



Irvington Club News



November 2020



Notes From the General Manager

Dear Irvington Club Members,

We are six months into this pandemic, yet my spirits are high and our endeavors to keep you safe while here at the Club are a top priority. I can look around on any given day and see someone much worse off; no shelter, no coat, no food. Please continue to support our efforts here at the Club (the Portland Backpack program-food and Portland Tennis & Education-racquets, balls, clothing) and those organizations you may be connected to, as there are so many people far less fortunate that need our help.

Free Geek is also asking for old laptops as they are refurbishing them and working with the Oregon Employment Department to provide them to SNAP (Supplemental Nutrition Assistance Program) recipients. This is a good time to clean out and help out. Along with the computers, they are providing digital education and tech support.

The pandemic did not stop our annual Carolyn Lumber tournament. Kudos to the Pros for doing a fantastic job running the tournament and their commentating was great. Club member Pete Jacobs and his co-worker Mike Solis, and our very own Kevin Hanzlik did a great job streaming some of the matches and Kevin's video was sent out to the membership. It was so fun to watch! A big Thank You to Coopers Hall for making it possible to give out growlers to all of the Champions and Finalists. Remember, these are refillable. The consolation winners received their new 500 ml size bottles sealed with a bottle cap. These hold 3 glasses of wine and are so cool. Our rep, Adam Rack, always steps up for us. You know how good their wine is and he made it possible with some special pricing for us.

Many of you do not have your 2020 Directories. The pandemic hit right as we were starting the distribution. Please come in and pick one up if you have not already. I am contemplating not printing a 2021 Directory. We would prepare an insert with all the new members and also any rule changes. It seems wasteful to do a reprint at this time. The cost is @ \$3500.

Leagues are still on hold for us and we are constantly discussing this, as the winter leagues are soon approaching. The pros and I would appreciate your thoughts on this and whether or not you would participate. It is a slippery slope and we want to hear from you.

PLEASE continue the protocol for entering the Club and exiting. It is a requirement that you wipe down your equipment BEFORE and AFTER you work out. Anyone not doing this will not be allowed to use the weight room. We are fast approaching flu season so let's all be diligent about keeping each other safe and healthy!

Best,

Barbara

Calendar of Events

November

3rd ~ Election Day

11th ~ Tennis Committee Meeting, contact stephanievickers@me.com if you are interested in attending

26th ~ Thanksgiving

December

10th ~ Hanukkah begins

25th ~ Christmas



President's Message

I hope you all have had a chance to enjoy the beautiful Fall weather we have had for several weeks. It is a bright spot in all of the bad COVID19 news we have had. The Club is continuing to adhere to all of the required safety practices and we appreciate your cooperation.

Kudos to the Pros for putting on the Carolyn Lumber Tournament and to all who participated. The live streaming was quite something!

Member dues will continue to be discounted by 15% for the month of November and work has begun on the 2021 budget which will be difficult to forecast as you can imagine.

Please stay safe and VOTE!!!!

- Cathy Zarosinski



The Carolyn Lumber Tennis Championships 2020

Our yearly Club tournament, The Carolyn Lumber Tennis Championships, was a little different this year due to the restrictions from Covid-19. However, Barbara and the Pros still put on a great tournament with lots of exciting matches. Since there were no fans this year, the Club live streamed the event on our YouTube channel. You can see highlights here: <https://youtu.be/CITqUevBZ94>

You can see the full live stream here: <https://youtu.be/d1BVn30rtwc>

Roger North — Pacific SW 75+ Champion

Our own Roger North was the champion of the 94th Annual Pacific Southwest Designated Open Championship – Men's 75 Singles at the Palisades Tennis Club in Newport Beach, CA

Final: Roger North vs. Michael Saputo Score: 6-4; 6-1

Roger is now ranked #4 nationally.

Congrats Roger!

The Portland Backpack Project goes through November

The Portland Backpack Project continues through November

The Community Involvement Committee (CIC) appreciates the generous support thus far for the Portland Backpack Project, but the enormous need continues. Please help when you are shopping to pick up food or grocery cards that will support the students in the 5 NE Portland schools where food shortage is still a big issue for many families.

