



IRVINGTON CLUB NEWS

SEPTEMBER
2017

NOTES FROM THE PRESIDENT

Dear Members,

Don't we always find ourselves asking the same question this time of year ... "Where did the summer go?" I hope yours was fun-filled and that you are looking forward to the exciting changes Fall brings.

For the Board, we spent much of our energy this summer (appropriately) focused on the pool. We wanted to learn more about how we use and enjoy our pool and what improvements matter most to us. The results of the survey have been compiled and we will be sharing them with the Pool Master Planning Committee soon. That meeting will be open to all members, so look for an invitation within the next few weeks. After the meeting, we will post the survey results to the website. Thank you to Keith Johnson and John Campbell for all their great work and thank you to all the members who completed the survey.

Last month we were proud to host a Junior Exchange Match with a group of kids who traveled from Modesto, CA with tennis pro Mark Weir. They had a great time playing and visiting Portland and were a fantastic bunch of kids. A special thank you to our members who hosted players for the night ... William & Shelia Seidl, Paul & Tracy Laurent and Michael & Kristin Butler. We appreciate your generosity in opening up your home to them.

Looking forward to seeing you INSIDE at the club!

Warmly,

Alysa

IMPORTANT DATES

Monday, September 4th

Labor Day

Pool on a Saturday Schedule



Tuesday, September 5th

Junior Fall Tennis Session Begins



Wednesday, September 13th

Tennis Committee Meeting



Wednesday, September 27th

Board Meeting

NOTES FROM THE GENERAL MANAGER

Dear Irvington Members,

Swoosh ... just like that, summer has come and is about to be gone! Families are taking their "end of summer" trips and preparing for school to start. Our summer programs have ended and we have posted our Fall junior schedules. You can view the schedule on our webpage or pick up a copy at the front desk.

Kudos to our Pool Manager, Bernadette Diepenbrock, and her staff for a great summer at our pool. Our swim team came in second at the Championship Meet - way to go Manta Rays! Swim Team Coach Eric Bugna and his team led them to a very successful season.

We have two major projects we are planning for the Fall/Spring:

- Resurfacing of the pool along with other improvements and;
- Re-building the fence along 22nd Avenue

We only received a couple of the white bath towels back, so I will be looking at a different system that will make it easier to track. I will review our policies in another month (after pool season) and see where we are at that time.

Our biggest and longest tournament of the year is coming up! The Carolyn Lumber Tournament will run Sunday, October 8th through Saturday, October 21st so mark your calendars and get your doubles partner lined up!

As always, I hope to see you at our amazing Club, which is much more than a game of tennis; it's enjoying and being with our friends.

Barbara



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.

Read The Rules at Your Gym

This seems obvious, but when you step into the gym, take a look around at any rules that are posted on the walls. They are there for a reason. And if you're not sure about a rule, ask a staff member. Some things that are 100% perfectly fine for one gym may not be okay for another gym.

Put Equipment Away

After you finish an exercise, put stuff back where it goes. Don't wait until the end of your workout; you should be cleaning up as you go along. Not sure where something goes? Ask the staff!

If you are lifting and using a bar, please, please, please put the weights back in some semblance of order. This is just common courtesy.

LADIES' LAST MONDAY

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

September 25 • 3.0 paired with 3.5

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

MEMBER SCOREBOARD

Oregon State Tennis Championships Tualatin Hills Tennis Center ~ July 20th - 23rd

1st ~ Men's Open Singles Backdraw ~ Joey Schwartz

1st ~ Men's 55 Singles ~ Mike Tammen

1st ~ Men's 55 Doubles ~ Mike Tammen / Josef Brabenec

1st ~ Men's 70 Doubles ~ John Popplewell / Chuck White

1st ~ Men's 75 Doubles ~ John Popplewell / Chuck White

1st ~ Men's 80 Singles ~ Steve Hall

Quarterfinalist ~ Men's Open Doubles ~ Andrew Finkelman

Quarterfinalist Consolation ~ Men's 70 Singles ~ Roger North

Finalist ~ Women's 70 Singles ~ Mary Ann Seeger

Round Robin ~ Men's 70 Doubles ~ Gene Avery / Chris Thomas

Round Robin ~ Women's 45 Doubles ~ Lisa Lynch / Allyson Maynard

Round Robin ~ Women's 55 Doubles ~ Kathleen Goodfriend / Lisa Lynch

• • • • •

127th Washington State Open Championships Seattle Tennis Club ~ Seattle, WA ~ August 1st - 6th

