IRVINGTON CLUB NEWS

MAY 2017

NOTES FROM THE PRESIDENT

Dearest Members,

The Board of Trustees is focused on the themes of *Community* and *Communication* that were raised by you in our member survey and listening sessions.

Community: We are looking at a variety of big and small ideas to both enhance our Irvington Club Community and ensure we are contributing to the vitality and sustainability of our neighborhood and the sport of tennis. We will share more as our ideas are further developed and welcome your thoughts/input in the meantime.

One specific suggestion made at our last Board meeting was to read "The Club That Roared" as a way to learn more about our club's history and contributions. This book was written and edited in 1998 by: Sarah Thomas, Chair; Helen Bledsoe, Sarah Lavey, Monica Linde & Patty Linde. The Historical Advisor was Sam Lee and the Irvington Club's Historical Committee Chair was Steve Hall. The book is available to purchase for $10 at the front desk and there is a copy available to view in the main lobby and the Board Room.

Speaking of contributions - thanks to Sherry Rogers and Megan Cooper for stepping up to coach the girls at Central Catholic, to Brian Quisling for coaching the girls at St. Mary's, and to Gary Chin for assistant coaching the boys at Grant.

Communication: We are looking to enhance this newsletter. This newsletter is a one of our communication tools. We are curious about a few things:

- Do you read it?
- What is most helpful or interesting to include?
- What's missing?

You can let Pam or Barb know by sending a quick email: bfarmer@irvingtonclub.com or pmchugh@irvingtonclub.com

Thank you!
Alysa

NOTES FROM THE GENERAL MANAGER

Dear Irvington Members,

It's hard to believe (with our weather) that summer is just around the corner. I am so pleased that Bernadette Diepenbrock will be returning as our Pool Manager. She is very busy hiring staff and preparing for all of our summer programs. The pool will open on Saturday, May 27th. We will be publishing the Temporary Pool Schedule very soon.

The historic Irvington Home Tour is Sunday, May 21st. This is a wonderful way to see some of the amazing transformations people have done to these beautiful homes. Also, remember this is a fundraiser for the ICA which gives monies back to the community. Hancock Pre-School will again host the "Cafe" in our ballroom on that day offering some tasty food and beverages.

We had hoped the pool fencing project would at least be in progress by now, but as usual, things always take longer than expected. The fence has several challenges, but we are working hard to come up with resolutions.

The outdoor courts are clean and ready to go. We are now charging for the courts. The fees are:

*** Doubles - $6 per court time** *** Singles - $3 per court time**

The colors on the courts are fading and we have plans to re-surface the outdoor courts before next summer. We delayed doing this because of the fencing project, as we will be drilling into the courts for the posts.

Come, one, come all to the adidas Open! This is one of our biggest tournaments which attracts ranked players from all over the USA. This tournament could not exist without the support of you, our members. There are several opportunities which will be coming to you soon! The tournament starts the week of June 19th with the Pro Am. Watch for dates and times!

As always, I hope to see you at the Club!

Barbara

USTA MATCHES

May 4th	1:15 pm	65+ Women 6.0	McIntosh / Georges
May 6th	2:30 pm	40+ Women 4.5+	Jana Corder
May 11th	1:15 pm	65+ Men 7.0	Bob Grenzer
May 13th	2:30 pm	40+ Women 3.0	Gina Hill
May 13th	5:00 pm	40+ Women 3.5	Deb Naugler
May 13th	7:30 pm	40+ Women 4.0	Tara Hendrickson
May 14th	2:30 pm	40+ Women 2.5	Doubleday / Crabtree
May 14th	5:00 pm	40+ Women 4.5+	Tom Lux
May 14th	7:30 pm	40+ Men 4.0	Terry Gariety
May 20th	2:30 pm	40+ Men 3.5	Beall / Laurent
May 21st	2:30 pm	40+ Men 3.0	Kayser / Windish
May 21st	5:00 pm	40+ Men 4.5+	Tom Lux
May 21st	7:30 pm	40+ Women 2.5	Doubleday / Crabtree
June 3rd	5:00 pm	40+ Men 4.0	Terry Gariety
June 3rd	7:30 pm	40+ Men 4.5+	Tom Lux
June 4th	2:30 pm	40+ Women 2.5	Doubleday / Crabtree
June 4th	5:00 pm	40+ Women 3.5	Deb Naugler
June 4th	7:30 pm	40+ Women 3.0	Gina Hill

