



IRVINGTON CLUB NEWS



OCTOBER 2017

NOTES FROM THE PRESIDENT

Dear Members,

I have this on-going internal (and sometimes external) dialogue about tennis. At times, tennis seems to me like a frivolous luxury. Yet, it brings me so much joy!

Just in the last few weeks I:

- Experienced pure bliss playing tennis at Irving Park on beautiful, clear mornings - with all the distractions and diversity of a vibrant community;
- Went to the first day of the U.S. Open and spent over 12 hours watching AMAZING tennis and being inspired by all the guts and grit and talent and commitment it takes to master the sport;
- Took Andrew to college where he gets to continue his tennis journey;
- Watched the Laver Cup on television (smiling ear to ear at the mere sight of Rafa and Roger sitting side by side on the team bench).

I sometimes catch myself saying things like, "it's only tennis". But tennis is so much. It keeps us socially engaged, physically fit and mentally sharp. It teaches us to play each point and that every point is the opportunity to begin again.

I hope that we continue to value and honor our love for tennis and that as a community we share that love with others.

Thanks for playing!
Alysa

IMPORTANT DATES

- **Monday, October 2nd**
Junior Tennis Session Begins
- **October 7th - 21st**
Carolyn Lumber Tournament
- **Wednesday, October 11th**
Tennis Committee Meeting
- **Wednesday, October 18th**
Board Meeting
- **Thursday, November 16th**
Wine Tasting

NOTES FROM THE GENERAL MANAGER

Dear Irvington Members,

I never thought I would want rain, but our recent rain was greatly welcomed for many reasons; most notably for helping contain the Gorge fire. However, we did have a wonderful hot summer with record breaking days in a row without rain. Our members flocked to the pool in an attempt to beat the heat and stay cool.

Our off-season projects will be mainly directed at the pool with emphasis on the infrastructure: resurfacing, new tile, new coping, and adjusting the lane markers in the bottom of the pool to line up properly with the lap lines. We will also be installing wall targets.

The pool survey and analysis is complete so we will also be working on a plan to capture the wants and desires of our membership. I want to again thank John Campbell and Martha DeLong (cdri) for developing the survey and preparing a comprehensive report on the results. This gives us a good gauge for what people care about in regards to our pool.

By the time I write my next article, the Carolyn Lumber Tournament will be over. This is the 34th year and counting and every year just seems to get better! The tournament committee has recruited some new volunteers to our "fun committee" so I am looking forward to some new ideas to unfold during the tournament.

As always, I hope to see you at our wonderful Club; whether it's playing tennis, working out, playing bridge, doing yoga or maybe all of the above!

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

IN MEMORIAM DON TISDEL

By: Steve Hall



The tennis world lost a good friend in the passing of Don Tisdell on September 9th, 2017. Don was a long-time member of the Irvington Club and served as president in 1973.

An avid player for more than 60 years, he served on the USTA Board from

2005 until his retirement at the end of 2016. He was vice chair of the Budget and Investment committees, as well as the Audit, Compensation and Major Construction Oversight committees. He also served on the board of the USTA Foundation. Even after his retirement from the Board, he continued to serve on the USTA Executive Committee as a Presidential Appointee and on the Investment Committee.

Locally, Don was a top ranked senior player often playing doubles with former Irvington Club members Vern Ball and Jim Jackson.

Don is scheduled to be inducted into the USTA/PNW Hall of Fame on Saturday, October 21st, 2017.

LADIES' LAST MONDAY

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

October 30th
4.0 paired with 4.5+

Play begins at 6:15 pm

**Call the Club on
Thursday, October 26th
at 9am to sign-up**



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 Sarah Thomas • Wendy Weddle

