

Calendar of Events

DECEMBER

3rd - Holiday Sample Sale (*Ballroom*)
 8th - Holiday Ale Tasting
 12th - Hanukkah Begins
 13th - Tennis Committee Meeting
 14th - White Elephant Tennis Drill,
 Potluck & Gift Exchange
 19th - Board Meeting
 24th - Christmas Eve
 (*club closes @ 1:30 pm*)
 25th - Christmas Day (*club closed*)
 26th - Kwanzaa Begins
 31st - New Year's Eve (*club closes @ 6pm*)

JANUARY

1st - New Year's Day (*club opens @ 9 am*)
 5th - 7th ~ Junior Tournament
 10th - Tennis Committee
 17th - Board Meeting
 26th - Feb. 3rd ~ Mixed Doubles Tourn.

FEBRUARY

24th ~ Annual Party 5:30 - 9:30 pm



Notes From the General Manager

Dear Irvington Club Members,

The month of November has quickly passed us by - so, welcome December! I hope you had time to spend with family and loved ones during the Thanksgiving holiday.

Our annual wine tasting event was well attended with 80 participants. I want to extend a special 'Thank You' to the vendors that brought their delicious wines for us to taste. They included: David Hill Vineyard & Winery, Vincent Winery, Nemarniki Vineyard & Winery, Elk Cove Vineyards, Mitchell Wine Group, Viola Wine Cellars and Coopers Hall Winery. Also, thank you to Block & Board for the fantastic appetizers and to Karmen Von Arx for her help in 'pulling it all together!'

What's happening at the Club:

- **Sunday, December 3rd** from 10 am-5pm — Dana Herbert's Holiday Sample Sale in the ballroom
- **Friday, December 8th** from 7:30-10 pm — Winter Ale Tasting (details to follow in an email blast). Join us before for a tennis mixer from 5-7:30 pm.
- **Thursday, December 14th** — Ladies Drill and White Elephant Gift Exchange (drill is at 10:45 am and the potluck brunch and gift exchange starts at noon. Sign-ups are at the front desk.

Wishing everyone Happy Holidays and, as always, I hope to see you at The Club!

Barbara



Notes From the President

Dear Members —

I hope everyone had a meaningful Thanksgiving that brought you peace, joy and love. I hope that in ways large and small, tennis and our Irvington Club community are some of the things you are thankful for.

As a member-directed non-profit, we are responsible for electing a Board of Trustees to manage the affairs of the club. We rely upon the talent and time of our members to further the club's mission: "To share among our members a love of tennis that is distinguished by friendliness, inclusiveness and tradition."

If you are interested in learning more about running for an open Trustee position, please feel free to contact Barb Farmer or any current Board member. We encourage self-nomination!

Warmly,
Alysa

More Carolyn Lumber Fun



2018 TOURNAMENTS

Junior Tennis Championships

Presented by Big League Chew
January 5th - 7th

Mixed Doubles

January 26th - February 3rd

Oregon State Senior Men

March 15th - 18th

adidas Open

Pro Am ~ June 19th
Tournament ~ June 20th - 24th

Junior Immediate Tournament

August 16th - 19th

Carolyn Lumber Championships

October 7th - 20th

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

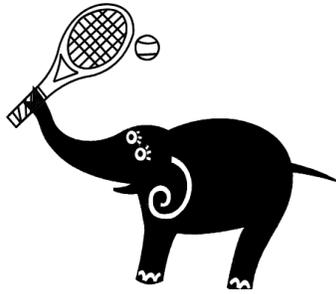
Monday thru Thursday: 4:00 - 5:00 pm

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

White Elephant Drill

**White Elephant
Christmas Drill
Gift Exchange
& Potluck**



Thursday, December 14th

10:45 - 11:45 am ~ Drill (*free*)

12:00 pm ~ Potluck Lunch & Gift Exchange

**Please sign up at the Front Desk or email
and let us know what you'll be bringing
for the potluck lunch!**

pmchugh@irvingtonclub.com

WINTER JUNIOR TENNIS LESSONS

Session runs December 4th - December 14th

Futures & Power

Monday & Wednesday ~ 3:45 - 5:00 pm

Pee Wee - Level 1

Tuesday & Thursday ~ 3:15 - 4:00 pm

Futures - Level 2

Tuesday & Thursday ~ 4:00 - 5:00 pm

Power & High School

Tuesday & Thursday ~ 5:00 - 6:15 pm

January 2018 Lesson Sign-up

Session runs January 2nd - February 1st (5 weeks)

Members: Monday, December 18th @ 8:30 am

Non-Members: Tuesday, December 26th @ 8:30 am

Dana Herbert Holiday Sample Sale

Sunday, December 3rd

10 am - 5 pm

Irvington Club Ballroom



Velvet, jersey, faux fur, knit, and silk scarves, handbags, cosmetic bags, pocket mirrors, coin purses, and wallets, jewelry & Sweet Dreams relaxation products.

A portion of the proceeds will be dedicated to the Portland Tennis and Education Center

Junior Team Tennis

December

3rd ~ 12pm Junior Team Tennis 14s ~ (Laurent)

City League Team Matches

All matches 12:00 pm - 2:30 pm

Tuesday, December 12th

Team K (Gina Hill & Susan Hope)
vs. Multnomah Athletic Club

Wednesday, December 13th

Team F (Lori Vranizan & Traci Laurent)
vs. Lake Oswego Indoor Tennis Center

USTA Matches

December

3rd 2:30 - 5:00 pm

Mixed 18+ 7.0 ~ Blythe Knott



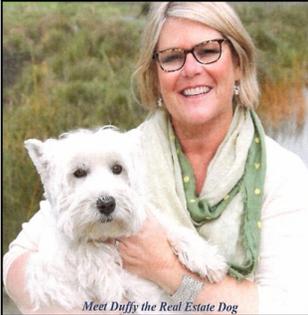
Walter's Wisdom

By: *Walter Seidel*

The contact point and follow through is more important than the backswing.