IMPORTANT DATES

Saturday, May 6th - 9:00 am
Swimming Lesson Registration & Open registration for NEW Swim Team Members for Members, Associates & Swim Members only

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Wednesday, May 10th
Tennis Committee - 5:30 pm

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Saturday, May 13th - 9:00 am
Swimming Lesson & Open Swim Team Registration for Non-Members

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Wednesday, May 17th
Board Meeting - 5:30 pm

•

Sunday, May 21st - 11am to 5pm
Irvington Home Tour

•

Saturday, May 27th
Pool Opens

JOEY'S FITNESS & BODY SCULPTING

Strength, Agility & Core Conditioning Class

Mon & Wed: 8:30 - 9:30 am & 9:30 - 10:30 am

Fri & Sat: 8:30 - 9:30 am

Tues & Thurs: 5:30 - 6:30 pm

This program is specifically geared for those looking to improve their overall cardiovascular fitness, muscle toning and weight loss.

KEEP
CALM
AND
EXERCISE

Teen Conditioning

Monday thru Thursday: 4:00 - 5:00 pm

Tailored specifically for teens that are looking to improve their overall fitness.
It emphasizes strength, conditioning, core training, agility, and quickness. Improve your sport performance.

Weight room orientations and individual personal training may be arranged by contacting Joey at fitness1st@gmail.com

LADIES' LAST MONDAY SCHEDULE

Every week has been a smashing success!
Come and join in on the fun ...

January 23 • May 22 • September 25	3.0 paired with 3.5
February 27 • June 26 • October 30	4.0 paired with 4.5+
March 20 • July 31 • November 27	2.5 paired with 3.0
April 24 • August 28 • December 18	3.5 paired with 4.0

Play begins at 6:15 pm

Please Note: ***Due to court conflicts the Jan., March, May & Dec. dates are not the last Monday of the month.***

SPRING CLASSES & OPEN PLAY

Monday
4.0+ Women's Doubles w/Walter ~ 5:00 - 6:15 pm
Women's Open Play ~ 6:15pm - Close

Wednesday
3.0-3.5 Women's Class w/Cris ~ 8:30 - 9:30 am
City League Drill (Hicks) w/Cris ~ 9:30 - 10:30 am
3.5-4.0 Women's Class w/Cris ~ 10:30 - 11:30 am
Women's Open Play ~ 9:30am - 2:30 pm
Men's Open Play ~ 2:30pm - Close

Thursday
3.5 Women's Class w/Cris ~ 8:30 - 9:30 am

Saturday
2.5-3.0 Women's Doubles w/Walter ~ 7:00 - 8:15 am
2.5-3.0 Men's Doubles w/Walter ~ 8:15 - 9:30 am
3.5-4.0 Men's Doubles w/Walter ~ 9:30 - 10:45 am

JUNIOR TENNIS LESSONS

Two week session in June!
June 5th - 15th

May 22nd ~ Member Sign-up at 8:30 am
Online or at Front Desk
May 29th ~ Non-Member Sign-up at 8:30 am @ Front Desk

SWIMMING NEWS

I hope everyone is well and looking forward to another great summer of swimming at the Irvington Club!

Summer is fast approaching and swimming lessons and Swim Team sign-ups have begun!

- **April 24th @ 9:00 am** — Pre-registration began for returning swim team members.
- **May 6th @ 9:00 am** — Swim lesson and NEW Swim Team participants sign-up for Members, Associates & Swim Members only.
- **May 13th @ 9:00 am** — Swim lesson & NEW Swim Team sign-up for Non-Members at the Front Desk only.