We need your donations from the suggested food listed below, grocery gift cards and your homemade "care cards" (see sample). If you prefer to make a financial donation, you can make one directly at <https://www.portlandbackpack.com>

Each Friday, we provide a weekend food sack for 330 kids. Each food sack has two oatmeal breakfast packs, two main dish meals, one can of fruit and two snacks.

Food Buying List:

PROTEIN: Each sack has **TWO** different items from this list.

Check the labels for high protein and low in salt.

Heathy Soups such as Chicken Noodle, or Beef Stew
Campbells Chicken Noodle, Simple Soup
Amy's Soups
Canned Chicken, 5 oz or 10 oz
Progresso Low Sodium or Heart Heathy Soups
Ravioli with meat
Chili with or without meat
Macaroni & Cheese boxes

FRUIT: Each sack has **ONE** can of fruit.

Check the labels for light syrup, or no added sugars.

Pears
Peaches
Pineapple
Mixed fruit

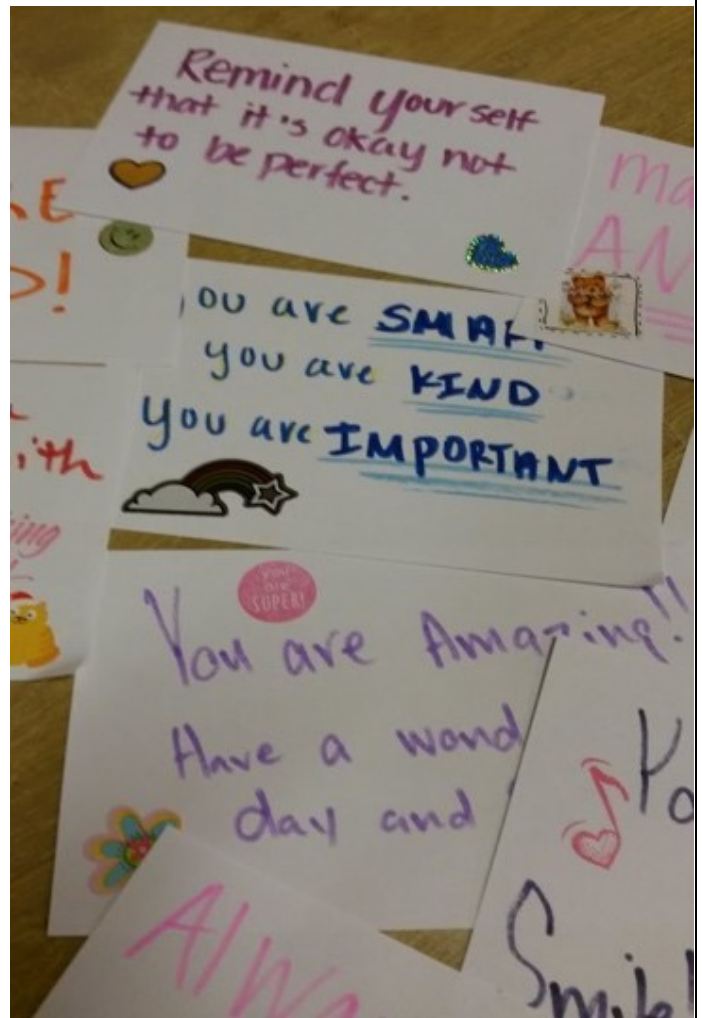
SNACK: Each sack has **TWO** different items. .

Check the labels for lower sugar and higher protein.

Natural Valley Oats and Honey bars
Nature Valley Fruit and Nut, or Sweet and Salty bars
Any brand granola/ fruit bar
Small box of raisins
Breakfast bars
Small pack of nuts, or trail mix

OATMEAL: Individual serving packages

Any brand or type



Making sure the kids we see every day, eat every day.

