In 1968, the Duke Faculty Club was given its first semi-permanent home at the Nello Teer, Jr. House on Roxboro Road. Equipped with a pool and acres of green space, the grand summer home provided a place for faculty and their families to recreate during the summer months. While this site was a huge improvement from the revolving door of classrooms and meeting spaces the club had been using for the previous 50 years, it ultimately proved to be too far from campus.

The club reached a lease agreement with Duke for a small parcel of land in Duke Forest near the Duke Golf Course for $1 a year. They then embarked on a capital campaign to raise funds and membership to make the dream of its own recreation facilities a reality.

This initial set of members recruited between 1968 and 1975 (nicknamed "Original Members"), each committed $400 to help provide funds for the development of this new space. The investment was refundable if and when they choose to terminate their membership.

The campaign was a success, and the club first opened the doors to the new facilities in April, 1973. Many thousands of memberships have come and gone since that time, but 15 of the Original Members still remain active at the club 45 years later!

These members have seen many evolutionary changes at the DFC in their four decades of membership. Pools, tennis courts, basketball courts, and buildings added, 100s if not 1000s of different staff, and a membership that has grown over three times in size. All of them raised their children at the club, and some of them have seen their children come back and join with their own families!
**Why did you first join the DFC?**

The faculty club opened just as we bought our first Duke Forest home and lost our swimming pool at Colonial Apartments. It was good timing for us and we swam most every day in the summer.

- Margaret Hodel (DFC ’73)

Our family joined the faculty club because I play tennis and we had two small boys that wanted to use the pool. [Club Director] Walt Cleary taught them to swim ... [though] we thought a bit aggressively.

- Donald Loveland (DFC ’73)

**What has kept you here at the DFC?**

Duke used to be a small university, and now it is a giant conglomerate. The Duke Faculty Club provides a safe and social space to meet people and network within the Duke community but outside of your own University department or area.

- John Lebar (DFC ’71)

**How has your use of the DFC changed over time?**

When I first joined, I was all about tennis- tennis every day! Did all the team stuff, etc. I moved on to working out in the gym, taking classes- yoga & pilates, and walking the trail. Then in recent years I got involved with swimming, as well. So the other reason I have stayed at the DFC is the sports- the variety of which have increased over the years. The social aspect of the club has evolved the most over the years and I am hoping for even more!

- Carol Lebar (DFC ’71)

My husband, Law Professor George Christie, was a member of the DFC when we were married in December 1974, and I started to use the Faculty Club in the late 1970s, almost exclusively for tennis. However, in the mid-1980s .... my exercise became walking around the Al Buehler trail after it was constructed, and later on, lifting weights. This past summer, I enjoyed taking my 2-year-old grandson to the pool. As my two grandsons grow older, I hope they can come for longer periods to take swim lessons and perhaps tennis lessons, and attend summer camps at the Faculty Club.

- Deb Christie (DFC ’71)

**What is your fondest memory at the DFC?**

Playing in the pool all summer with our daughters and their best friends. We LOVED being in the pool. We also used to have an annual Labor Day picnic with friends and their kids, using the grills around the facility and bringing buckets of KFC extra crispy chicken to eat.

- Eric Meyers (DFC ’74)

**What advice would you give to new DFC members?**

Take advantage of everything we offer! There are so many good opportunities: all the fitness classes are fantastic, there are lots of kids activities, and we have a very nice facility.

- John Lebar (DFC ’71)
Healthy Holidays

Tips for keeping up with fitness over the holidays

The holiday season is approaching quickly, which means your social calendar is likely filling up with parties and delicious family meals.

Social events are an important part of celebrating the holidays, however they make it easy to overindulge when it comes to food and drink. Here are some holiday survival tips to help you avoid the “weight creep” and keep those extra calories at bay.

Sofia Rydin, a DFC member and Director of Behavioral Health at the Duke Diet and Fitness Center works intensely with clients to avoid holiday weight gain. Sofia has found it helpful to view the holidays as just what they are: a holiday. You embrace the one day as a time to celebrate; a “time out” of your normal routine. Eat foods that are normally “forbidden” and savor every bite. The following day, immediately return to healthy diet and exercise habits.

“Self-care is necessary, especially during the holidays when things typically get a bit more hectic. Don’t put self-care on the back burner, instead put it at the top of your list of priorities and think of it as your gift to yourself,” states Sofia. She recommends scheduling time in your calendar specifically for this purpose.

Does traveling tend to cramp your exercise routine? No problem - throw a few resistance bands into your suitcase and take them with you anywhere.

Set a timer for 10 minutes and do a quick strength routine. And after a big meal, go for a walk with your family. You don’t have to have an elaborate exercise routine to stay active during the holidays. Something is always better than nothing!

Curious about what kind of exercise routine you can do while traveling? Come join us for a workshop on this topic on Sunday, November 18. We will go through a workout with minimal equipment to give you ideas on how to sneak in exercise when on the road.

If you are interested in attending this workshop, or have other fitness related questions please contact the DFC Finess Director, Carrie Summers.
Upcoming Events
For more information or to RSVP contact Tracey

November 3 - Community Potluck Lunch
› Join us after Muscles and Mimosas and before the Tennis Home Run Derby for some lunch!
› 12:30-2:00pm
› Free, but must bring a dish to share

November 6 - Creative Corner
› Fun art projects on the 1st Tuesday of every month
› 4:00-5:30pm
› Free

November 16 - Kids' Night Out
› Games, pizza, movie for kids ages 4-12 years old
› 6:00-9:00pm
› $15 for the first child, $10 for each additional

November 12 - Mini Camp
November 21 - Mini Camp
› A day of games, crafts, and fun for kids grades K-6
› 8:30am -5:30pm
› $45 per day

November 22 - Turkey Trot
› Join us for pre-Thanksgiving feast fun run on the Al Buehler trail
› 9:00am
› $15 per person

Fitness
For more information or to RSVP contact Carrie

November 3 - Muscles and Mimosas
› Join us for one of these regular fitness classes and relax and socialize afterwards with a mimosa!
› Yoga 10:00-11:00am
› TRX Circuit 11:15am-12:00pm
› Regular fitness class fees apply

November 4 - Learn to Lift
› Unsure where to start in the gym? Get oriented at one of these workshops!
› 5:30-6:15pm
› Free, but RSVP required

Tennis
For more information or to RSVP contact Mike

November 3 - Tennis Home Run Derby
› Want to see how far you can hit the ball? We do too!
› 1:00-3:00pm
› Free

November 5 - Session 3 of Junior Tennis begins

November 18 - 8th Annual Turkey Shoot Mixer
› Friendly doubles matches! No partner necessary
› 2:00pm - 4:30pm
› Free

Looking Ahead

December 2 - Drop N Shop
December 4 - Creative Corner
December 7 - Social Dancing
December 8 to 9 - Kids' Tennis Lock-in
December 14 - Kids' Night Out
December 16 - Cookie Exchange/Gingerbread Workshop

December 24 - DFC open 8:00am -1:00pm
December 25 - DFC Closed
December 26-28 - DFC open 8:00am-8:00pm
December 31 - DFC open 8:00am -1:00pm
January 1 - DFC Closed
January 2, 3, 4 - Mini Camps