Swim Team News

Will Tyrrell will not be returning this summer as swim team coach. We are sad to see him retire from his position after many awesome summers with us. We are grateful for his wonderful teaching and coaching of our Manta Rays. We will miss him and wish him all the best!

We are excited to announce Eric Bugna will be our new Head Coach this summer. Eric is currently finishing his college studies at the University of Redlands where he is getting his Bachelors of Arts degree in Environmental Business. Eric has been a very successful competitive swimmer all his life and has some fresh ideas for leading the team this summer.

This last season, Eric made the All-Conference Team. He also registered an NCAA National "B" qualifying time in the 200 Fly and 400 IM. In addition to coaching here last summer, he also coached at the Nike Swim Camp at Oregon State.

As always, if you have any questions, please don't hesitate to contact me!

Bernadette Diepenbrock,
IC Pool Manager
bernadettediepenbrock@yahoo.com

The pool officially opens on Saturday, May 27th!

JUNIOR TEAM TENNIS

Sunday, May 7th	12:00 pm	JTT 12s	Martinez Griffin
Sunday, May 21st	12:00 pm	JTT 14s	Naugler
Saturday, June 3rd	12:00 pm	JTT 10s	Naugler
Sunday, June 4th	12:00 pm	JTT 12s	Martinez Griffin

IN MEMORIAM

Ralph Warren Young
June 17, 1944 - April 7, 2017

Long-time member Ralph Younger passed away peacefully at home, surrounded by his family on April 7th. Ralph and his wife, Carolyn, made their home in the NE Portland Dolph Park neighborhood that he loved. Ralph loved meeting all of his neighbors and made many lifelong friends. An avid golder and tennis player he belonged to Riverside Golf & Country and Irvington Tennis Club. Although he loved to travel the world, visiting many countries, he cherished being home with friends, family and his golden retrievers. He was a lifelong Oregon Ducks football fan & season ticket holder and you could always spot him proudly wearing his Duck's gear.

CITY LEAGUE MATCHES

All matches 12:00 pm - 2:30 pm

Tuesday, May 9th
Team H (Mary Stevenson & Andrea Brown)
vs. Club Green Meadows

Tuesday, May 16th
Team K (Gina Hill & Susan Hope
vs. Sunset Athletic Club

Wednesday, May 17th
Team F (Lori Vranizan & Traci Laurent)
vs. Stafford Hills Club

Tuesday, May 23rd
Team H (Mary Stevenson & Andrea Brown)
vs. Multnomah Athletic Club

Wednesday, May 24th
Team B (Wendy Weddle)
vs. Vancouver Tennis Center

adidas Open Sponsorships

The adidas Open presented by Columbia Bank returns to the Irvington Club, June 21 - 25, 2017.

A Pro-Am event will be held Tuesday, June 20th, featuring many of the Pacific Northwest's top tennis players, some of whom will compete in the tournament as well.

As a participating sponsor, you will have the opportunity to reach not only players from the Pacific Northwest, but hundreds of audience members from throughout the Portland Metropolitan area and beyond.

LISTED BELOW ARE THE SPONSORSHIP OPPORTUNITIES:

PRESENTING SPONSOR: **Columbia Bank** — $3,000

PLATINUM PLUS SPONSOR: **Paulson Coletti Trial Attorneys, LLC** — $2,000

PLATINUM SPONSOR — $1,000

GOLD SPONSOR — $600

SILVER SPONSOR — $400

BRONZE SPONSOR — $200

CIRCLE OF 100 — $100

If you would like further details about any of the sponsorships please contact:
The Irvington Club at 503-287-8749 or by emailing pmchugh@irvingtonclub.com

Irvington Home Tour

While you're enjoying the beautiful homes during the Irvington Home Tour on Sunday, May 21st, please consider a stop at the Irvington Club to warm your belly for a good cause with delicious soup, coffee, and baked goods.