CAROLYN LUMBER TOURNAMENT

The Irvington Club ~ October 7th - 21st Schedule of Events *

- October 6th** - Kick-off Party (Snacks, beer, wine, cocktails and tournament draws revealed)
- October 8th** - Snacks
- October 9th** - Ladies Night (one free drink for ladies)
Dinner: 3.5 Men (Lasagna)
- October 10th** - Dinner: 4.5 Ladies (Salad Bar)
- October 11th** - Men's Night (one free drink for men)
Dinner: Bunk Trunk
- October 12th** - VolunIrvington Night
Dinner: 4.5 Men (Mexican Theme)
- October 13th** - Dinner: 4.0 Men
- October 14th** - Kids' Night (Games in Ballroom) ~ Dinner: Pizza & Salad
- October 15th** - Dinner: Junior Soup Night
- October 16th** - Ladies Night (one free drink for ladies)
Dinner: 3.0 Ladies (Carnitas soft tacos)
- October 17th** - Dinner: 2.5 Ladies (Asian rice & veggie bowls with chicken or tofu)
- October 18th** - Men's Night (one free drink for men)
Dinner: 3.5 Ladies (BBQ beef sandwiches, cole slaw)
- October 19th** - Oktoberfest ~ Dinner: 3.0 Men
- October 20th** - Dinner: 4.0 Ladies (Mac & Cheese, salad, brownies)
- October 21st** - Finals Night ~ Dinner: Mexican Theme

* All events & dates are subject to change

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.

- 1) **Step away from the dumbbells.** I see it all the time. Someone grabs a pair of dumbbells, then proceeds to stand directly in front of the whole rack and curl, shrug, or flap their arms up and down. 95% of the time, it's curls. I don't care what exercise you do, but please just get your dumbbells and take a step away so others can use the dumbbells too.
- 2) **Give people space.** Move around the weight room like you're defensive driving. If someone picks up a pair of dumbbells, just give them space to the front and side. With practice you'll start to anticipate what exercise they might do, and where their arms (and the dumbbells) will be. You can still move and walk around them, just walk a wider circle if needed. Getting smacked with a dumbbell is no fun for anyone involved. Walking blindly through the dumbbell section is like walking blindly through a windmill farm. Weights can be lifted, swung, or circulated from anywhere at any time. Keep your head on a swivel, and move slowly if you see somebody with a weight.
- 3) **Don't block someone's view of the mirror.** There's a reason the gym has a mirror behind its dumbbell rack – people like to watch themselves lift weights! Now, for many this may be a vanity issue, but for most, this is just to watch their form (note: looking in the mirror during larger/heavier movements like the squat and deadlift is not recommended). Regardless, don't block someone's view if it can be avoided! When you see someone looking intensely into the mirror and lifting dumbbells, then do your best to stay out of their line of sight. You can certainly walk in front of them, but give them some clearance and be quick!
- 4) **Don't drop the dumbbells! Don't slam or clang weight stacks!** Another common practice in nearly any gym is finishing a set with dumbbells, letting out a huge gasp, like you are Aquaman who just came to the surface of the ocean, then dropping/slaming the dumbbells to either side of your bench. There are some weights that are meant to be dropped but dumbbells are NOT one of them. Structurally they don't respond well to repeated drops, and you are very likely to break one of the dumbbell heads off. If your workout destroys the equipment you are using, you're doing it wrong. And nobody thinks you're cool dropping your weights, I promise.

If you have any questions let me know, I'm here at your service.

WALTER'S WISDOM

By: Walter Seidel

When it comes to developing your game, consistent play is key. Figuring out how you can play once or twice or even more times a week at a designated time is really important to improving your skills. I have been competing in running events for the last couple years and when I don't get that run in twice a week, at the same time and day, it totally throws me off course. **Routine creates discipline.** Discipline is what you need to get through the runs when it's super cold and rainy out there or when you aren't feeling it and don't really want to go practice your tennis game. Discipline gets you through it and when that big moment comes along; that big running race or USTA/City League match, or even better, the Carolyn Lumber Tennis Championships you will be ready to rumble and play your best tennis.

Carolyn Lumber Tournament - Get ready and let's fasten our seatbelts for the biggest tournament of the year! Our club tournaments are about getting everyone involved in the event. It's about participation. So dust off those racquets and come out to the courts!

Congratulations Mike Tammen!

Mike just got back from the 55 National Grass Court Championships in Pontiac, MI where he won the singles championship over Mike Fedderly and lost in the doubles final with Fedderly as his partner.

38th Bobby Piatt Tennis Championships
Louisville Boat Club ~ Louisville, KY
September 12 - 16, 2017

Men's 75 Open Doubles
1st ~ John Popplewell and Woody McGraw

This was John's 300th tennis championship in either singles, doubles or team events.

