



## June 2022 Monthly News

### Mike Tammen and team win again!

At the 2022 ITF Seniors Von Cramm Cup, Mike Tammen and partner Stuart Saiki helped secure team USA's win over Spain.

At the 2022 ITF Seniors World Individual Championship in Palm Beach, Florida, Mike Tammen and Stuart Saiki were doubles champions, defeating Ross Hessler/Jon Tyrell 7/7(7), 7/6 (6)



### John Popplewell wins!

John Popplewell and Chuch White won the 80 doubles title at the Pacific Coast Championships at the Berkely Tennis Club, defeating their opponents 7-5 6-1. Great win John!

### Roger North places 2nd

Also at the Pacific Coast Championships, Roger North placed 2nd in the 75+ doubles, losing an epic 3-hour match 7-5, 6-7, 6-7. Roger also played in the 75+ singles and lost in the semi-finals to Doug Sykes, former #1 player at the University of California.

### Keep Your Eye

- Juneteenth Matches and Social events are June 17th—19th
- Father's Day, June 19th
- Swim Team will start June 20th
- The Irvington Club Open Championships is June 21st—26th
- June 22nd, 6:00pm-6:15pm, Members invited to attend BOT meeting to share ideas

### New Members & Associates

- |   |                                   |
|---|-----------------------------------|
| Jake Johnson & Sarah Hayes Family         | Adam Gamboa Family                |
| Lydia Anderson-Dana & James Kite Family   | Timora & Troy Konigwilcox Family  |
| Randolph Carter & Elizabeth Denevi Family | May & Rick Albano Family          |
| Thea von Geldher & Jason Bolt Family      | DJ & Lia Yemane-Berhan Family     |
| Erin Jensen & Breon Gardner Family        | Cindy & Louis Jr. Fontenot Family |
| Andrea Sommer & Ryan Sayre Family         | Corrine & Nate Celko Family       |

## WELCOME!

### Yoga with Kristen Butler

Looking to increase strength, flexibility, and balance? Regulate your breathing and cardiovascular fitness? Improve your mental game of tennis?

Try out a yoga class with Kristen Butler in the ballroom Sundays 7pm-8pm. Kristen teaches a slow flow, breath-based all levels practice, incorporating yoga philosophy and meditation with a full body approach.

The class is free to members.

Please contact Kristen for more information: (503) 984-0456

## *Juneteenth Tournament, June 17-19th, 2022*

For those who want the fun and challenge of playing in a great tournament that is for amateurs and those familiar with USTA play, you can sign up to play in the Juneteenth Tournament June 17-19<sup>th</sup> at Grant Park and PTC. Registration is open until June 12<sup>th</sup> at [www.kids-n-tennis.org](http://www.kids-n-tennis.org)

And if you just want to watch some fun tennis and help out, you can volunteer at the Hospitality Table at either at PTC or Grant Park. To volunteer please sign up at <https://www.signupgenius.com/go/10c0c44a4af2ba7f58-juneteenth>

The Juneteenth Tournament supports the Kids N Tennis program at PTC. The money raised during the Tournament will provide scholarships for many young tennis players to attend summer tennis camps.

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### *President's Message*

Fletcher Frisch has resigned his position as Secretary of the Board of Trustees (BOT). It has been my pleasure to work alongside Fletcher the last 3 plus years who with his quick wit and skills was a great secretary. He worked diligently on different committees to help the club tackle challenges during covid and other issues that faced the club and BOT. I sincerely want to thank Fletcher for his years of dedication and service to BOT and the club. Jenny MacNichol will assume his position for the remainder of his term and Jonathan Steinoff will serve as secretary for the coming year.

#### **Change is in the air...**

Change allows us to move forward in life and experience new and exciting things, and around the Irvington Club we are making and introducing some changes with more details to come.

