



Irvington Club News



January 2021



Notes From the General Manager

Dearest Irvington Club Members,

By the time you receive this newsletter, we will say adios to 2020, and I think we are all ready to bid it farewell! Despite all of the negatives, there have been some positives brought forward by this pandemic. I am still amazed at the strength and resilience of people during these times. I continue to see so many amazing acts of kindness from every age group imaginable. That gives me hope that we can make changes and we can make this world a better place.

We, like all clubs, are waiting to hear the next mandate from the Governor's office. I am hopeful cases will continue to decrease, and that, coupled with the vaccination being administered, will enable us to get our doors open again, even with restrictions. We continue to plan and move forward so that we will be ready when we get notification.

We have lots in our newsletter, so I am cutting mine a little short. Please read about all of the wonderful things our Community Involvement Committee is working on, along with our Social Justice Committee. Lots of good things coming in our future. I can never express how much you are all appreciated for your continued support!

Stay Safe and Happy New Year,

Barbara

President's Message

This horrible COVID pandemic turned everyone's world upside down and we all had to adapt to a "new normal" to keep one another safe. Unfortunately, many of our staff were quite negatively affected and we did our best to care for them as much as possible. Barb applied for every financial instrument she could find and sat through so many Zoom meetings she lost track of how many there were. With Stephen Doubleday's assistance, our finances were in the best possible position as the year ended. My thanks to Barb, Walter, and Cris who put their heads together to keep tennis going safely as much as they could. My thanks to Kevin, Brian, Anita, Conor, and Chris for their patience and hard work. My special thanks to Barb and the Board for the extra time and work required this past year. We are committed to opening the Club as soon as we can as well as bringing back all of the fun activities the Club is known for. We will also continue our social justice and community work. I hope 2021 will be a great year for our country, our community, and all of you!

Cathy Zarosinski

Calendar of Events

January

1st ~ New Year's Day

13th ~ Tennis Committee meeting. If interested in attending or have comments, email: stephanievickers@comcast.net. Time TBA

14th ~ Social Justice Conversation on Zoom, 6:30pm-7:30pm:

<https://us02web.zoom.us/j/84840913236?pwd=M0VqSjJOTE41eEFtMnV3b0VOdjNEdz09>

18th ~ Martin Luther King Jr. Day. The CIC encourages members to participate in "MLK Day of Service" on 1/18/21. Take photos and share your volunteering with others.

February

2nd ~ Groundhog Day

15th ~ President's Day



Walter's Wisdom

The Importance of Fundamentals

Learning tennis can be a very frustrating adventure. If the fundamentals are not learned correctly early on, then it will be difficult to continue to improve into the tennis player you want to be. A solid baseline of technical proficiency will serve you well throughout your tennis development. Invest in yourself by watching excellent coaching YouTube channels like these: [Intuitive Tennis](https://www.youtube.com/channel/UCtak3C1t8k3u8CVzVGYvemA) (<https://www.youtube.com/channel/UCtak3C1t8k3u8CVzVGYvemA>); [Essential Tennis - Lessons and Instruction for Passionate Players](https://www.youtube.com/channel/UCeCmniBUiAXUI1WEbUO7IVw) (<https://www.youtube.com/channel/UCeCmniBUiAXUI1WEbUO7IVw>); [Tennis Evolution - Online Tennis Lessons](https://www.youtube.com/channel/UCPHbNsR8QmVSED8yRARf9Ww) (<https://www.youtube.com/channel/UCPHbNsR8QmVSED8yRARf9Ww>), [Love Tennis](https://www.youtube.com/channel/UCAEs1UK-NvLTWLNPNORrdg) (<https://www.youtube.com/channel/UCAEs1UK-NvLTWLNPNORrdg>), [Daily Tennis Lessons](https://www.youtube.com/user/DailyTennisLesson) (<https://www.youtube.com/user/DailyTennisLesson>), and of course our very own [The Irvington Club](https://www.youtube.com/channel/UCS7FYvo9DJs4zr6lQSU9pvA) channel (<https://www.youtube.com/channel/UCS7FYvo9DJs4zr6lQSU9pvA>). They are free and I would recommend subscribing to them from your phone for quick access.

