



IRVINGTON CLUB NEWS

AUGUST
2017

NOTES FROM THE GENERAL MANAGER

Dear Members:

Summer is in full swing at our amazing Club! The pool is busy and the programs (both tennis and swim) are going well. We still have some spots open for the tennis camp sessions, so if you are interested, please check with the front desk staff for availability.

It's hard to believe we are more than half way through summer. I must say we have had some extraordinary weather (no rain) this season which has kept the pool hopping!

The Annual BBQ was a huge success and the tennis was amazing. Thanks to our pros for lining up such an elite group of players, including: Travis Parrott, Jordan Kerr, Brian Joelson and our very own Mike Tammen. After an entertaining and hard fought match to a tie-breaker, Jordan and Brian prevailed.

I think everyone enjoyed the Bro Dog food truck - just the wait was a bit long. The owner said he would be willing to bring two trucks next time so that would help tremendously. Bernadette and her staff did a great job with all the games, decorating, and planning and running the various events. Conor single-handedly ran the beer and wine station. I think we exceeded our attendance count from last year, which was 160.

Our next summer event is Ladies Night at the Pool on Monday, August 7th. Please join us poolside for some wine and snacks starting at 5:30 pm.

Hope to see you at the Club!

Barbara

Soren & Emmett Coughlin-Glaser manning the photo booth



Carol Davidson & Mary Ann Seeger enjoying a poolside beverage at the BBQ



Stephanie Vickers, Salad Maker & Kitchen Assistant Extraordinaire at the Annual BBQ. Thank you for all your help!

Thank you to young entrepreneur Gus Harvey for taking the initiative and setting up his snow cone stand during our annual BBQ. It was a big hit with the kids ... both young & old!

JOEY'S FITNESS & BODY SCULPTING

Strength, Agility & Core Conditioning Class

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

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

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

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

GYM ETIQUETTE

By: Joey Smith

The weight room is a place for all members - new, long-time, young & old and I wanted to take a moment to go over some Irvington Club weight room etiquette. Every month, I will be sharing some words of wisdom that everyone should be conscious of when using the weight room at the Club.

Shower / Clean Your Workout Clothes!

People should not be able to smell you coming. Keep things fresh! I know some people will work out, cram their sweaty gym clothes in a gym bag and then let them sit there and marinate until their next workout. After a few rounds of this, the clothes are likely to hop out of the bag themselves and start running around.

Use a Towel / Wipe Down Equipment

Cleanliness should be a given when sharing equipment. We've probably all seen the person who doesn't use a towel and/or leaves a big sweaty puddle on the bench before they run off. Don't be that person!

Use a towel (or bring one if one isn't provided), and be sure to wipe down all surfaces your skin touches when you're done with the equipment. The Club provides wipes and spray bottles with disinfectant throughout the gym that you can use to spray and wipe down a piece of equipment. Not sure? Ask the staff!

LADIES' LAST MONDAY

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

August 28 • 3.5 paired with 4.0

Play begins at 6:15 pm
Call the Club on Thursday, August 24th
at 9am to sign-up

IMPORTANT DATES

Monday, July 24th

Session 3 Tennis Lessons Start

•
Monday, July 31st

Session 4 Swim Lessons Start

•
Monday, August 7th

Session 4 Tennis Lessons Start

•
Monday, August 7th

Ladies Night at the Pool

•
Wednesday, August 9th

Tennis Committee Meeting

•
Monday, July 31st

Session 4 Swim Lessons Start

•
Saturday, August 12th

Championship Swim Meet at
Mt. Hood Community College

•
Wednesday, August 16th

Board Meeting

•
Monday, August 21st

Session 5 Tennis Lessons Start

•
Monday, September 4th

Labor Day

Pool on a Saturday Schedule

2017 Board of Trustees

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Co-Tennis Director - Cris Valverde

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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

Caribbean KookPot Fundraiser

I am grateful for all the support my family has received from everyone. After all expenses, the total raised was \$1,900 between the sale of dinners and donations from members and friends. This has helped to contribute towards his computer. Omari expresses his gratitude. I thank you from the bottom of my heart. I thank you for not only the financial help, but also, most of all, the kindness of your heart and the emotional support we have received so far.

My son, Omari, continues to thrive every day. He is encouraged to keep fighting and working hard during therapy sessions. I am hopeful and thankful for the gifts and miracles of life.

