donated by those who weren't even walking! Thank you all so much!



Altogether, we raised \$1650.00 to help fight breast cancer for the **Susan G. Komen Breast Cancer Foundation**. There are many T-shirts left over, so if anyone would still like to donate \$20, you can get a shirt! Just contact **Teresa at 508-358-7355 x 317**. Thank you again!!!

- **Registration is now open in the December Vacation Camp for your kids over the holidays**

- The **Longfellow Children's Center** will be offering its December vacation camp over the holiday break, Monday, December 28th through Thursday, December 31st, for children ages 12 months to 12 years. Campers may come any number of days and discounts are offered to those attending all four days of the program. The week includes swim lessons, basketball, sports and games and the use of our indoor maze and treehouse for children in preschool and older. Toddlers will enjoy dance and music classes and baby gym time, and all campers are treated to our healthy, delicious lunch and snacks daily. Call **508-358-0710** for registration information.



- **Longfellow Tennis Juniors Rock!
Al Steinroeder is Ranked #1 in New
England Boy's 16's and Boy's 18's
Simultaneously!**



Past newsletters have celebrated the many accomplishments of **Al Steinroeder's** 2009 tennis season. Now he added another important accomplishment to his New England USTA Sectional Championship, the Massachusetts school boy individual and team championships, and the June National Open Championship. Last weekend Al won the highly competitive Boy's 18 Level 5 tournament defeating Nolan Paige from Connecticut who is currently ranked number seven in the nation in the Boy's 16's.

This victory moves Al into the number one ranking in the New England Boy's 18's division. He already owned the number one ranking in the New England Boy's 16 division, and this new ranking made Al Steinroeder the first junior in New England to own the number one New England ranking in the Boy's 16's and 18's simultaneously. A very impressive accomplishment.

Beside Al's parents, congratulations should also be given to Al's longtime coach Jason Hammel, the New England Academy of Tennis, the Longfellow High Performance Tennis Program, the Longfellow Sports Club fitness trainers, and the Hammel Tennis Camp who have trained Al over the years. And it's important to acknowledge the role of his Longfellow buddies, sparring partners, and rivals who continue to push each other to higher levels of excellence--**Mesa Mei (#3 in 18's), Will Spector (#5 in 16's), and Aaron Revzin (#3 in 16's)**. Don't miss seeing Al, Will, and Aaron who are all seeded in the USTA Boys 16 National Open Tournament being held at Longfellow at both Wayland and Natick over Thanksgiving!

Besides Longfellow dominating New England Boy's 18's and 16's, we're doing pretty well in the other boys and girls divisions too, with many highly ranked juniors. In particular,

in New England, **Ben Tso** is ranked #1 in the Boys 14's, and **Weston Brach** is ranked #4 in the Boy's 12's, and **Nikit Reddy** is ranked #1 in the Boys 10's.

Congratulations to all of our Longfellow juniors who compete hard, are good sports, and have fun!

• Aquatics News

- Registration has begun for session two of swim lessons. You can sign up at the front desk or if you have questions on levels call the aquatic department at **508-358-7355 x 238**. We have all levels of classes taught by our WSI certified instructors in our 83 degree pool. We also offer private lessons which are a great way to learn and we can fit to your schedule.
- Over the winter break we are offering a **Lifeguard and a Water Safety Instructor** course. Get certified now for a great summer job!
- Come try **Joan Kelly's** newest masters class on Wednesday's from 9am-10am. You do not need to be competitive swimmer to do the class just willing to work hard. They are getting a great workout in and having a lot of fun. Just show up - no advance sign up required and it is free to members.



- Longfellow member Mike Bowen
Lacrosse Tribute Game



Over 100 UNH Lacrosse alumni and friends organized a tribute to Longfellow member **Mike Bowen**, pictured at left in his glory days of UNH lacrosse in the 70's. Mike lives in Sudbury with his wife Judi McGreenery Bowen, son Chris and daughter Amanda. Last spring, Mike had 2 operations on his brain removing a "golf ball" size cancerous tumor, with the requisite follow up treatments of chemotherapy. Over the last month or so there has been significant recovery, with increased stability and improvements in his quality of life during this uncertain time.

His lacrosse alumni arranged a game between the UNH and BU lacrosse teams as a tribute to Mike. The game was played at the Rivers School in Weston, MA, and Mike was there to help warmup the UNH goalie before the game. Over \$1500 was raised and donated to the **Dana Farber Cancer Institute**. The weather was beautiful, the game was terrific (even better, Mike's alma mater UNH won!), and Mike's many friends turned out to pay tribute to a former player, team supporter and most of all, a friend. (That's Mike, second from the left with his friends at the game.)



• Tennis News!

