NOTES FROM THE PRESIDENT

Dearest Members,

I hope many of you were able to come out and watch some great tennis during the adidas Open Championships. A few things strike me:

- Our little club (the club that roared!) puts on a terrific event that draws the best players from the Pacific NW and beyond thanks to the dedication of our pros, staff, and our member sponsors.
- Our members are spirited fans who love competition and good sportsmanship.
- We build our community by connecting with each other in the stands.
- We welcome others in to share our passion for tennis.

Thanks to everyone who participated.

Stay cool!
Alysa

NOTES FROM THE GENERAL MANAGER

Dear Irvington Club and Pool Members:

The adidas Open Championships is in full swing but by the time you receive the newsletter, the dust will have settled and the champions will have been determined. I cannot thank our members, along with Columbia Bank, enough for your sponsorship of this event which attracts the highest level of players to our tournament. It is a delight to watch and especially fun when we have members and our Pros participating. A special shout out to our Pros for all their hard work in making our tournament one of the best in the PNW. Also thanks to all our staff, as there is more work and longer hours for everyone.

Mark your calendars for our annual BBQ. It is scheduled for Thursday, July 20th and we will be taking over the block! Our plan this year is to bring back live music. If you play an instrument, sing or have an interest in “jamming” with fellow members, please let me know.

When entering the Club, please make sure you check in at the front desk or at the swimming pool. This is extremely important at the pool. Having members and their guests check in helps with our count, controlling the number of guests, and makes sure we have enough life guards available. If you have not gotten your check-in key fob, we ask that you please do so next time you are at the Club. Just stop by the front desk and the staff member will take your picture and give you your key fob. This makes checking in quick and easy. Club members have white fobs and pool members have green ones.

If you use the hitting board (on the singles court) you must check-in at the front desk and reserve the court. Also please be respectful of our neighbors. No hitting before 8:15am during the week and 9:30am on the weekends. Make sure you pick up ALL of your balls when you leave.

As always, I hope to see you at our amazing Club!
Barbara

2017 Board of Trustees
President - Alysa Rose
Vice President - Amy Alpern
Secretary - Keith Johnson
Treasurer - Stephen Doubleday
John Campbell
Liz Casson-Taylor
Gary Chin
Teresa Darling
Jeff Harvey

Staff
General Manager - Barbara Farmer
Tennis Director - Walter Seidel
Co-Tennis Director - Cris Valverde
Maintenance - Brian Rosenkranz
Billing Specialist - Anita Palodichuk
Admin. Assistant - Pam McHugh
Front Desk - Donna Roisom
Front Desk - Conor Jeans-Gail
Front Desk - Lisa Lyon
Front Desk - Alex Emerson
Front Desk - Emily Roberts
Subs: Donna Dorsey • Terry Folen
Sarah Thomas • Wendy Weddle
**LADIES’ LAST MONDAY SCHEDULE**

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

- **July 31** • **November 27**  
  2.5 paired with 3.0
- **August 28** • **December 18**  
  3.5 paired with 4.0
- **September 25**  
  3.0 paired with 3.5
- **October 30**  
  4.0 paired with 4.5+

**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.*

**SUMMER 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

**MEMBER SCOREBOARD**

**Marin Championships**  
*(Category II National Championship)*  
June 8 - 12, 2017  
Mill Valley Tennis Club • Mill Valley, CA

**75 Doubles - 1st Place**  
John Popplewell & Chuck White d.  
BJ Miller (Oakland, CA) & Peter O’Brien (Walnut Creek, CA)  
4-6, 6-2, 6-3

**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

**IMPORTANT DATES**

- **Tuesday, July 4th**  
  Happy 4th of July  
  Pool on a Saturday Schedule
- **Wednesday, July 5th**  
  Session 2 Swim Lessons Begin
- **Saturday, July 8th**  
  Swim Meet @ Irvington Club Pool
- **Monday, July 10th**  
  Session 2 Jr. Tennis Lessons Begin
- **Wednesday, July 12th**  
  Tennis Committee - 5:30pm
- **Monday, July 17th**  
  Session 3 Swim Lessons Begin
- **Wednesday, July 19th**  
  Board Meeting - 5:30 pm
- **Monday, July 24th**  
  Session 3 Jr. Tennis Lessons Begin
- **Thursday, July 20th**  
  Annual Barbecue
- **Monday, August 7th**  
  Ladies Night at the Pool

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

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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
SWIMMING NEWS

Fun in the sun at the pool!

The pool has been busy with members and friends trying to beat the heat. What a delight to see so many families spending time together at the pool and playing together in the water!

Swim lessons are off to a great start. Swimmers are working hard and progressing well. Group lessons are two week sessions and run Monday - Thursday. Private lessons are Friday, Saturday and Sunday mornings and are also open to adults who want to learn to swim or improve their strokes.

Here is what we have coming up on the calendar:

- **Tuesday, July 4th** - We are open and will run on a Saturday schedule. Lifeguards will offer pool games for the kids in the afternoon.
- **Saturday, July 8th** - We will host a swim meet from 7:30 am - 12:30 pm. Come on out and cheer on the Manta Rays!
- **Thursday, July 20th** - The Irvington Club Annual BBQ. Get your partner and start warming-up your underhand toss for the cornhole tournament!
- **Monday, August 7th** - Ladies Night at the Pool. This is a fun night poolside event for ladies only.

  *There will be no adult lap swimming on the morning of July 8th due to the home swim meet.*

Stroke Clinics are coming up:

- **July 10th - 14th and July 31st - August 4th** - Contact Swim Coach Eric Bugna ericbugna@gmail.com to sign-up.