The most important grip in tennis is [the continental grip](https://www.youtube.com/watch?v=YPtuaPiaKD_8) (https://www.youtube.com/watch?v=YPtuaPiaKD_8). This grip is also referred to as the hammer grip. Visualize yourself holding a hammer and knocking a nail into the wall. This is the same feeling as holding the racquet in the continental grip. The sooner you learn this grip the better. It's used for serving, overheads, volleys, backhands (right hand for righties for two hander) and all slice shots.

The most commonly taught forehand grip on the ATP and WTA tour including recreational level is [the semi western grip](https://www.youtube.com/watch?v=M3vZ0MN5_ds&t=1s). This grip can also be called the frying pan grip. Hold the racquet like you would hold a frying pan. [Click here](https://www.youtube.com/watch?v=M3vZ0MN5_ds&t=1s) (https://www.youtube.com/watch?v=M3vZ0MN5_ds&t=1s) for a review of the forehand.

In my next article I will share information on the different backhand grips, but for now let's focus only on the continental and the semi western grip.

Tennis is always evolving and it's simply incredible how much information is now readily available at your fingertips. Watching YouTube videos on tennis is only a small part of improving, but it gives you tons of information and visualization that you can process and try to adapt to your own game here at the Club. Now that we are again in lock down and the club isn't completely accessible, except for the outdoor courts, this is a great way to gain knowledge. Having Cris and I as your Pros here is the glue that will bring all this information together and make it applicable to your personal game. Playing matches during tournaments, leagues, and TennisRungs together with taking private lessons and drills with all this information online is the ultimate way you can improve and be the tennis player you want to be.

A Conversation about “Why racial diversity matters”

The Community Involvement Committee invites you to join us for a Zoom conversation to talk about why racial diversity in a community enhances the experience for everyone. We'll discuss why understanding our own and others' racial identity is critical to creating a Club environment where all are welcome, valued, and included. Focusing on best practices, our speakers will share strategies on how communities can become more inclusive and can challenge both explicit as well as more subtle forms of racial bias.

Date: January 14, 2021, Time: 6:30-7:30 PM

Zoom link: <https://us02web.zoom.us/j/84840913236?pwd=M0VqSjJOTE41eEFtMnV3b0VOdjNEdz09>

Meeting ID: 848 4091 3236 Passcode: 906309 One tap mobile +12532158782,,84840913236#,,,,*906309# US (Tacoma) +13017158592,,84840913236#,,,,*906309# US (Washington D.C)

We invite members to let us know if you plan to attend by emailing Kevin @ khanzlik@irvingtonclub.com if you wish to submit any particular questions beforehand about race that you hope the speakers will address, email them to Kevin by the close of the day on Tuesday, 1-12-21.

We look forward to you joining us.

Speakers:

Randolph Carter

Originally from Seattle, Randolph is the founder and associate director of the Eastern Educational Resource Collaborative ([East Ed](#)). As a member of the Black Panther Party, Randolph has devoted his career to promoting equity and diversity in education and communities. He was a Fellow in the Harvard University School Leadership Program, Graduate School of Education, where he received a master's degree in education with a school leadership qualification. He is currently a doctoral student in the School of Education Leadership and Change at Fielding University. He was a middle school reading specialist, a school administrator, and while at the National Association of Independent Schools, he directed their equity programming and founded two of their signature projects: People of Color Conference and Student Diversity Leadership Conference. Randolph has also served on numerous school boards, including Fielding Graduate University and the Institute for Community Enrichment. He is a member of the Education Committee of the New Press. His publications include peer-reviewed articles and book reviews published in national journals.

