



October 2009 Newsletter

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www.longfellowclubs.com

508-
358-
7355



Dear Members,

The days are getting shorter and the nights longer and it's getting darn cold outside. Of course being New

Englanders, none of us should be surprised, it's just that I always find myself hoping for an extended Indian Summer. This year, as usual, my hopes were dashed not only by the 40 degree temperatures but by the double whammy of the Red Sox being swept.

The bottom line is that baseball season is over and most of us are now coming inside for our workouts. We are fortunate to have a club that offers such a wide variety of ways to get a healthy and fun workout. Whether it's indoor tennis, yoga, swimming, or any number of healthy ways to exercise indoors, Longfellow

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is the place to be when the warriors of winter assault our senses.

I'm sure you've read the newspapers and seen the potential for catching the flu this winter. The staff at Longfellow is taking extra precautions to ensure that our club is a healthy and safe place to work out and we encourage you to do the same. Please read the article below that addresses this important community health issue.

I also direct your attention to the article about the **Bryan Kim Memorial Service** held at Longfellow. This was a remarkable and inspiring gathering as Bryan's friends gathered to pay tribute to this fine man and to share our lasting memories of Bryan.

In closing, I want to encourage you to come to the club 3-5 times a week and get a good solid workout. The healthier you are, the stronger your immune system will be and you'll be able to make it through the winter having fun and feeling great!

Yours in health,

Laury Hammel
President

Join Our List

Join Our Mailing List!

• Aquatics News



The new swim school session has started. We still have room in many classes and will be happy to pro-rate for swimmers joining an existing class. Our teachers are Red Cross certified and have experience with all ages and abilities.

We offer classes in the mornings for children not yet in school everyday as well as later in the day and over the weekend. You can also get together a friend or two and put together a semi-private lesson to fit your schedule. Having fun in the water is the key to learning!

- We have swimming opportunities for adults as well. We are offering a new masters class with **Joan Kelly** on Wednesdays from 9:30-10:30am. It is free for members, as well as a great workout and a lot of fun!
- During the Winter vacation we will be offering a Lifeguard course and a Water Safety Instructor course. Call or e-mail **Cordelia Lydon** the Aquatics Director at 508-358-7355 or cklydon5@aol.com.

- **Longfellow Promotes Safe and Healthy Hygiene Habits**

The Longfellow Clubs are dedicated to the health and well-being of our members and clients. We encourage everyone who uses our clubs to take precautionary measures to ensure that Longfellow is a safe and healthy place to exercise, socialize, and have fun.

The Commonwealth of Massachusetts has developed a set of guidelines that serve as measures we can take toward prevention. We ask everyone to practice the recommended hygiene habits that are posted at the front desk and around the club.

In addition, the Massachusetts Department of Public Health strongly recommends that in order to prevent the spread of flu you stay home for 7 days after symptoms start. Please take care of yourself and your community by staying home if you have a fever of 100 degrees or more, and a cough or sore throat.

Together we can have a healthy and safe winter workout season, and we appreciate your cooperation.

- **Spend your "After School" time and your "No School" time at Longfellow!**

- **Longfellow After School** still

has openings in our expanded program, currently serving Wayland and Framingham, as well as Sudbury. Our students are transported to our program by bus and have their own clubhouse just for school age kids! We get the homework done, but our kids stay active with swimming, tennis, basketball and lots of games outdoors, too! There are no "couch potatoes" at Longfellow. Homework help and art class - both with certified, experienced teachers, are included in the fee.



- Sign up for our new **"No School Day Clubhouse Program"** offered on many days school is not in session. This program is held from 9 - 4 and includes swimming, tennis, basketball, games and lunch for \$75 per day (transportation is not provided, but extended care is available).

Call 508-358-0710 for more information on either of these programs.

Handi-Racket Tennis begins its 33rd season this October!