1st ~ Men's 75 Doubles ~ John Popplewell & Chuck White

JUNIOR INTERMEDIATE CHAMPIONSHIPS

The Irvington Club ~ August 18th - 20th

Boys 16 Singles

Finals ~ Gus Krauel d. Mason Lebbly 7-6, 6-1

Boys 14 Singles

Semifinalist ~ Parker Reno-Zinn

Quarterfinalist ~ Max Furman

Boys 12 Singles

Elliot Raiton d. Cyrus Ngan 7-6, 6-3

Semifinalists ~ Diego Martinez Griffin & Rafa Valverde

Quarterfinalist ~ Cohen Boyer, Bridger Ames & Paul Redhead

Consolations

Ethan Meditz d. Teddy Kelleher 6-2, 6-2

Semi Finalist ~ Bridger Ames

Boys 16 Doubles

Finalists ~ Gus Krauel / Parker Reno-Zinn

Boys 14 Doubles

Finalists ~ Leo Butler / Max Furman

Consolations Finalists ~ Harris Christensen / Andrew Tran

Boys 12 Doubles

Finalists ~ Armand Lettiere / Diego Martinez Griffin

Semifinalists ~ Elliot Raiton / Rafa Valverde & Teddy Kelleher / Liam Seidl

Consolation Finals

Ethan Meditz / Paul Redhead d. Cohen Boyer / Kazmer Zawadzki 6-1, 6-0

Girls 16 Singles

Finalist ~ Ella Kohn

Consolation Finals

Paitlyn Raze d. Sydney Tran 6-3, 6-2

Girls 12 Singles

Semifinalist ~ Marina Seidl

SWIMMING NEWS

As the carefree days and warm nights of summer come to an end, so does the freedom of hanging out by the pool for hours. The time to transition back to school and routines is upon us.

Before we close the pool for the season, I would like to express appreciation for great work from many wonderful people who have helped make this summer super successful.

- Thank you Brian! Brian comes in very early every morning, and all summer keeps the pool in tip top shape for us all to enjoy.
- Thank you Sofia Penrose, our Swim Lesson Coordinator. Sofia did an excellent job with our swim lesson program. What a joy it has been to watch so many children learn to swim all summer. Sofia is also one of our Head Lifeguards and has demonstrated outstanding leadership poolside all summer long.
- Thank you to our swim team coaches, Eric, Claire, Molly, Tess, Rory and Emmett. Our swim team finished in 2nd place at Mt. Hood in the Championship meet. The season ended with a fun party in the ballroom.
- Thank you to all of our lifeguards and swim instructors. We have a great group of young adults and summer was long and hot this year. We are so fortunate to have a committed staff who have worked well together through many long, hot days keeping everyone safe. Join me in wishing them all the best as they return to their high schools and colleges.
- Thank you Barb, Anita and Pam for so much behind the scenes work and support for our swim programs and activities all summer.

Wishing you and your families a great school year. Farewell Summer - see you next year!

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

Ladies Night at the Pool was well attended and so much fun! Over 50 women came out to enjoy wine, Handful Bras and each other. Thank you again to Stacey Burkhart and her team for preparing the food and to Handful Bras for introducing us to their great product. If you couldn't attend this year, it's not too early to pencil it in for next summer; which is usually the first Monday night in August.



Ladies Night at the Pool





Pee Wee Class & parents watching the Solar Eclipse



Having fun at camp: Ethan Marsal, Teddy Kelleher, Roan Clearwater, Kazmer Zawadzki, and Alex Lattal.



Prize Day at Summer Tennis Camp

Mark your calendars and get your doubles partner lined up!
The Carolyn Lumber Tournament is Coming!
October 8th - 21st ~ Details to Follow!

Adaptive Yoga 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

Design • Refine • Build • Promise
503.282.0545
CooperDesignBuilders.com

COOPER
 DESIGN BUILDERS

Whole House Remodeling
 Integrated Additions
 Custom Homes
 Gourmet Kitchens

Susie Hunt
Moran
 HOMES

Your Full service agent and Eastside Expert
503.970.9866
www.susiehuntmoran.com

Windermere
 REAL ESTATE
 Windermere Sotheby's

Meet Duffy the Real Estate Dog

EYES!
ON BROADWAY
 Optometric Physicians
 Dr. Thomas Barreto - Dr. Heidi Boersma - Dr. Lindy Thomas
2300 NE BROADWAY - 503.248.2300
IRVINGTON TENNIS CLUB MEMBER SINCE 1991



“It Takes a Community” Spotlight ...

Terry Folen & Char Riley Look Out For The Interests of Neglected Children

By: Amy Alpern

Irvington member and former club president Terry Folen has been a Court Appointed Special Advocate (CASA) for the past seven years. Irvington Club member Char Riley was a CASA volunteer for two years before becoming an employee there. As CASA advocates, Folen and Riley do their part to make sure abused and neglected children don't get lost in the legal and social service system. Once assigned to a case, CASA volunteers look out for the best interests of the child or children associated with the case until the child is placed in a safe, permanent home.

