

FROM THE PRESIDENT

Dear Members,

Irvington Club pool manager, mom, swim instructor, PE teacher, basketball coach, breast cancer survivor. All of these describe Bernadette Diepenbrock, who is in her third year as the manager of the Irvington Club pool. Bernadette remembers, "I was undergoing cancer treatment and had no hair when I applied for this job. I told Barb that I was going to beat breast cancer and she offered me the manager job. She took a chance on me and I'm so happy to be able to work here with the Irvington Club community doing what I love - teaching people to swim."



In just three years, all of the programs at the pool have expanded and it now takes as long to become a pool member as it does to become a tennis member. Bernadette explains that the IC swim team has 106 kids and there is a wait list. We also have wait lists for group and private swim lessons. And, we are now offering new stroke classes for teens and adults and those are being well received.

Bernadette, the youngest of 12 children, was introduced to swimming the old-fashioned way. "I went to a swim class when I was two years old. I was thrown into the water and I cried. My parents decided that was it for me, no more lessons. But when she was in her teens, she watched swimmers and admired their strokes. Bernadette got a job teaching swimming and actually learned to swim through teaching. Other than breaks when she had children, Bernadette has been teaching swimming since her teen years.

"I usually teach the kids who have some fears around swimming. What I've learned is not to pressure kids. Everyone will get it but, not everyone gets there at the same time."

Bernadette's work does not go unnoticed. She received a text message the day I spoke to her that read as follows: "You have been a miracle worker. If you had told me six weeks ago that he would be jumping in the deep end, I would have thought you were smoking something. Thank you again and again."

Bernadette's three children all swim. Her two oldest daughters, Tess and Brooke, give lessons here at Irvington and her son, Beck, is on the IC swim team. "It is so great to be teaching and look over to see my two daughters teaching right across the pool."

On any given summer day, if she is not in the pool, Bernadette can be found poolside. As the manager and lesson coordinator, Bernadette is the "go to" person for all things pool related. "And I love it. I love being here. My motto is "don't waste the day." As we end our talk, Bernadette is walking over to say hi to one of her shy kids. He is young, little, and not letting go of his mom's hand. Bernadette bends down, says hello, and as I'm leaving, I see them sitting on the top step chatting. Both are smiling.

Amy

Junior Intermediate Tournament

Juniors! Don't forget to sign up for our annual Junior Intermediate Tournament scheduled for **August 16th - 19th. Entries close on August 9th.** All important information and sign-up is at the tournament homepage <https://tennislink.usta.com> and enter Tournament ID #600002418. Entry forms also at the Front Desk.

Upcoming ...

- Championship Swim Meet ~ Saturday, August 4th at Mt. Hood Community College
- Session 5 Tennis Camp ~ Starts Monday, August 6th
- Junior Intermediate Championships ~ Thursday, August 16th - Sunday, August 19th

NEWS FROM THE POOL

By: Bernadette Diepenbrock, Pool Manager



Happy August from the Pool! Summer is zipping by with temperatures over 90 degrees for over a week straight now. Is it hot enough for you?! With the fantastic weather, our summer season has been a busy one! All our group sessions and private lessons have been full with waiting lists. Our last group session of the season starts August 6th.

Block Party Success! Thank you to everyone for coming and enjoying the night with us! The Annual Block Party was so much fun! Thank you to all of you who volunteered and helped make it happen. It is not too early to plan for next year. The Block Party always falls on the third Thursday in July so mark your calendars for next year, Block Party, July 18, 2019!

Here's what's happening at the pool in August:

Saturday, August 4th – The Swim Team's last meet, The City Championship Meet at Mt. Hood Community College. If you're looking for something to do on Saturday - come out to MHCC and cheer on the Manta Rays!

Return of the Early Morning Lap Swim - With swim team ending, Lap Swimmers, mark your calendars! Extended early morning lap swim will be back beginning Monday, August 6th from 6:30 - 9:30 am, with the exception of during Adult Swim Fitness class on Tues, Thurs & Sun when only one lane will be available.

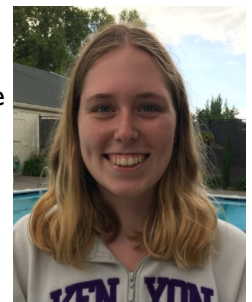
Monday, August 6th – Swim Team Celebration in the Ballroom at 7:00 pm

Monday, August 27th - The pool will return to a "temporary schedule" when school begins for Portland Public Schools the week of August 27th. Schedules will be available online and at the front desk when finalized. This schedule is dependent upon the lifeguards' availability and is subject to change. The schedule for that week, and for the weeks following, will be posted and sent out via an email communication.



Monday, September 3rd - Labor Day, the pool will run on a Saturday schedule with Open Swim from 12:00 - 9:00 pm with no evening lap swim.