- Congratulations to the **Handi Racket Tennis Program**, created by **Laury Hammel** in 1977, as it begins its 33rd year of operations this October. This year we are very happy to have many young junior players from Longfellow as volunteers. They include **Randy Goldfarb, Drew Levey, Brandon Sepe, Hayden Callahan, Lauren Taylor, Matt Crowe, Jay Latimer, Andrew Herrera, and Mykayla Sandler.**
- A group of 16 Handi-Racket Tennis athletes, coaches & chaperones will be going to Atlanta, GA on November 6 of this year.
- **Pops Tournament** to be held at The Racket Club of the South(the club where Melanie Oudin plays). It will be great fun, and everyone is very excited!!!
- Two Handi-Racket Tennis athletes, **Liz Fossum and Dan Widrich**, have been selected to represent Massachusetts & play in the **Special Olympics National Games** in Nebraska in July, 2010! They each need to raise \$500 to cover part of their expenses as well as show their commitment to the team. Any and all donations will help!

For more information regarding the award winning Handi-Racket Tennis program, call **Sylvia Swartz**, USPTA, PTR @ 508-358-7355, Ext 210.

- **Fall Youth Fitness Programs!**



Youth Basketball (5 - 8 year olds). The next session of Youth

Basketball will begin the week of November 4th, and continue through December 18th. Classes for 5 & 6 year olds will be held on Wednesdays from 4-5 pm, and classes for 7 & 8 year olds will be held Thursdays from 4-5 pm.

Youth Exercise Class (9-10 year olds)

An exercise class will be held for 9 & 10 year olds on Thursdays from 5-6 pm.

This is a great class to get the kids moving and off the couch! The class runs November 5th to December 17th.



Middle School Fitness (11-14 year olds)

An exercise class that teaches middle school kids

how to strength train appropriately with cardiovascular exercise, core & flexibility training and also games!

Classes will be offered Tuesdays & Fridays 3:30-4:30 pm, and will run from November 3 to December 17th.

All the above classes will be taught by **Teresa Newton-Moineau**. For more information contact Teresa at **508-358-7355, X317**.

- **October Breast Cancer Fundraising events at Longfellow**

- **Breast Cancer 5 mile Walk Saturday, October 24th** is our 5

mile breast cancer walk from 11-2. We will be leaving from Lumina and returning to Longfellow for stretching & refreshments. Donate \$20 and receive a Breast Cancer t-shirt



the day of the walk. Sign up early or show up that day. Anyone can walk, member or non-member.

- **Breast Cancer Halloween Party for Kids**

Come and bring your kids while you walk the 5 mile cancer walk. Our own Kelly Brice will be playing & dancing with the kids ages 3-12 and Halloween costumes are highly suggested. Adults will meet up with them after the walk!

Donation: \$10 per child

- **Breast Cancer Raffle**

The week of **October 17-24** we will be selling raffle tickets for an autographed photo of Tom Brady & an autographed picture of the band Led Zeppelin. Both are worth over \$250! Tickets are \$1.00 each, available at the Longfellow Front desk. Help support Breast Cancer Research.

All money raised for Breast Cancer events go to the **Susan G. Komen Breast Cancer Foundation**. For more info, contact **Teresa at 508-358-7355 X317** or Thnm2@hotmail.com.

• Group Exercise News



There will be a few changes in the schedule beginning **October 19th**. Don't forget to take a new schedule for both Lumina & Longfellow

- **Fantasy Football Game**
Teresa's new game will start October 26th, and run until January 3, 2010. It requires cardiovascular, strength training, recreational and flexibility workouts. Each workout will be worth points. Sign up by Oct. 25, and ask Teresa for more info.

• Tennis News!

Mixed Doubles for Breast Cancer

Awareness -

The Longfellow Club will be hosting a mixed doubles for

Breast Cancer Awareness on **Friday, October 30th from 7:30-9:30**. For more information, please call **Lorie Gochenour** at Longfellow at 508-358-7355.



Flex League - Flex League to begin in late October! If you love to play tennis and have a crazy schedule, the Flex League is the place for you.

Play matches against players your level at times you agree upon. This is one of the Longfellow Clubs best programs! Please call Lorie in the tennis office for more details!

Adult Beginners - We want you to come join us for Adult Zip Tennis Classes. Classes are offered on weekdays and weekends, AM and PM. For more information, please contact Lorie in the tennis office.

Sunday Mixed Doubles - Will begin in October on Sundays from 6-8. For more information, please contact Lorie in the tennis office.

Looking for someone to take a lesson with? - One of the best values you can do for your tennis game is to take a lesson, and even better, take a semi private lesson with a friend or someone else! We are happy to help arrange a semi private or small group clinic for you with other players. Please contact **Phil Parrish** if you are interested in having any lessons or get your name on a list for a clinic.

