



IRVINGTON CLUB NEWS

JUNE 2017

NOTES FROM THE PRESIDENT

Dearest Members,

As I write this over Memorial Day weekend, it seems - indeed - that summer has arrived. The pool has opened, outdoor play is an option, our tennis and pool community expands as we welcome pool members and make our courts available to the very patient who joined our waitlist, and experience the diverse vitality of our local parks.

Last month I mentioned, "*The Club That Roared*" as recommended reading. It's a fun and easy read that tells the history of The Irvington Club and its notable impact on tennis in Oregon. We will arrange to have some copies pool-side. As stewards of our mission: "To share among our members a love of tennis that is distinguished by friendliness, inclusiveness and tradition," it is important to know and appreciate our past as we go forward together.

I wish you all a healthy and joyful summer!

Warmly,
Alysa

**\$13,000 adidas Open Championships
Presented by Columbia Bank**

June 21st - 25th



adidas Open Pro-Am
June 20th

NOTES FROM THE GENERAL MANAGER

Dear Irvington Members,

We sent out a blast last month to see what the interest level would be for an Adaptive Yoga class during the day. There was a lot of interest, so I'm happy to say we are starting the class Thursday, June 1st. It will run from 10:30 - 11:45 am and the instructor is Camille Solyagua. I am so pleased to be able to offer this class to our members. Also, remember we have a class on Monday evenings from 7:00 - 8:15 pm taught by Lita Batho. Yoga is excellent for the body and the mind so consider participating in one or both of these classes. Please contact the front desk if you need information about either class.

Tai Chi is continuing through the summer on Tuesday nights from 5:45 - 7:00 pm. This is great for your tennis game so if you are interested, please see the information at the front desk.

The adidas Open is coming soon with the Pro-Am starting on Tuesday, June 20th and tournament play beginning Wednesday, June 21st. We are already seeing some of the top players in the PNW registering. There is still time to support this fantastic tournament! If you are interested, please check at the front desk for sponsorship details.

Club member Takiyah Williams will be cooking dinner during the tournament on Friday, June 23rd. On a personal note, Takiyah's oldest son, Omari, suffered a stroke several months ago. He was in the hospital for two months and is now living with Takiyah, as he needs 24-hour care. Omari was one of the driving forces behind the *Caribbean Kookpot* food truck. The Club is going to partner with Takiyah and all the monies from the sale of the dinners will go to Omari's fund. If you can't stay, order a meal to go! Please help support Takiyah and her son by purchasing meals that night. We will be sending out an email blast with more details.

I am looking forward to a great summer here at our amazing Club!

Barbara

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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.



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

MEMBER SCOREBOARD

75 National Hard Court Championships

May 14 - 19, 2017
Laguna Woods, CA

75 Doubles

John Popplewell and Allan Carter (Boca Raton, FL)
were Finalists.

HIGH SCHOOL STATE TOURNAMENT

Congratulations to all our juniors in this year's state high school tournament!

Luca Breslau - Quarterfinalist
Sarah Duran - Consolation Quarterfinalist
Cal Fenner - 3rd Place Doubles
Mia Friedman - Quarterfinalist
Andrew Finkelman - 3rd Place Singles
Mariko Locke - 2nd Round
Maria Quisling - 2nd Round
Sophie Quisling - 2nd Round
Joey Schwartz - Semifinalist

IMPORTANT DATES

Wednesday, June 14th
Tennis Committee - 5:30 pm

•
Monday, June 19th
Swim Lesson Session 1 Begins

•
Tuesday, June 20th
adidas Open Pro-Am

•
Wednesday, June 21st
Board Meeting - 5:30 pm

•
June 21st - 25th
adidas Open Championships

•
Monday, June 26th
Tennis Lesson Session 1 Begins



LADIES' LAST MONDAY SCHEDULE

Every week has been a smashing success!

Come and join in on the fun ...

May 22 • September 25	3.0 paired with 3.5
June 26 • October 30	4.0 paired with 4.5+
July 31 • November 27	2.5 paired with 3.0
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.

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

SWIMMING NEWS

The "First Dip" this year had a nice crowd of 13 enthusiastic kids along the perimeter of the pool eagerly awaiting the whistle. These swimmers, of all ages, jumped and dove in the water right at noon on Saturday. It was a busy, beautiful weekend at the pool with lots of families and friends gathering and enjoying the kick-off to summer. Thank you to Brian for getting the pool ready for the season and to member Stephanie Vickers for her green thumb and the wonderful hanging baskets & flower pots around the pool.