<https://www.portlandbackpack.com>

Walter's Wisdom

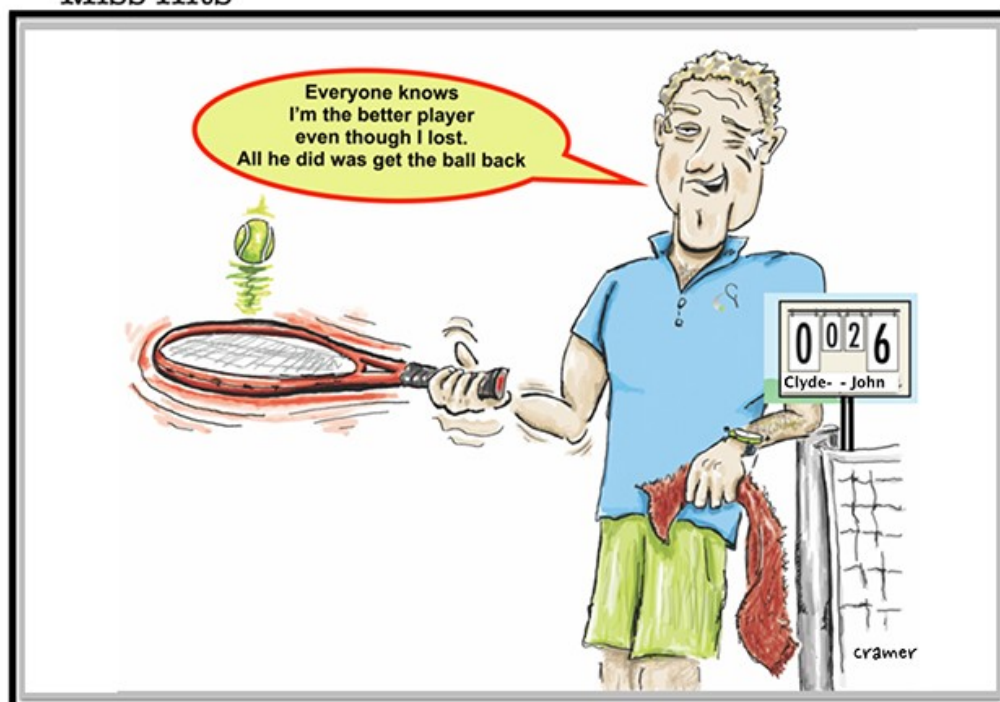
Playing Tennis in a Facemask

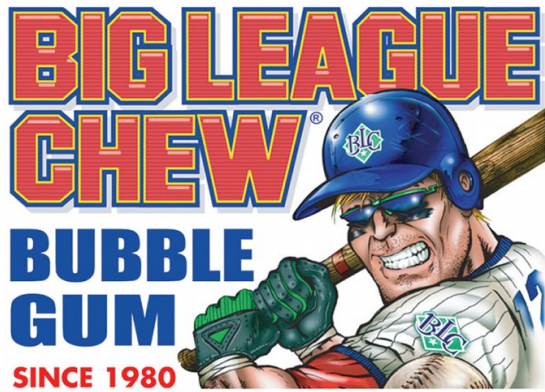
Never could I have imagined playing tennis with a facemask on. In the beginning I found it strange and somewhat uncomfortable. It's definitely not something many people have ever tried before. But then slowly I accepted it and ended up finding a good athletic facemask that has been working great. It's an adjustable, washable type that is comfortable. More and more quality facemasks are on the market now and it's becoming the new normal in the sports world and everyday life. After all, we are under a mandate to keep facemasks on indoors and I want to feel safe playing tennis this winter. Both fans pull air out of the court building and so in order to keep airflow on the courts the vents will stay open and fans will stay on. We will keep the doors closed as much as possible. Pro tip, dress warmly! Once you start playing, you will warm up and be ready to go.

I was so impressed when almost 100 members registered for the Club Championships, despite having to wear a facemask and abide by the strict rules we had in place. It showed me that our members need tennis in their lives and as much as we need the social and fun interactions at our club, we absolutely don't want our tennis to be gone. The tournament showed us that we can invest time and a little money into finding a facemask that works best and come to the club and get your tennis fix. We are planning to host our tournaments in 2021 and modify them according to how things are progressing with Covid-19. Our goal is to provide tennis for you at the club in a safe way until things get back to normal.

We have four beautiful, extremely well-lit and cleaned courts for you to come and play tennis on. So, whether it be a Tennis Rungs match or lessons with The Pros or just booking court time with your fellow members, come to the club and enjoy some exercise playing tennis.

Miss Hits





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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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I have made a big change!



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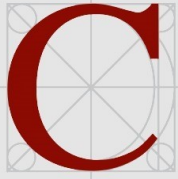


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