Bring a Guest to Tennis - The Longfellow Club would like for you to bring a guest to tennis, anytime between 12-3 weekdays. Normal court fees apply but **you do not pay a guest fee**. We would love for you to invite your friends. For more information, please contact Phil Parrish.

Longfellow Class of 2009 Doing Great at College - You all probably wonder what happens to the kids you see take lessons and clinics here as they leave Longfellow. Our class of

2009 have many graduates playing tennis at the college level: **Lauren Hollander and Jeff Taylor** (walked on) are playing at Tufts, **Elise Malkin** is playing at Union College, **Erica Micciche** is playing at Assumption, **Jon Ostrowsky** is playing at Brandeis. **Justin Lee** is playing club tennis at Penn. Congratulations to all of the class of 2009. We will be giving updates on our 2010 class as the year progresses as it looks like another great year!

See you on the courts!

• Sports Performance Center News

Want to train but can't afford it? Get into a Sports Performance Center

Program with groups of 4 -

10. Six week sessions will begin starting the week of November 2nd.



- Trainer **Jen Fortunato** will be leading Kettlebell training classes, both advanced and or beginner levels.
- Train for a race with **Anne Bell** and more!
- Join a Boot Camp with **Danielle McCain** at noon on weekdays.

Check the SPC board in the back hallway near the café to see what's going on! If you are interesting in getting your own group together, please contact Teresa at 508-358-7355 x317.

• **Stott Pilates at Lumina!**



STOTT PILATES takes you through a customized workout using specialized

equipment such as the "Reformer" to strengthen your core and tone everywhere else!

What our members are saying about STOTT PILATES:

- "Great option for personal training or small group training." - **Melanie Kosich**
- "Awesome strength training workout." - **Megan Rubin**
- "Kicks my butt every time!!" - **Michelle O'Connell**
- "Got rid of my muffin top!!" - **Estie Rappaport**

All clients express feeling taller and tighter, having better posture and feeling more flexible. Come join us for a great workout! For more information, please contact **Lumina Director Tina Fowler** at 508-358-6022.

- **Nutrition & Personal Training Combination - A Success Story by club member Eileen Ingham**



"It seems like a simple concept: EAT LESS, EXERCISE MORE,

LOSE WEIGHT! Wouldn't it be great if we could just "ZIP IT". Of course what's needed is a structure to make this happen. What has worked for me is making a commitment to a weight loss program with nutritional counseling bi-weekly appointments and exercise at Longfellow Sports Club. I've lost more than 30 pounds in about 7 months with the support of **Andrea Stein**, Registered Dietitian and **Sarah Krueger**, Personal Trainer.

Learning more about the nutrition of food helped me build confidence in resisting emotional eating. Yes, it's about controlling portions but also the right balance of foods.

I learned which foods can work to fuel my metabolism, foods that may trigger overeating, and foods that help increase energy. Eating the right foods together keeps me full longer. I had success with mini meals of pairing proteins with carbs. Recording my intake for the day allowed me to stay on track and adjust as the day went on.

I thought I would have to stop many of the things I liked to do including dining out and drinking wine. Keeping track of what I ate brought control. Having control allows me to be in charge of my food decisions. I know managing a restaurant outing is about making smart choices and avoiding foods with words like creamy, crispy or fried. Quizzing the server also helps narrow the menu and reveal the best choices. My success in making choices about treats has allowed a thinner me to pursue some of my favorite activities: Shopping and Lunch!"

Eileen Ingham

- **Longfellow Celebrates Bryan Kim's Life and Legacy**



Longfellow's Ambassador General, **Bryan Kim**, recently passed away. Many of us felt the need to come together as a community to celebrate Bryan's life and mourn the

loss of a good friend and an irrepressible spirit. So the Longfellow staff talked with some of Bryan's friends and we said let's have a party like the ones that Bryan used to organize so we can get some closure on this very emotional loss.

On Wednesday evening, September 30, 2009, nearly 100 of Bryan Kim's friends gathered in a celebration of his life. As what has become a Bryan-inspired tradition, the evening

commenced with a delicious buffet dinner provided by one of Bryan's favorite restaurants-the good folks at the Lotus Blossom. It was `wonderful' to see old and new friends while feasting on excellent food. Everything felt right, except for one thing-- Bryan wasn't there.