We are very fortunate to have another great lifeguarding staff keeping everyone safe and everything in order at the pool. **Chet Selis** is back for his 6th summer as an Irvington Lifeguard. He is a Head Guard along with **Sofia Penrose** who is in her 5th summer with us. Along with lifeguarding, **Sofia** will be our new **Swim Lesson Coordinator**, taking Lane's place. Sofia has been busy taking sign-ups and getting swim classes organized. Group Swim lessons begin Monday, June 19th. Sessions are two weeks (8 days) running Monday - Thursday this year. Private lessons are offered this summer on Friday, Saturday and Sunday mornings and can be scheduled at the front desk with Anita, until Sofia returns from college on June 19th.

Also returning this summer is **Eric Bugna**. Eric will step into the **Head Coaching** role left by Will. The Swim Team coaches will host a Parent Meeting on Tuesday, June 6th at 7:15 pm in the ballroom. This will be an opportunity for parents to meet the coaches and learn about the swim team plans for the summer. The swim team will also host a home meet in the morning on Saturday, July 8th. Come on out and cheer on your Manta Rays!

Sam Stone, Molly McMullen and Tess Waxman are also all retuning for their 3rd summer as lifeguards and swim instructors. Molly and Tess will be coaching the swim team along with newcomer **Claire Stuhr**. Claire is a Portland native who swam at Franklin School and now swims at University of Redlands with Eric. Another college swimmer joining our staff this summer is **Rory Kearns**. Rory swam at St. Mary's High School before earning a full swimming scholarship to LaSalle University in Philadelphia, PA. Rory and Claire both join our staff as experienced swim teachers and lifeguards.

Returning for a 2nd summer by the pool are **Ellie Williams, Isabella Jacobs and Shanti Dubey**. Rounding out the Pool Staff are newcomers **Carly Mazzone, Brooke Waxman, Emmett Glaser, Ella Kohn and Oliver Prince**. Brooke, Emmett, Ella and Oliver have all been members at the Club and have participated in our summer swim team in previous summers.

There is a lot going on at the pool this summer and we are looking forward to a fun and busy season!

- Our **Summer Kick-off Pool Party** is scheduled for Friday, June 2nd at 5:30 pm.
- "The Colors Game" is back and being enjoyed by all ages along with "Categories" and "Concentration!"
- The **Adult Fitness class** will be taught by Eric (and Claire on occasion) and is set to begin on Sunday, June 4th and run every Tuesday and Thursday morning from 6:30 - 7:45 am for members only. Sunday mornings this class is open to members and guests and runs from 8:30 - 9:30 am. Participants must sign in at the Front Desk.
- Mark your calendar and practice your Cornhole skills! Our **Annual Club BBQ** is planned for Thursday, July 20th.
- We are also planning another fun **Ladies Night** for Monday, August 7th.

As always, if you have any questions, please don't hesitate to contact me ... see you around the pool!

Bernadette Diepenbrock, IC Pool Manager
bernadettediepenbrock@yahoo.com

Pool Staff:

Bernadette Diepenbrock - Pool Manager
Eric Bugna - Head Coach & Swim Instructor
Sophia Penrose - Head Lifeguard & Lesson Coordinator

Lifeguards:

Molly McMullen, Asst. Swim Coach & Instructor
Sam Stone, Swim Instructor
Tess Waxman, Asst. Swim Coach, Pre-Swim Coach & Instructor
Shanti Dubey, Swim Instructor
Isabella Jacobs, Swim instructor
Claire Stuhr, Asst. Swim Coach, Swim Instructor
Ellie Williams, Swim Instructor

Head Lifeguard:

Chet Selis, Swim Instructor

Rory Kearns, Swim Instructor
Carly Mazzone, Swim instructor
Brooke Waxman, Swim Instructor
Ella Kohn, Swim Instructor
Oliver Prince, Swim Instructor
Emmett Glaser, Asst. Pre-Swim Coach & Swim Instructor

JUNIOR TEAM TENNIS

Saturday, June 3rd 12:00 pm JTT 10s Naugler
 Sunday, June 4th 12:00 pm JTT 12s Martinez Griffin
 Sunday, June 11th 12:00 pm JTT 14s Laurent

ADAPTIVE YOGA CLASSES

With Camille Solyagua, C-IAYT
Beginning June 1st

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.

In 2012, Camille completed her 200-hour teacher training in hatha yoga at The Movement Center in Portland, Oregon. She then completed her 500-hour yoga therapy training in June, 2015 through the DAYA Foundation also located in Portland.