- Longfellow is proud to host the **USTA Boys 16 National Open** for the 29th year over Thanksgiving weekend. Come see some of the nation's best 16 year old play! **Andre Agassi** won the singles and doubles titles at this tournament in 1984 when he was 14 years old! Admission is free, but a donation to Oxfam at the door is suggested. For more information, please contact **Phil Parrish**, our Tennis Director.
- **Oxfam Mixed Doubles** - Don't forget our Oxfam Mixed Doubles on Thanksgiving Sunday from 5:00-7:00 pm. All the money that is raised goes to Oxfam. This is a Longfellow tradition and we hope you will come and support the event. For more information, please contact **Lorie Gochenour** in the tennis office.
- **DBH Weekday Women's Tennis** - Congratulations to our DBH Tennis Teams! We currently have our Division 1A Central and Division 4 teams in first place. We also have our Division 3 team and Division 1A Central Team in 2nd place and our Division 2 team is running in the middle of the pack. It is our best showing ever in DBH. Way to go Ladies!
- **Junior Winners** - Congratulations to **Alex Steinroeder, Cameron Ferguson, Lauren Jacobs** for winning USTA Junior tournaments in October! We also want to congratulate **Meredith Riley** who was a finalist! Way to go kids!
- **2nd Session Clinics** - Fall Sports are over and it is time to enroll your child in a Longfellow Junior Clinic! The 2nd session begins the week of December 14 for all clinics and January 1st for Zip Tennis! We have limited slots available, so to sign up your child, please call **Jamey Finchum**, our Junior Director.
- **Holiday Gift Reminders** - The **Parrish Six Love Pro Shop** has all the gear for your tennis player. Please see Phil Parrish about creating a special gift for the tennis player(s) in your family. We also have gift certificates for lessons, open time or any tennis need.



• Lumina News

- **Lumina welcomes Kundalini Yoga**

Join **Annamaria San Antonio** for a **5:00-6:30 Kundalini yoga** class on Friday evenings.

A great way to start your weekend, this class is a total workout for your body, mind and spirit. Each week will focus on a different yoga set to open, regulate and balance your chakras. Kundalini yoga gives you powerful tools to help you transform negative patterns of all kinds, including imbalanced emotions disguised as deep muscle tensions. Class will include meditations, hand positions, breathing exercises, chanting and more! This class is for all levels and we hope to see you there!

- Lumina will be closed Wednesday Nov. 25 at 2 pm, closed all day on Thanksgiving Day, Nov. 26, and open regular hours on Saturday and Sunday after Thanksgiving. During these times Lumina members may use The Longfellow Club when Lumina is closed. There will be a Special Thanksgiving Day Group Exercise Schedule at The Longfellow Club for those who want to work out before they eat! You can pick up a copy of this schedule at either Lumina or The Longfellow Club's front desk. Happy Thanksgiving, everyone!



Kids Yoga is happening at Lumina on Wednesdays & Thursdays for ages 6-9 and 10-14. Class time is 4-4:45pm. The new session is just starting so call Lumina for more info at 508-358-6022.

• Kids Group Exercise News

- **MIDDLE SCHOOL PROGRAM -** Looking for middle school kids to workout and learn about cardiovascular exercise and strength training for their age? Keep your kids active! Days are Tuesday and/or Friday at 3:30-4:30pm. Call Teresa at x317 for more info.



- **KIDS BASKETBALL**-Next session for kids basketball starts Nov. 4. Ages 5 & 6 are Wednesdays from 4-5 pm, and ages 7 & 8 are Thursdays from 4-5 pm. Wednesdays signups are going quick so call to sign up or come in that day of class.
- **FITNESS FUN for AGES 9 & 10** - Need some activity for your kids that are 9 & 10? Have them join our fitness fun class on Thursdays at 5-6pm. Looking for more kids to learn exercises, agilities, fitness games & play sports! Call Teresa at x317 for more info.

• ZipZone News

- **Tennis and a Movie** - We have added 60 foot tennis to our famous Tennis and a Movie. On November 21st, we will be having Tennis and a Movie at the Zip Zone! We are adding the 60 foot courts, so now the program is for 4-10 years old! Sign up Now!
- Please don't forget our **Smash and Splash** on Nov 14 from 5:00-7:00 pm for ages 4-8 and our new **Mini Camp "Drop and Shop"** from 9-1 on Friday, November 27th! Lunch and swim along with some great tennis. To sign up, please call the Zip Zone!



- **T'ai Chi at Longfellow**



The Longfellow Club offers **Qigong, Energy Medicine, and T'ai Chi** twice a week: Wednesdays, 8:30-10 AM in Studio 2 at Longfellow, and Thursdays, 7:30-9 PM, in the new studio at Lumina. The class, taught by **Judith Poole, MA**, who is certified in Eden Energy Medicine, covers a wide variety of topics, depending on the needs and interests of participants.