As a reminder: There are no swim lessons on Monday & Tuesday, July 3rd & 4th

Bernadette Diepenbrock, IC Pool Manager
bernadettediepenbrock@yahoo.com

Pool Staff:
Eric Bugna - Head Coach & Swim Instructor
Sophia Penrose - Head Lifeguard & Lesson Coordinator

![Mike Howser & grandchildren enjoying the pool](image1)

![Swim Team dry land training](image2)

![Molly McMullen, Isabella Jacobs & Emmett Coughlin-Glaser teaching swim lessons](image3)
**WALTER’S WISDOM**

*By: Walter Seidel, Tennis Director*

Our new hitting wall has arrived and I have been using the wall in my lessons to enforce good tennis technique. This is another tool that you can take advantage of at the club to better your tennis game.

The hitting wall is located on the outside singles court and is easily accessible through a new door that was cut into the wall behind court four. The wall was designed in a way where it is slightly sloped as to make it more realistic with the ball coming back at you when you are hitting with someone on a regular court. The best part about the wall is that you don’t need to find someone to play with or haul the ball machine out. All you need is a couple of balls and that’s it!

In tennis you have to hit and prepare for the next shot and this is something the ball machine doesn’t really offer you. On the wall, after you hit the ball you have to get ready fast for the reply ball. If you hit a bad shot it makes getting to the next ball so much tougher so it teaches you to really aim and move your feet to keep that ball going for as long as possible. It’s also a great way to work on your volleys by just standing close to the wall and trying to keep the ball going out of the air. My favorite exercise is to hit the ball like a serve down hard so the ball hits the ground just in front of the wall and then the ball bounces high up off the wall and then I will continue to hit overheads this way trying to keep the ball going for as long as possible.

Try our new hitting wall out and let me know what you think!

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**ADAPTIVE YOGA CLASSES**

With Camille Solyagua, C-IAYT
Thursdays 10:30 - 11:45 am

**Class is limited to 11 students**
Please sign-up at the front desk or email pmchugh@irvingtonclub.com

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 and various other props for support and balance. The students are guided through a gentle sequence of movements synchronized with breath that helps develop strength, flexibility, stamina and mental clarity.

Camille Solyagua, a deeply committed yoga therapist, helps people understand how a devoted yoga practice leads to healing, well-being, and an ongoing healthy mind/body connection.

Yoga can be for everyone.
All you need to be able to do is breathe!
When I was younger I tried out for my first league basketball team. I was a few minutes late to the first practice and I was lacing up my shoes when the first drill started. There was an odd number so I did the first drill alone. I did ok but the second drill was kind of fancy and I was still alone. I was slower than the other kids and then dribbled the ball off my foot. I couldn’t help but notice that the kids behind me, some of whom I knew from as far back as preschool, stared at me. The coach stopped the drill and picked teams for a scrimmage. I was the only one not put on a team. I sat on the bench the rest of the tryout. I did not go back, but as I think about it now, if one person, just one, had said something nice to me, I would have stayed. That is Ruth Johnson’s experience of social isolation, and as a teen board member of “Beyond Differences,” she tells this story to middle school students in an effort to end social isolation.

Ruth Johnson, Paige Nelson, and Isabella Jacobs, all Irvington members and Grant High students, are 3 of the 21 Grant High students who make up the Beyond Differences teen board. Beyond Differences, a non-profit that started in Northern California and now operates in Oregon, works to inspire students to end social isolation and to create a culture of belonging for everyone.

On a recent visit to Roseway Heights Middle School in connection with the Beyond Differences program, “No One Eats Alone Day,” Paige noticed a student sitting alone and asked if she could join him. She took a sincere interest in the student and wanted to find a point of connection with him. “He told me he really likes ketchup and mayonnaise, so that’s what we talked about. It was hilarious.” Nelson, Jacobs and Johnson model inclusive behavior to raise awareness about social isolation. “Once we tell our own story of social isolation, students see our vulnerabilities and can relate to us,” Nelson said.

Paige’s story of social isolation is one that many middle school students experience but few discuss. “I was really shy when I was younger and I had a hard time making friends. One day I decided I was just going to put myself out there and try. I sat at a table with a group of kids I really wanted to become friends with. They said that if your names starts with an M or an R or a C you can sit here. Otherwise you have to leave. Since my name did not start with one of those letters so I had to leave. Then another kid sat down and her name did not start with an M, and R or a C. I realized they did not want me at their table.”

Isabella explained that social isolation is different from bullying. “It is easy to overlook social isolation. It could something as simple as a group of people talking about what they all did together over the weekend without realizing that one person in the conversation was not invited. That is social isolation.” Jacobs said that teen board members have been well received at the middle schools. “They hear our stories and some of the kids come up and ask us how they can get involved.”

Elizabeth Casson-Taylor, Club member and Former PPS Principal says, “As a former middle school principal, I observed firsthand the power of young voices. I am so proud of these students who saw a need and moved to action. As adults, it is imperative that we support thoughtful ideas of young adults with our time and financial support.”

Beyond Differences programs include “Know Your Classmates,” which explores youth identity and belonging and works to understand traditions and to recognize stereotypes, and “Call It Out Day,” focused on creating inclusive communities online and teaching students how to respond to digital gossip, in addition to the “No One Eats Alone” program. The Grant High School teen board is working to get into every middle school in Portland, and hopes to form teen boards in a few more high schools. Middle school students interested in this program can apply to participate in the Middle School Leadership Retreat and can start a Beyond Differences Club at their school.

If you are interested in this program, feel free to contact Paige, Ruth or Isabella by email sherilouis@beyonddifferences.org or visit Beyond Differences webpage at beyonddifferences.org