“We make sure kids are doing well in school and in the temporary placement. It is not like petting kittens. Sometimes I feel like a detective,” Folen said. Given her background in education, Folen feels most comfortable focusing on how the kids are doing in school, and often plays an active role in making sure kids succeed in school. Folen became involved with CASA because she wanted to make a difference. “The kids we work with know we are there for them. They know they are cared for,” Folen said.

In Oregon, CASA advocates are appointed by the court and become a party to the case. They have access to court documents and attend case-related hearings and meetings. In addition to spending time with the children, advocates are permitted to talk to parents, teachers, caseworkers, doctors and therapists. Ultimately, they prepare and submit written reports about the child's well being to the court and weigh in on permanent placement decisions.

Folen heard about CASA through other Irvington Club members and has encouraged other CASA members to become involved. Riley was drawn to this work after “retiring” from 25 years in healthcare planning. CASA had been on Riley's radar for several years before she spoke to Folen about volunteering. “It all sounded great - a role that combined some of the things I am interested in, such as helping people, doing research, and the legal environment,” Riley said.

“Often these children have missed months of school, haven't seen a doctor or dentist in years, and have witnessed violence and other traumatic events,” explained Riley. “Since a CASA volunteer looks out for just one child or sibling group in the overburdened welfare system, the judge often relies on the information that CASA presents to understand the facts of the case. Folen and Riley feel good about the work they have done and recommendations she has made. “When the cases are over I do wonder how the kids are doing but we don't remain involved. I just hope we gave them the training wheels they need to allow them to succeed on their own.”

Folen and Riley have worked with and have seen other club members in their work as advocates. “I saw Al Karpinski in a suit and didn't even recognize him at first,” Folen said. CASA volunteers do not need any particular background or education. Volunteers need to have a passion for the welfare of children, understand that abuse and neglect have no place in the home, and understand that abuse and neglect have lasting effects on children. Individuals who are interested can contact Terry or Char, or can go to CASA's webpage to sign up for volunteer training. There are many foster children who qualify for a CASA but whose needs go unmet. If this is something that sounds interesting, there is plenty of opportunity here!

New Community Engagement Committee Forming

The Board of Directors voted to form an ad-hoc committee designed to enhance the club's community engagement activities. This decision reflects member interest in placing a greater focus on community within the club as well as the community at large.

We realize the term “community engagement” is broad and it is intentionally so. We anticipate that the committee will work to enhance our internal sense of community, but it will also explore community partnerships with external groups. One of the first tasks of the committee will be to define the scope of the committee's functions by drafting a charter.

Amy Alpern, Liz Casson-Taylor and Barb Farmer are the current committee members. We would like to invite 3 - 4 non-board members to join the committee. If you are interested, please contact Barb Farmer at bfarmer@irvingtonclub.com

Ladies Night at the Pool



CASAbonita llc

Design • Build

Omar Martínez
Becka Martínez Griffin
503-956-0036
casabonitallc@gmail.com
casabonitallc.net

CCB# 189948 | Insured | Bonded

PAUL MARRS
MORTGAGE BANKER
503 781 2114

PREMIER MORTGAGE
RESOURCES

CO.NMLS 1169
MLO-5212

LANCE MARRS
PRINCIPAL BROKER
503 701 5323

LIVING ROOM REALTY

THOMAS P. HARVEY, M.D.
PORTLAND LIFESTYLE MEDICINE

PORTLANDLIFESTYLEMEDICINE.COM

2119 NE HALSEY ST.
PORTLAND, OR 97232

971.328.2516

DANA AUSTIN GRIGGS
Irvington Real Estate Specialist
"new tennis junkie"

www.DanaGriggs.com | 503.793.0782 | Windermere CCRGI

BIG LEAGUE
CHEW[®]
BUBBLE
GUM
SINCE 1980

ERIN
ROTHROCK
HASSON COMPANY REALTORS

WELCOME HOME.

As an Irvington native and lifelong club member, I know NE Portland. If you're thinking of selling or are ready to buy, I'd love to talk to you.

503-784-3810
ERINROTHROCK.COM

Mercantile
PORTLAND

for all the clothes you
love to wear...

A.L.C.
AG Jeans
Amina Rubinacci
ATM
Current / Elliott
Eileen Fisher
Frame Denim
Herno
Majestic
Rag & Bone
Vince

and so much more...

729 SW Alder 503.223.6649
www.mercantileportland.com



Ryan Cook, Ellen Grover, Anne Bower, Matt Flood

Experienced therapists providing individualized care in a friendly environment specializing in orthopedics including: ankle, knee, spine, shoulder and sports rehabilitation

**Broadway
Physical Therapy &
Sports Rehabilitation, LLC**

3016 NE Broadway
503-287-6636