This fall, we are focusing on ways to strengthen the immune system and reduce stress - the best there is in flu prevention! Learn why the fall has become known as "flu season". Why does reducing stress improve immune system function? What can a sore shoulder indicate besides a strained muscle? Come, enjoy the camaraderie of fellow club members, and get flexibility points for Teresa's game. (There is a tuition cost associated with this class.) Here's a link to an inspiring interview with Donna Eden, originator of Eden Energy Medicine: <http://www.consciousmedianetwork.com/members/deden.htm>

- **Jed Hammel - Producer for movie "The Legacy"**



Membership Representative **Jed Hammel** is the lead producer for a new film called "**The Legacy**" which is having its major premiere in Los Angeles in December. The movie stars Paul Butcher from the tween show, "Zoey 101", and is about a boy who believes his dad is a Super Hero. Jed has launched a website and preview trailer for the movie. You can view it here at:

<http://www.seasidepictures.com/thelegacy>

(But before you go to the site, turn your speakers up so you can hear the fancy fully-orchestrated score.)

Jed produced this special effects-laden film with director Mike Doto, whose previous film, "Peace" starred Kurtwood Smith from "That 70's Show." "Peace" screened at over 30 film festivals around the country and is distributed through Shorts International Distribution and is available on iTunes. Jed and Mike have even higher hopes for "The Legacy."

"The Legacy" is a film that Jed worked extremely hard to bring to fruition and a film that he is very proud of. If you do want to talk to him about it, you can catch him around the club or feel free to email him at teamhammel@gmail.com.

• Nutrition and Fall Vegetables



Fall is the time to explore seasonal vegetables. They are loaded with nutrients and delicious too. Even though they are botanically considered vegetables, it's confusing to know if they are starchy enough to count as grains or light enough to be

considered "free" vegetables. Below is a list of some favorites with their amount, calorie content and serving size:

- "Regular" Potato - 1/2 medium sized
(3oz.= 80 calories) 80-90 calories 1 grain
- Sweet Potato 1/2 medium sized
(3 oz.= 86 calories) 60-90 1 grain
- Parsnip 1/2 cup 63 3/4 grain
- Acorn Squash 1/2 cup 57 3/4 grain
- Butternut Squash 1/2 cup 41 1/2 grain
- Canned Pumpkin 1/2 cup
(3 oz. =26 calories) 40 1/2 grain
- Beet 1/2 cup
(3 oz. =37 calories) 37 1 & 1/2 vegetable
- Rutabaga 1/2 cup
(3 oz.= 31 calories) 31 1 vegetable
- Pumpkin boiled, mashed 1/2 cup
(3 oz. = 26 calories) 24 1 vegetable
- Turnip Frozen, boiled 1/2 cup
(3 oz.= 19.6 cal.) 23 1 vegetable
- Spaghetti Squash 1/2 cup
(3 oz.=23 calories) 21 1 vegetable
- Turnip, fresh 1/2 cup
(3 oz. =17.5 cal.) 14 1 vegetable

Roasting vegetables with olive oil and fresh herbs is one easy way to make a large volume to enjoy for the week. Pureeing them in soups makes a creamy, healthy and satisfying meal or snack.

Below is a quick and easy pumpkin-angel food cake recipe:

1 package angel food cake mix
15 oz. canned pumpkin
1 cup water
1 tsp pumpkin pie spice
cooking spray

1. Set oven at 350 degrees. Coat the baking pan with cooking spray. Mix ingredients by folding. Bake in a 9"x13" cake pan for 30 minutes. Let cool for 30 minutes. Alternatively, you can make 12 muffins by baking in muffin pans for 20 minutes.

Nutrient Information for 16 servings:

105 calories
2.8 grams protein
24 grams carbohydrate
.2 grams fat
.9 grams fiber

Contact **Jane Polley MS, RD, LDN** at JPolley@Longfellowsportsclub.com to schedule a nutrition appointment with any one of our fabulous dietitians - **Janna Yamron MSRD, LDN; Andrea Stein MSRD LDN; or Stacey Koekkoek MS RD, LDN**. Most nutritional counseling is covered by health insurance.

• The Longfellow Purpose and Mission Statement

The Longfellow Purpose

- To build a world where everyone's basic needs are met, and people experience love, happiness, and satisfaction.
- To create a model organization, through the development of successful health and recreation businesses, that works toward the fulfillment of our global vision.



The Longfellow Mission Statement

The Longfellow Clubs is a locally owned and independent business committed to the health and well being of our community, and provides extraordinary fitness, recreational, and educational programs for people of all ages, backgrounds, and abilities.

We honor all Longfellow stakeholders and appreciate all they do to make us the vibrant community we are. All management decisions consider the needs of Longfellow stakeholders and it is our intention to:

- Love and care for our customer and to create a caring and compassionate culture that is committed to providing the highest level of customer service by exceeding expectations and saying yes if we can.
- Support every staff member in reaching their full potential as human beings - physically, mentally, and spiritually. We engage them in the management process and make every effort to pay a living wage with fair benefits to all staff members.
- Preserve our environment, minimize our carbon footprint, and join with others in our community to build a sustainable and just world.
- Work closely with individuals and nonprofit organizations to promote healthy, sustainable, and inclusive communities.

- Support the locally owned and independent business partners in our community and in our industry so that they can be financially successful and outstanding community citizens.
- Manage a profitable business that is a leader in our industry and provides a fair return to the owners and investors.