I also want to express my sincere gratitude to everyone who stood behind me and helped me to plan, cook, serve, clean and follow through with this fundraiser. I couldn't have done this without your unconditional love and support. I thank you wholeheartedly because you can't imagine all the happiness and joy you brought my family and me during this challenging time.

As Always,

Love,

Takiyah, Omari, Kai and Malakai



SWIMMING NEWS

Block Party Success! Thank you to everyone for coming and enjoying the night with us. The Block Party was so much fun! Thank you to all of our Cornhole tournament participants and to those of you who let us borrow your equipment! Also, thank you Soren for setting up the photo booth! That was a big hit enjoyed by all ages. It is not too early to plan for next year. The Block Party always falls on the 3rd Thursday in July so mark your calendar for next year - July 19, 2018!

Happy August from the Pool! Summer is zipping by with the best summer weather on record! Here is what we have going on in August:

July 31 - August 4th - Swim Team Coaches will be running another week of Stroke Clinics between 12:30 - 1:30 pm (this will mean less lanes for mid-day lap swimming). Each day they work with swimmers on a particular stroke and Friday they work on starts, turns and finishes. These stroke clinics could be open to adults too, if there is room. Contact me if you are interested.

August 7 - Ladies Night at the Pool. Join us starting at 5:30 pm for wine and snacks poolside!

August 12th - The last swim meet of the season. This means there will be no more swim practice in the mornings after August 11th. Lap Swimmers, mark your calendars, morning lap swimming will be back beginning Monday, August 14th!

August 30th - School begins. We will return to a temporary schedule when school begins for Portland Public Schools the week of August 30th. This is dependent upon the lifeguards' availability schedule and is subject to change. The schedule for that week will be posted and sent out via an email communication.

September 4th - Labor Day, the pool will run on a Saturday schedule.

As always, let me know if you have questions or concerns.

Bernadette Diepenbrock, Pool Manager
bernadettediepenbrock@yahoo.com
503-432-6017



Lifeguards & Face Painting Artists
Brooke Waxman & Isabella Jacobs at the BBQ

Cornhole Tournament

Annual BBQ ~ July 20th

Congratulations to
our Champions!

Adult Division

Wendy Buchanan & Eric Olsen

15 & Under Division

Gus Krauel & Parker Reno-Zinn

Adult Swimming Class

There have been a few requests for an Adult Swim Lesson Class this summer.

Are you interested in reviewing your technique?
Do you want to learn a stroke you didn't learn well when you were younger?

Call me or email me and let me know!
I'm hoping to schedule a class soon.

Bernadette



Swim Team Practice



SOU HALL OF FAME

Congrats to IC Member John Popplewell!

ASHLAND – The Southern Oregon University Sports Hall of Fame will expand again this fall, admitting five individuals and one team representing four decades of Raider athletics.

The class of 2017 was announced Friday, July 14th by the Hall of Fame committee and includes a trio of men's tennis stars – **Dick Blacksmith, John Popplewell** and **Ken Stevenson** – known as SOU's "Big Three" from 1963-66, wrestling standout **Joe Bold** (1974-76), All-American heptathlete **Jennifer Harman Adamy** (1991-94) and the Raiders' memorable **2001 football team**.

An induction ceremony will be held the morning of Saturday, September 30th in the Rogue River Room on the SOU campus. Later that day, at halftime of SOU's 1:00 p.m. football game against Rocky Mountain (Mont.), the inductees will be recognized in front of the Raider Stadium crowd.

With **Blacksmith, Popplewell** and **Stevenson** lettering alongside each other for four years, the then-Southern Oregon College men's tennis team was an Oregon Collegiate Conference powerhouse. During their time, the Raiders never lost an OCC dual match and claimed the OCC Tournament title four years in a row. They were also a force at the NAIA District II Championships – placing second in 1963, tying for first in '64 and '65, and winning it outright in '66. Blacksmith and **Popplewell** competed at the NAIA National Championships, too – an injury kept Stevenson home – and led Southern Oregon to eighth place as seniors. Their résumé as a team was padded by victories over NCAA opponents, beating Oregon State and Seattle University as freshman and topping University of Oregon twice as sophomores.

The only men's tennis player to previously enter the hall was Vern Loy (1968-71) with the class of 1993.



Article originally published by
Southern Oregon University

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!**

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IRVINGTON TENNIS CLUB MEMBER SINCE 1991

“It Takes a Community” Spotlight ...