First, spend more time feeling the correct contact point in relationship to your grip and then figure out how the backswing should be shaped. Tennis is all about time and anticipation. You are reacting to what your opponent is doing and so it's critical that you can get to the ball and not be late.

Next time you are playing try to focus on hitting the ball in front of your body and between your knees and hips. Somewhere in this area is ideal to get the essential low to high swing on the ball for a solid topspin forehand or backhand stroke.



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Pre-Holiday Ale Tasting and Tennis Mixer

Tired of endless shopping? Need a break from all those chestnut roasting parties? Come enjoy some cheer at the Irvington Club Holiday Ale tasting party on
Friday, December 8th from 7:30 - 10:00 pm

Each year, more and more local and regional brewers toss caution to the wind and brew up extravagant, complex ales to celebrate the season. These beers are loaded with malts, spices, and all kinds of flavors as brewers help you enjoy your time by your fireside enjoying a unique seasonal brew.

Join your hosts Keith Johnson and Blythe Knott as we do a blind taste test of five of these unique brews - discussing flavors, rating favorites and guessing brands while enjoying good company & holiday tunes. We'll reveal each at the end & you can revel in your accuracy in guessing each brew's identity!

**Sign-up is required at the front desk
ahead of time for the
ale tasting and tennis mixer by
Wednesday, December 6th**

Cost is \$12 per person and includes five beer samples, light snacks, and holiday cheer at your Irvington Club!

**Come early and join us for a 'warm up' tennis mixer
from 5:00 - 7:30pm (all levels welcome!)
or just come to the ale tasting!**



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“It Takes a Community” Spotlight ... Kurt Ferre

By: Amy Alpern

In 2008 Kurt Ferre was 23 years into his career as a dentist when he agreed to volunteer for Medical Teams International, a mobile dental clinic that provides free dental services in Oregon. On his very first day as a volunteer, Kurt had to extract an abscessed permanent molar from a young patient, a procedure he generally avoided. “That was a defining moment for me. It just didn’t sit well with me that this kid had not had proper dental care for so long.” As Kurt says, “the rest is history.”

Kurt has long since retired, but he continues to work as a volunteer dentist for the mobile dental clinic. Kurt has treated dental patients who walked up to the mobile clinic with all of their belongings in a shopping cart, patients who have had toothaches for months, and patients who can’t remember the last time they saw a dentist.

Kurt, along with the Executive Director of the Multnomah Dental Society Lora Mattsen, also stepped up when a long-time free children’s dental clinic was about to close its doors due to financial difficulties in 2009. “When Lora and I learned that Creston was going to close its doors we said ‘no way, not on our watch.’ We formed a non-profit and have managed to keep it up and running ever since.”

Kurt, who now volunteers at Creston and with the mobile dental clinic, fondly recalls a young patient at Creston whose mother pulled Kurt aside to tell him that her son Giancarlo was very frightened of dentists. Giancarlo was wearing a soccer jersey so Kurt started talking about soccer and before Giancarlo knew it, Ferre had administered the “sleepy juice” and performed two baby root-canals. When Giancarlo came back for a follow-up appointment, Ferre wore his Timber’s jersey and Giancarlo wore a jersey and brought in his favorite soccer ball. When the appointment was over Giancarlo handed Ferre his prized soccer ball and said “Dr. Kurt, this is for you.” “There was not a dry eye in the clinic.”



“I do this because I can make a difference. And because it is important. And here is the thing - volunteering has more of an impact on me than I could ever have on others.”

And while most people go to Mazatlan to vacation, Kurt spends a week a year in a small town just outside of Mazatlan providing free dental services to children whose parents work in the service industry in Mazatlan. “We see the kids every year and are at a point now where we can see real improvement.”

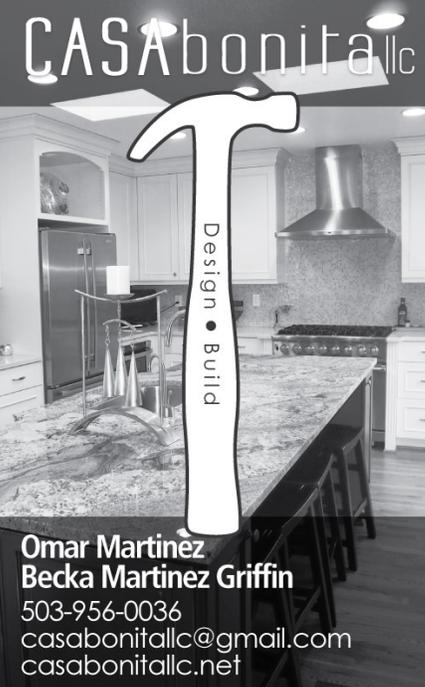
Kurt is not fluent in Spanish but managed to communicate with a reluctant patient by drawing a smiling tooth in black ink on his arm. He pointed to that tattoo and asked the patient if he wanted a tattoo. The patient said yes so they ended up with matching tattoos. “He got a little nervous when I was pulling his tooth so I showed him my tattoo. He smiled and I was able to get to the tooth and it just popped out.”

Anyone who has worked at a dental clinic, whether as a dentist, hygienist, or dental assistant, and who is interested in volunteering in this field, can contact Kurt to get information about how to become a volunteer.

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