John says, "Achieving this lifetime goal feels really good. Now I can quit chasing this 300 number and breathe easier and play more for fun."



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Class is limited to 11 students

Please sign-up at the front desk or email
pmchugh@irvingtonclub.com

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

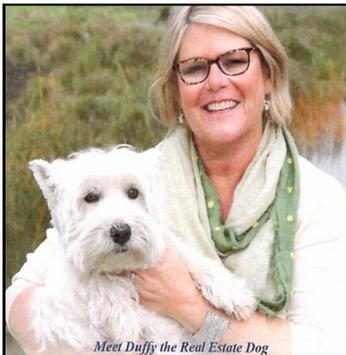
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Columbia Bank

“It Takes a Community” Spotlight ...

Conor Jeans-Gail

Dedicated Volunteer

By: Amy Alpern

You may know Conor Jeans-Gail as the Blazer-loving guy behind the front desk who hands you balls before you play and beer or wine afterwards. At Blanchet House of Hospitality and St. Andrews Parish, he is known as a dedicated volunteer who is passionate about providing food to people in need.

“I was born on N. Gantenbein near Unthank. I was the only white kid in the neighborhood and I still feel a connection with that place.” Conor’s parents both stressed the importance of helping others. “When I was young, my dad took me to St. Andrews Parish and we helped bag food and dropped it off to people who needed it.” Conor has continued to volunteer at St. Andrews over the years, but more recently has become a regular volunteer at Blanchet House of Hospitality.

Blanchet House, located on NW 3rd and Glisan in Old Town, offers food, shelter and aid to people, most of whom are homeless. “At St. Andrews, we dropped food off and sometimes helped put the food away, but Blanchet House is more hands on. Blanchet House provides an environment where people can eat, relax, and take a break, especially on the very hot and very cold days.” Conor said he does see some of the same people over and over while serving food at Blanchet House but he is careful not to acknowledge that. “We don’t want people to feel uncomfortable and we certainly don’t ask them how they got here. We usually just look them in the eye and serve them food. We want them to enjoy the experience of being served.”

“I can’t even imagine what it would be like not having food. The poorest half of this country is not in a sustainable place and it worries me because it does not look like things are getting better. It is going to take a lot of us to help get through this, and since I don’t have a lot of money, I can still give my time and my energy.” Conor said he feels privileged to have a good group of friends and to live in a great neighborhood. “I don’t think all of what we have is merit based. Volunteering is about making a choice to make the community a better place for those who don’t have as much as you.”

“Volunteering gives us an opportunity to step out of the patterns of our day. It makes us reach beyond our experiences to stand momentarily in someone else’s shoes and stand with other people working to change the world, one kind act at a time. It’s this compassion + optimism that makes a community,” says Leslie Sampson, Irvington Club member and the Director of Partnerships and Programs for the Oregon Food Bank.

Conor encourages others to get involved at Blanchet. “They just give you gloves and you are off. All you need is a good attitude and a willingness to give of your time.” www.blanchethouse.org/volunteeringfounderscafe

New Community Engagement Committee Forming

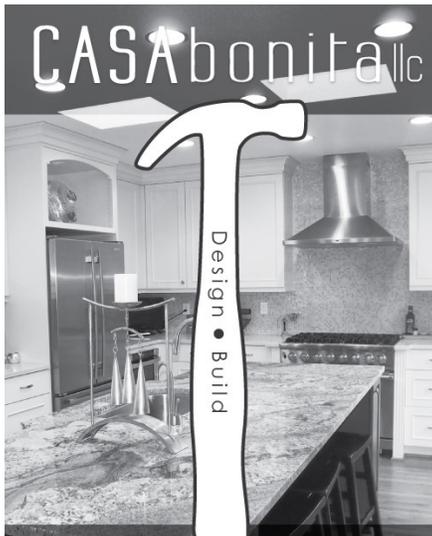
The Board of Directors voted to form an ad-hoc committee designed to enhance the club’s community engagement activities. This decision reflects member interest in placing a greater focus on community within the club as well as the community at large.

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



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