



# Irvington Club News



March 2020



## Notes From the General Manager

Hello Irvington Club Members,

Thank all of you who voted using our very first "online" election. We had the highest number of voters with 43%. We saved postage, some trees, and a lot of time so this is a keeper for our future.

We also did "evites" for the annual meeting/party which accomplished the same. By the time you read this the party will be over, our new officers announced, and new Board members elected. I bid farewell to John Lynch, John Campbell, and Jeff Harvey. It has been a pleasure working with them and I believe Jeff made Irvington history by being the youngest Board President. Congrats, Jeff!

March brings our annual Oregon State Senior Men's Indoor Tennis Championships. We always have several members compete in this great tournament. The dates are March 12-15<sup>th</sup>, so come out and enjoy some great tennis.

We are busy preparing for pool season and I will soon be announcing our new Pool Manager. We are in need of more guards, so if you know of anyone that is interested, please have them contact me. They must be Red Cross certified.

As always, I look forward to seeing you at our amazing Club!

Barbara

## President's Message

Dear Members,

As my time on the board ends, I am happy to say that **the State of the Club is strong!**

1. Financially, we are in position to meet new financial obligations in the 5-year and 30-year future.
2. We have an incredible staff, manager, and pros that truly cares about the well-being of our club.
3. We have a membership that is super engaged and actively building a community that is kind and joyous.
4. Tournament participation was up at all our tournaments. Our junior tennis program is booming and both Men's Night and Ladies' Night are seeing great attendance.
1. We successfully launched online tournament registration and online voting this year, the latter of which led to great voter turn out.

The Community Involvement Committee, recently created in the last few years, is hitting its stride and creating real impact at Irvington and beyond our club walls.

Additionally, while they received recognition at the annual meeting, I'd like to thank Stephanie Vickers and Mary Stevenson for their incredible work this year. To recognize all they have accomplished with the Community Involvement Committee, I have awarded them both with the President's Award.

Finally, in my time on the board and as president, I've been amazed to learn how many current members have served on the board and as president. We truly have a member-run club. I'm grateful to have had the opportunity to contribute what I could to secure a strong present and future for this club, and I look forward to seeing what next year's board will do.

Jeff Harvey

# Calendar of Events

## March

12th ~ St. Patrick's Day

12th – 15th ~ The Oregon State Senior Men's Indoor Tennis Championships

16th ~ Member sign-up for April Junior Lessons

19th ~ Spring begins

23th ~ Non-member sign-up for April Junior Lessons

30th ~ Ladies Last Monday, 2.5-3.0

**\*Note: No Junior Lessons during spring break, 3/23-3/27**

## April

1st ~ April Fools Day

8th ~ Passover begins

11th ~ @ 9am, Summer Junior Tennis Lessons **member sign-up**

12th ~ Easter

19th ~ @ 9am, Summer Junior Tennis Lessons **non-member & swim member sign-up**

20th ~ Member sign-up for May Junior Lessons

27th ~ Non-member sign-up for May Junior Lessons

27th ~ Ladies Last Monday, 3.5-5.0

# Irvington Club Volunteer Interview: Cindy Trelstad

By Mary Stevenson

I was fortunate to sit down with Cindy Trelstad in her home to talk about her spirit of volunteerism. She is a shining example for us all. Cindy has been a volunteer as long as she can remember - whether it was caring for younger siblings in her large family, or taking in exchange students, hockey players, or neighbors from across the street. Recreating that sense of belonging in a community has been very important to her. So many are lucky to be touched by her generous energy.

There is a stream of opportunities that Cindy has been involved in over the years. Many a parent in the neighborhood can thank her for being one of the first teachers to help Founder Carol Hazzard (ITC Member) get Hancock Street Preschool started. She has been involved with Camp UKANDU (Children's Oncology Camp), Kids on the Block (comedy and storytelling while puppeteering), Urban Tour Group (teaching kids the history of downtown Portland), and the Children's Relief Nursery (holding babies) dating back to the 1980's. At least that's the formal list. I am sure there were informal moments of time and energy she gave over the many years of parenting, being a schoolteacher, and active member of ITC and NEP.