After a pleasant meal, Laury opened up the evening program by talking about how Bryan had made such a big difference in the Longfellow community. He was a special person with a one-of-kind personality and now that he has passed on, he has left Longfellow with a big hole. Bryan had a big personality and his presence filled up a room-so much so that when he was at the club it didn't take long before you knew it. Bryan was a Korean immigrant who loved his adopted land and was as patriotic as anyone you'd ever meet and maintained his love for his native land. He became a bridge between two cultures and he served that role with great skill and elegance. Laury expressed deep gratitude for Bryan establishing some fine Longfellow traditions that Longfellow has pledged to carry on--in particular, the Thanksgiving Bread Giving Program and the annual Chinese New Year Celebration.

Following Laury's comments, a long list of Bryan's friends spoke about Bryan and all echoed their love and admiration for Bryan and shared how much they appreciated the unique personality and presence that Bryan brought to our community. Not all of the comments can be shared because of space, but some of those speaking included the following folks.

Myles Halsband talked about the joy of playing tennis with Bryan and how many people Bryan had

introduced to tennis at Longfellow. He made Early Bird tennis a fun and sometimes outrageous experience. No question that Bryan had earned the title of Ambassador General of Longfellow.

Chuck Schwager read a poem written by Ted Roethke that was deep and beautiful.



Phil Whaley shared that Bryan was his best friend and told some stories about what Bryan had meant to

him and how inspiring Bryan was to be around. He urged each of us to honor the legacy of Bryan by bringing a little Bryan to Longfellow so we can liven things up a bit now that we've lost our Ambassador General.

Mike Finn confessed how much Bryan aggravated him when playing on the court next to him. While Mike was trying to concentrate, Bryan would often be on the next court carrying on quite jovially and at a high decibel level which drove Mike a bit batty. However, over time Mike found himself admiring Bryan's courage as he fought to hold off the cancer and spent his final days as he had for many years-enjoying the company of his friends at Longfellow while getting an occasional workout in. In retrospect, Mike realized he hadn't seen the whole of Bryan-he had missed the multiple good sides of this complicated man. He felt good that he learned how to appreciate Bryan in the end.

The most compelling story was shared by our Water Exercise instructor, **Cintia Santos**. Bryan viewed himself as a supreme social organizer and sometimes that went a bit far when he decided to become a match-maker.



Bryan was determined to have Cintia date a member who was very interested in getting to know her. It took Bryan several conversations bordering on harassment, but he finally convinced Cintia to go out on a date with this guy--it was the only way she could get him to stop the pestering. The end result of Bryan's persistence and intuition, was that Cintia did go on a date with the lucky member and she married **Jonathan Wiles** years ago and they couldn't be happier. Cintia expressed eternal gratitude for this gracious gift that Bryan gave Cintia and Jonathan.

Longfellow tennis professional, **Sylvia Swartz**, spoke about how Bryan was the ultimate Grand Prix substitute. Every Wednesday and Friday, Bryan was ready to go to help Sylvia by filling in when someone couldn't make it. He was ideal for this job because he was happy to play with anyone no matter what their ability-he just loved to play tennis with people and have fun. And of course he loved to be the only guy out on the court with 23 women, who all were convinced that he was the only one who said they were so beautiful!



As the King of Grand Prix subs, he will be irreplaceable.

Others who spoke eloquently and from the heart included **Lew Russell, Susan Massad, Alan Krentzel, Jason Hammel, and Anne Bell.**

After everyone had a chance to tell their Bryan stories (and there were many new ones offered), we gathered in a large circle and one by one we went around the dance studio and folks shared a word or sentence about what they would miss about Bryan. It was a powerful moment for everyone present, and it reminded us of how precious life is and of the profound impact one person can have on a community.

• **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.

Two For One Cafe Special!

Come in to **The Longfellow Cafe** and get a second sandwich free when you purchase any sandwich on our delicious menu. Bring a friend and have a great lunch together! Just pay the price of the higher priced sandwich. Offer good through the months of October and November. See you there!

Offer Expires: November 30, 2009