Camille has taught yoga to middle school students with learning differences, to adults in rehabilitation from drugs and alcohol, and to people living with PTSD. She has also worked with adults and seniors recovering from, or coping with, the challenges of degenerative diseases, joint replacements and chronic pain. In addition, Camille helped lead a 200-hour Yoga Alliance Teacher Training program at the Oregon State Correctional Institution, helping long-term inmates complete their yoga certification enabling them to offer yoga instruction to more vulnerable populations within the prison.

Camille is a registered teacher with Yoga Alliance and the International Association of Yoga Therapists.

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



USTA MATCHES

June 3rd	2:30 pm	40+ Men 3.0	Kayser / Windish
	5:00 pm	40+ Men 4.0	Terry Gariety
	7:30 pm	40+ Men 4.5+	Tom Lux
June 4th	2:30 pm	40+ Women 2.5	Doubleday / Crabtree
	5:00 pm	40+ Women 3.5	Deb Naugler
	7:30 pm	40+ Women 3.0	Gina Hill
June 10th	5:00 pm	40+ Men 3.5	Beall / Laurent
	7:30 pm	40+ Women 4.0	Tara Hendrickson
June 11th	5:00 pm	40+ Women 2.5	Doubleday / Crabtree
	7:30 pm	40+ Men 4.5+	Tom Lux
June 16th	7:30 pm	40+ Men 4.5+	Tom Lux
June 17th	2:30 pm	40+ Women 4.5+	Jana Corder
	5:00 pm	40+ Women 4.0	Tara Hendrickson



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IRVINGTON TENNIS CLUB MEMBER SINCE 1991

adidas Open Sponsorships

The \$13,000 adidas Open Championships 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

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SILVER SPONSOR — \$400

CIRCLE OF 100 (*member exclusive*) — \$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

“It Takes a Community” Spotlight ... Barb Farmer

By: Amy Alpern

As many of you recall, the IC Board conducted a survey last year to determine how members rated the Board's adherence to its newly adopted core values (Integrity, Respect, Service, Passion, Stewardship, Transparency, Excellence, Community). What resonated from that survey is that members want the Board to put more focus on “community.” The Board heard your message, and is adding a column to our Monthly Newsletter called “It Takes A Community.” We will highlight one or more adult or junior members or organizations each month, brag just a bit about the IC member involvement, and provide information about who to contact to join in the effort.

But, it will take a community, so we need you all to let us know what volunteer work you or other members, including our junior members, are doing in the community. We will take it from there! High school con team and sports team coaches, mentors, food deliveries to the elderly. We know MANY of you are out there doing great things, but we do need help in finding out what folks are up to. Please drop an email to amyalpern58@gmail.com, or contact Barb or Alys, if you or someone you know is up to something good.

It seems appropriate to kick off this venture by highlighting Barb Farmer's volunteer activities. Barb is the Vice President of the Greater Portland Tennis Council, a non-profit organization that oversees World Team Tennis, T is for Tennis (teaching tennis and life skills to children in North Portland), the Oregon State Tennis Championships, and provides support to high school tennis programs, Wheelchair Tennis Association and Special Olympics. Barb is proud that the Oregon State Tennis Championships, held in July of every year, dates back to 1898. “I'm a traditionalist. It is so important to keep this tournament going. It is a part of Oregon's tennis history.” This year, the entire tournament will be held at one venue, Tualatin Hills Rec Center, and runs from July 17th - 23rd.

“T is for Tennis is the program that tugs at my heart. We go into the schools and introduce tennis to 4-5 year olds. To me, tennis is more than the game. It teaches us how to deal with challenges we face. It just makes me feel so good to be a part of this.”

Member Lisa Lynch, who worked with Barb on the GPTC Board for several years, was “amazed again and again by the number of hours she gives to ensure not just the well being of our club, but the well being of the greater tennis community.”

Barb's early volunteer efforts include helping start a no-cost neuter and spay program. She laughs when she recalls that the first meeting was at a pizza place and just she and one other woman attended. The result was the shelter, Home at Last, which ended up taking over the Humane Society of The Dalles. (That's where Barb got her beloved dog India and all of her cats.)

“I've always done volunteer work because it makes me feel so good, but the older I get, the more I see what people can do.” Barb explained that anyone with a passion for kids and tennis can be a GPTC volunteer. For more information on how to get involved, check out GPTC's website (www.gptenniscouncil.org) or talk to Barb.

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