Cindy has been on many an adventure traversing thousands of miles across the country between being a green horn from Salem, OR to Columbia University in NYC, to Teaneck, NJ, and Portland, Maine and back. She worked as a teacher as her husband Don went through Medical School and Residency before returning to Portland to practice Cardiology and create a home. They have raised their two children and been members of The Irvington Club for over 35 years. Their kids took swim lessons at ITC and Cindy has been an avid tennis player. She served on the Board about 25 years ago and noted many accomplishments from that term: hiring Barb Farmer and Cris Valverde, enhancing communication at Board meetings, and initiating the discussion of an upstairs enclosed board room for meetings and display of the Irvington Historical Tennis Society memorabilia. Wow. Thank you!

I asked Cindy what advice she would give others interested in volunteering. "Follow your heart and do what you do best. Others inspire us, so get out there and be the best you can be". Cindy has used this philosophy to guide her over the years - she knows she is goofy and silly - and others see it as an extraordinary gift. So much so that she was asked to be the Director of Camp UKANDU during its early years when getting up and going. She was asked to be goofy, create fun, show up, and be silly. She did this as an Art Teacher at an early one-day Saturday camp while putting her teaching skills to best use, set the tone when asked to be the Director, and now energetically greets kids entering camp to provide a welcoming, happy arrival. She volunteers not only at the Camp Collins site, but year-round chipping in to create projects for camp. Her specialty is helping kids have fun away from chemo treatments, hospital visits, and the limitations and challenges from cancer. Her joyful, giving, and self-less nature encourages others to see the bright side of things. She helps kids, parents, and siblings with distraction, so they can just focus on the freedom and pleasures of summer camp.

Cindy's extraordinary talents and infectious spirit have motivated others including 3 siblings who still work at the camp today, returning campers who have become counselors, and who knows who else, maybe even you one day. Cindy believes in the values she learned in a big family as the 3<sup>rd</sup> of 7 kids. She also sees the Irvington Community as one big Family, there to support each other. Tennis has been her outlet while the club has been rooted in balancing life. Cindy is extraordinary alright, appreciating family and friends, having fun, being silly, and creating joy by using her talents. Thank you, Cindy, for all your efforts throughout the years at the Irvington Club and greater community. The inspiration you provide to others and the laughter you share brightens our day.

# 2020 IC Mixed Doubles Tennis Championships Results

## MIXED 6.0 DOUBLES

Finals ~ (2) LaBarca/Naugler d. Seidl/Walker, 6-4; 6-7(4); 10-8

Conso ~ Lewis/McGinnis d. Alan/Crothers, 1-6; 7-6(4); 10-3

## MIXED 7.0 DOUBLES

Finals ~ (1) Naugler/Murray d. (2) Butler/Woods, 6-0; 6-3

Conso ~ Coughlin-Glaser/Coughlin-Glaser d. (8) Martinez Griffin/Tursich, 4-6; 6-3; 10-5

## MIXED 8.0 DOUBLES

Finals ~ (4) Ford/Martinez Griffin d. (6) Fox/Krauel, 6-1; 6-4

Conso ~ (8) Boyer/Corder d. Hendrickson/Knott, 6-4; 6-3

## MIXED 9.0 DOUBLES

Finals ~ Banoun-Rappaz/Harms d. (1) Ballard/Reno-Zinn, 7-5; 6-2

Conso ~ Finkleman/Lee d. (2) Brown/Karpinski, 6-4; 5-7; 10-6



## Junior Tennis Lessons

Session runs March 2nd – March 19th

### Futures & Power

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

### Pee Wee - Level 1

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

### Futures - Level 2

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

### Power & High School\*

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

**\*Please Note: There will be no Junior Lessons on 3/12 (due to the Oregon State Senior Men's Indoor Tennis Championships) or during spring break: 3/23-3/27**

### April 2020 Junior Tennis Lessons

Session runs March 30th – April 30th (5 weeks)

**Member sign-up:** Monday, March 23rd @ 8:30am

**Non-Member sign-up:** Monday, March 30th @ 8:30am

## City League Matches

All matches 12:00 - 2:30 pm

### Wednesday, March 11th

Team C (Mary Ann Seeger & Mary Elliot)

vs. Mountain Park Racquet Club

### Tuesday, March 31st

Team H (Mary Stevenson & Andrea Brown)

vs. Stafford Hills Club

## Roger North Year End Ranking

Congrats to club member Roger North on receiving an ITF Singles 75+ Year End Ranking of #87!