Each year, the Irvington Club welcomes the parents of Irvington's Hancock Street Preschool to host a fundraising café in the ballroom with generous donations from local businesses. All proceeds from the café go to fund scholarships for families. Hancock Street Preschool is a non-profit, cooperative preschool inspiring the wonder and joy of lifelong learning for children and adults since 1984.

The Café will open an hour before the tour starts and close an hour before the tour ends, 10:00 am – 4:00 pm.

More information about the preschool at www.hancockstreetpreschool.com and Irvington Home Tour at www.irvingtonhometour.com

ADAPTIVE YOGA CLASSES

With Camille Solyagua
Thursdays 10:30 - 11:45 am

Please email pmchugh@irvingtonclub.com if you would be interested in taking the class. If there is enough interest, we will then announce a start date for classes.

Scientific research shows that the combination of movement, mindfulness & breath awareness, as experienced through yoga, improves one's overall well being & can be practiced at any age or fitness level. By fostering the connection between mind & body, symptoms related to chronic health issues can be reduced while promoting a more positive and balanced state of mind. Students coping with chronic pain, stress, anxiety, depression, degenerative neuromuscular diseases & joint replacements find benefit through a consistent therapeutic yoga practice.

Adaptive Yoga classes are designed for students with a variety of needs who are looking for a safe place to experience yoga. The classes are conducted using yoga chairs & various other props for support & balance. The students are guided through a gentle sequence of movements synchronized with breath that helps develop strength, flexibility, stamina and mental clarity.

Yoga can be for everyone.
All you need to be able to do is breathe!

COUPLES MIXER NIGHT

COUPLES POTLUCK MIXER !
2.5 — 3.0

Friday, May 26th ~ 6:15 pm to Close
Join us for an evening of fun tennis and great food!
Bring a dish to share for a potluck dinner in the Ballroom.

Sign-up online

Hosted by: Michelle & Keith Zawadzki

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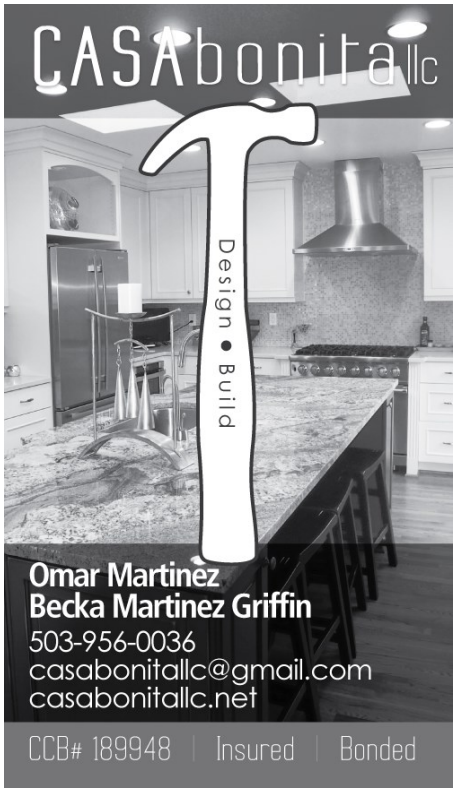

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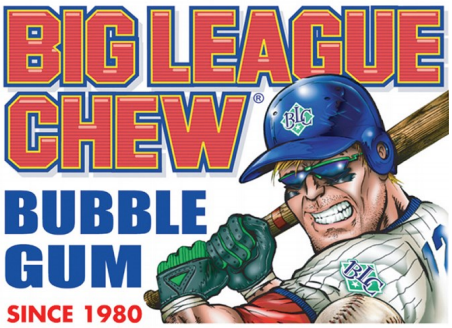

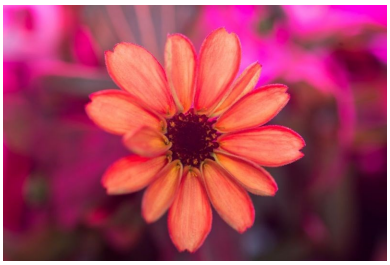

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