Barney Giansante is a Devoted Hospital Volunteer

By: Amy Alpern

When Irvington Club 120 Member Barney Giansante was asked what motivates him to spend six hours or more every week for the last 22 years volunteering at St. Vincent Hospital, his answer was simple, “I enjoy helping others.” Giansante, who assists ICU and CCU nurses control the flow of patient visitors, said watching patients progress makes it all worthwhile.

Barney’s volunteer duties are to check with the nurse before allowing a visitor into ICU or CCU, and he is the one to deliver the news when the visitors, typically family members, have to be told to come back another time. “I have a deep regard for the work nurses do, and anything we can do to make their jobs easier is good for the patient.”

Although Barney does not enter the patient’s room, he is aware of the progress the patients are making while in ICU, particularly those who are there for several weeks. “I can’t tell you how much I enjoy this work,” he says. “Knowing that patients are getting better, and the free lunch (he says with a smile) are what make this all worth it.”

Barney joined the Irvington Club in 1975, and drives to NE Portland from his home in Beaverton to play tennis 2 - 3 times a week. “I look forward to coming here. Everyone is nice to me. I have a group of regulars, and even play with the young guys like Terrell Gault, John Lynch and Stephen Doubleday.” (Keep in mind that this group of young guys - other than Doubleday - all qualify for the senior division in Irvington Club tournaments, but Giansante is still playing at age 90, so yeah, I get it).

Barney’s regular tennis buddies have a lot of respect for his game, but what stands out for Lynch is how patient Giansante was with him when Lynch started playing 10 years ago. “I could barely hit the ball over the net and he and his buddies were so patient with me. They taught me how to play and made it really fun. I’d run here and there just to stay in the point and somehow Barney could stand in one place and make it look easy,” said Lynch.

When asked how he would recommend building community here at the Irvington Club, Barney again had a very simple answer, “Help your neighbors. Sometimes even helping just a little can make a huge difference.”



Celebrating Barney’s 90th Birthday
Marzinda & Gordon McComb,
Roger McElhaney & Fred Hazzard



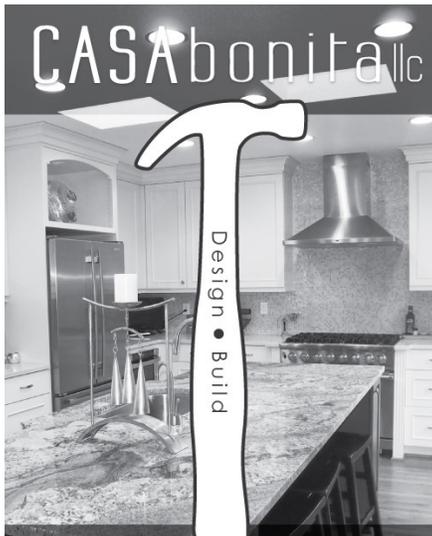
Daddy Mojo’s Has the Finest Gallery of Signed Celebrity Memorabilia of Any Bar in Portland

Mark Twain, Jimmy Carter, Tina Turner and Muhammad Ali walk into a bar in Portland - stop us if you’ve heard this one. Along with being the last of the dive bars on inner NE Fremont Street, Daddy Mojo’s is a bewildering kaleidoscope of breakfast café, sushi joint, soul kitchen and sports bar. But it’s also the finest gallery of framed celebrity photographs and bric-a-brac in Portland, the singular obsession of owner Vilath Oudomphong, a Laotian immigrant who has lorded over Mojo’s with his saucy wife, Riko, since 2004.

It might seem random - signed mugs of George Clooney and Robert DeNiro keep watch over the ladies’ room, while Abe Lincoln (unsigned) holds court next to Sinatra in a booth - but Oudomphong says his collection is carefully curated. There’s a theme here: historical figures, musicians (including more than a dozen unsigned Michael Jackson shots on one wall), actors, and a ton of tennis stars. Oudomphong’s a rabid tennis fan, and his collection includes two replica Wimbledon rackets and shots of everyone from Maria Sharapova to Roger Federer alongside what he considers his greatest prize: a signed Anna Kournikova. He met her, he says, but had to buy the framed shot via eBay, same way he bought the mugs. All are certified authentic. There’s also a section of presidents. Carter and Obama - both signed - stick out among POTUSes past, though it sounds like Oudomphong’s not planning on keeping current. “I’m not gonna hang Trump next to Obama,” he says, smiling as customers play keno on an early Wednesday afternoon. “I’m not gonna do that.”

(Article originally published in Willamette Week by AP Kryza; photo by Henry Cromett)

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