In 2019, Roger had an ITF Singles 75+ ranking high of #77.

## Fitness & Body Sculpting Classes with Joey Smith

### Strength, Agility, & Core Conditioning classes

Wednesdays from 8:30am-9:30am and 9:30am-10:30am.

This program is specifically geared for those looking to improve their overall cardiovascular fitness, muscle toning, and weight loss.

Weight room orientations and individual personal training may be arranged by contacting Joey at: [fitness1st@gmail.com](mailto:fitness1st@gmail.com)



## USTA Matches

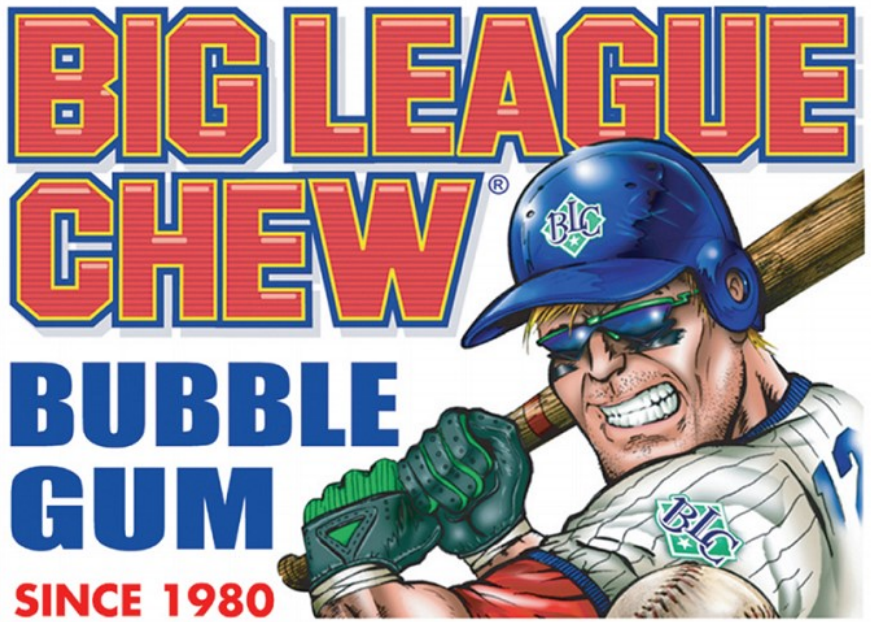
March 1st	2:30pm 40+ Mixed 8.0	Terry Gariety
	5:00pm 18+ Women 3.5	Knott/Burkhart
	7:30pm 18+ Women 2.5	Tracy Laidley
March 6th	7:30pm 40+ Mixed 8.0	Terry Gariety
March 7th	2:30pm 40+ Mixed 6.0	Kathy & Doug Cooke
	5:00pm 18+ Women 4.0	Corder/Alpern
	7:30pm 40+ Mixed 7.0	Loomis-Malin/Vranizan
March 8th	2:30pm 40+ Mixed 9.0	Ballard/Rothert
	5:00pm 18+ Women 4.5	Vawter/Windish
	7:30pm 18+ Men 4.5	Tom Lux
March 21st	2:30pm 18+ Women 3.5	Knott/Burkhart
	5:00pm 18+ Men 3.5	Kayser/Windish
	7:00pm 40+ Mixed 6.0	Kathy & Doug Cooke
March 22nd	2:30pm 18+ Women 2.5	Tracy Laidley
	5:00pm 18+ Men 3.5	Steinhoff/Beall
	7:30pm 18+ Women 3.0	Denise Townsend
March 27th	7:30pm 18+ Women 3.5	Knott/Burkhart
March 28th	5:00pm 18+ Men 3.5	Kayser/Windish
April 4th	7:30pm 18+ Women 4.5	Vawter/Windish

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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.

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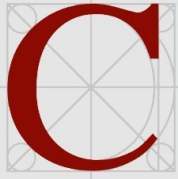
  
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Secretary - Cathy Zarosinski  
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Linda Paulk  
Fletcher Frisch  
Mary Stevenson  
Stephanie Vickers

#### STAFF

General Manager - Barbara Farmer  
Tennis Director - Walter Seidel  
Co-Tennis Director - Cris Valverde  
Maintenance - Brian Rosenkranz  
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