Elizabeth Denevi

As the director of East Ed/Northwest Ed and co-founder of [Teaching While White](#), Elizabeth works with institutions and schools nationally to increase equity, promote diversity pedagogy, and implement strategic processes for growth and development. She also serves as an adjunct professor at Lewis & Clark College in the Graduate School of Education and Counseling. Previous administrative roles include Director of Studies and Professional Development and Co-Director of Diversity. She has published extensively on diversity and academic excellence, social justice, and equity issues. She holds a Ph.D. from the University of London, Institute of Education, a master's degree from Columbia University, and a bachelor's degree from Northwestern University.

For more information:

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www.teachingwhilewhite.org

Member Spotlight: Roger North

A few months ago, we shared Roger North's win in the 94th Annual Pacific Southwest Designated Open Championships in Newport, CA. Inspired by the information, we thought we'd continue to share his very interesting journey. It's great to know how members have other interests besides hitting the tennis ball. Roger has been able to pursue two things in life that he loves. He is both an avid tennis player and an acclaimed drummer. He's traveled all over the map pursuing those two passions.

Roger has been a professional drummer for more than 50 years. He started in the 60's in Boston with a band named Quill that opened the second day of Woodstock. In 1970 he played in the touring band for a year with a legendary singer, Odetta. The first time he was ever in Portland they opened a show with Neil Diamond at what was then called the Civic Auditorium downtown ... he never imagined he'd end up living here! Roger also went on tour in Europe and Scandinavia with The Holy Modal Rounders, and then covered the West Coast before returning to settle in Portland. He's designed and patented his own drums which have unique acoustics. North Drums are horn shaped and project the sound outward so the audience can hear the most direct qualities of the drum. He and his band, Freak Mountain Ramblers, have played more than 1,000 shows at Laurelthirst and more than 300 shows at McMenemy's, plus a half dozen times a year with his son's band, Ducky Pig. In 2018, the Freak Mountain Ramblers Band was inducted into the Oregon Music Hall of Fame.

It might be that Roger likes to perform in front of audiences because it fuels the drive for both his drumming and tennis. When he joined the Irvington Club and started playing tournaments, such as the Senior Tournament we host every spring, he liked that our club is member owned and the members come out to watch. He demonstrates his talent on the tennis court as he has played over the past 26 years in Level 1 and Level 2 Senior Tournaments. Some are local and some are state level including in California at Newport and Laguna Beach; on clay courts in Virginia Beach; Seattle Tennis Club, Yakima, Bend, and at Tualatin Hills. He's really enjoyed the camaraderie of the guys who play these circuits. Roger has partnered in doubles with John Poppelwell. He was also on the Irvington Club Super Senior Tennis Team (captained by Forrest Hall) that won the USTA Nationals Championships in 2012 at Surprise, Arizona.

Roger's accomplishments stand as a testament to his incredible talent. Once things open up again, we'll keep our eyes out for him on the court at the Irvington Club Men's Senior Tournament and playing with his band at Laurelthirst on Sunday evenings.

Updated 2021 Tournament Dates

Here are the updated dates we have set for next year's tournaments:

The Junior Club Championships presented by Big League Chew Bubblegum: Rescheduled to April 22nd-25th, 2021

The Mixed Doubles Club Championships 2021: Rescheduled to May 14th-22nd, 2021

The Oregon State Senior Men's Indoor Tennis Championships: March 11th-14th, 2021.

The Irvington Club Open Championships 2021 presented by adidas: June 15th-20th, 2021.

The Irvington Club Junior Championships (USTA Level 6): August 12th-15th, 2021.

The 38th Annual Carolyn Lumber Tennis Championships 2021: October 3rd-16th, 2021.

Please keep in mind that these dates and tournaments could be affected by the restrictions and circumstances relating to the pandemic.

**ERIN
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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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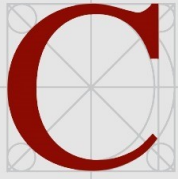


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