Congratulations to Ellie Williams! In July, Ellie was named as our 2nd HEAD GUARD at the pool. She joins Sam Stone as one of the leaders of our pool staff. Great job Ellie! Thank you for your leadership, hard work, dedication, and commitment to the pool. We appreciate all you do!



Bernadette Diepenbrock
503.432.6017 / bdiepenbrock@irvingtonclub.com

FROM THE GENERAL MANAGER

Dear Members,

It's hard to believe we are half-way through summer. We certainly can't complain about it not being hot enough, but we could about it being too hot!

Our annual BBQ was a huge success! We had record breaking attendance, serving 201 adults and 72 kids. The music was an added treat and the corn hole tournament brought out the competitive juices in some of our members. A special thank you to our pros for providing such high-level tennis for our entertainment. The photo booth is always a hit (Thanks Emmett) and from pool games to face painting there was fun to be had by all. Also, a big thanks to our grillers; it was fun to see our members back at the grills again! It was truly a "team" effort from swim, to tennis, to front desk, to maintenance. Thanks Everyone!

Our Women's 40+ 4.0 Team was in the playoffs this past weekend at Club Green Meadows along with our 3.0 40+ Team battling it out at Stafford Hills. Unfortunately, both teams lost close matches but we are very proud of their success. Also, our Men's 40 + 3.0 Team made it to Sectionals. Congratulations on a great season!

Guests at the Pool:

Several days in a row of hot weather often means having to close the pool to guests. This is for your safety and rules set by the Oregon Health Department. The pool staff will give the front desk a 1/2 hour warning before closing the pool deck to guests. To avoid any disappointment, if you plan on bringing guests to the pool on a hot day ... please call the Club before heading out to check on guest availability.

I hope you are enjoying the summer and remember to bring your own plastic cup for the pool ... we are happy to fill it with your beverage of choice!

Barbara

Junior Tennis Lessons

Session runs August 27th - September 27th

Futures & Power

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

Pee Wee

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

Futures

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

Power & High School

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

September 2018 Lesson Sign-up

Members: Monday, August 13th @ 8:30 am

Non-Members: Monday, August 20th @ 8:30 am



MEMBER SCOREBOARD

Oregon State Tennis Championships
Tualatin Hills Park & Rec
Beaverton, OR ~ July 19 - 22, 2018

Men's 60 Singles

1st Place ~ Mike Tammen

Men's 60 Doubles

1st Place ~ Mike Tammen & Josef Brabenec

Men's 70 Doubles

Finalist ~ John Popplewell & Chuck White

Men's 75 Singles

1st Place ~ Roger North

Men's 75 Doubles

1st Place ~ John Popplewell & Chuck White

Joey's Fitness & Body Sculpting

Strength, Agility & Core Conditioning Class

Monday & Wednesday
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 sports performance.

Weight room orientations and individual personal training may be arranged by contacting Joey at fitness1st@gmail.com



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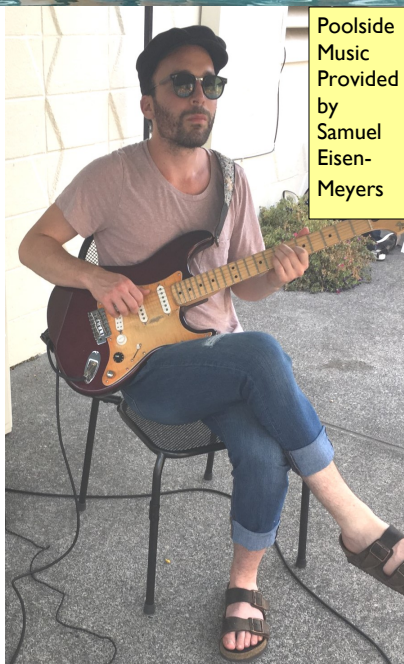
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Front Desk - Emily Roberts
Front Desk - Ben Talpos
Subs: Donna Dorsey • Terry Folen
Sarah Thomas • Wendy Weddle
Pool Manager - Bernadette Diepenbrock

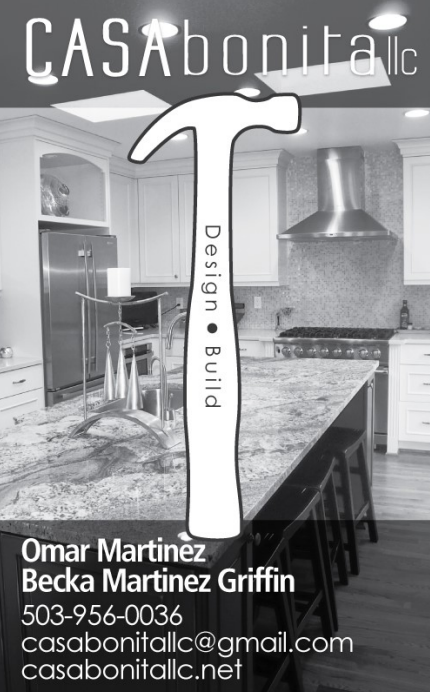


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