... with the change of seasons, the pool is open (and let's hope with the change it comes with sunny and warmer days)

... a change thanks to a new, active and dynamic social committee that has many plans for a number of varied activities for all members

... a change to the Social Justice Committee with 11 new members who will be working on the Social Justice Initiative

... a change allowing us to use a phone app to easily access Club Automation

... a change to our court reservation system

... a change for wait listers who will be able to play more tennis

... a change in how the Club will communicate and share club activities with members

... a change to our tournament schedule with the return after a two year hiatus of the Irvington Club Open Championship presented by adidas (June 20-26<sup>th</sup>)

Change means you have variety in life, you experience new things and meet new people so the Community Involvement Committee (CIC) wants to bring back a mentoring program to help new members feel welcome and learn more about "all things club." The goal is to link an "old" member with a "new" member. If you are interested in serving as a mentor, please let me know. More details to follow later this month.

To help make changes the Board of Trustees is interested in hearing from members. Members are welcome to attend the first 15 minutes of each monthly board meeting to share and/or suggest ideas and/or can stay and observe the meeting. If members wish to be put on the agenda with a specific concern, all you need to do is let me know and what the topic is. Board committees are open to members and to learn more about them, go to the Club's public website at <https://irvingtonclub.com> and check out the Committee tab. If attending a meeting is not convenient, please email me your concerns.

My hope is that members this month and beyond will see the various changes that we are rolling out as opportunities to enjoy while you spend time at the club. My goal is to continue to work to make the club the best it can be, and I hope to have your support.

Stephanie, [boardpresident@irvingtonclub.com](mailto:boardpresident@irvingtonclub.com)



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Becky Chasse, a certified personal trainer, club member, and lifetime tennis player, is teaching group fitness classes at Irvington Club. First class is free. June 16th is a focus on knee health and June 28th is a focus on shoulder/rotator cuff health.

For more details, go to [www.VibrantAndFitTraining.com](http://www.VibrantAndFitTraining.com) or call/text Becky at (503) 956 5831.

**New Group Fitness Classes at Irvington Club!**

**Strength Training and Tennis Conditioning for Active Older Adults**

**Tuesday/Thursday 9:30 AM-10:30 AM First Class Free**

## Committee Notes

### Volunteer with our Community Involvement Committee (CIC)

The CIC would love for **junior** members to get involved in volunteering around the club besides playing tennis. For example, the Club participates in the AdoptOne Block program that consists of picking up litter around the club between NE Thompson and Brazee and 21<sup>st</sup> and 22<sup>nd</sup> Avenues once a week. If it is easier, you could sign up to help water the 21<sup>st</sup> Ave. Roundabout once a week or every other week. If either of these appeal to you, please contact Chris Haug-Chin at [haugchin@gmail.com](mailto:haugchin@gmail.com).

We are looking for female juniors who would like to help volunteer as assistant coaches for The Portland Tennis and Education summer camps at St John's Racquet Club during the early part of summer. If you are interested please contact Mary Stevenson at [maryrstevenson@gmail.com](mailto:maryrstevenson@gmail.com)

In August we are appealing to all juniors to help with the donation drive to collect and pack food for Portland Backpack Project and also spend time making "Cheer Cards" for each of the bags that go home with the elementary students each Friday. If you want to help contact, Carol Davidson at [carolmdavidson@comcast.net](mailto:carolmdavidson@comcast.net)

If any of these CIC activities is of interest please consider volunteering. And for high school students this volunteering might help you complete community service requirements, please email one of the members listed above.

We look forward to your involvement. Thank you!

## GM Notes

Dear Irvington Club & Swim Members,

It is so nice to open our pool with NO RESTRICTIONS; it makes it much easier for planning purposes.

Our Tennis and Swim programs are pretty full, but cancellations do happen, so it is always good to check.

We have some rule changes coming soon so please watch your emails. Our new app is also being worked on and tested preparing for the roll out. The plan is in the next two weeks.

This is the first year since the name change for our biggest Club tournament, The Irvington Club Open Championships. This is a week-long event, kicking off with the Pro Am on June 20<sup>th</sup>. Sponsorships are still available to be a part of this exciting event!

The indoor courts tend to slow as the nice weather approaches. We are looking at innovative ways to utilize the courts. The Friday night mixers are an excellent way, so if you have some ideas or suggestions, let us know. The Pros handle these events and they would love to hear from you.

As always, I hope to see you at our amazing Club!

Barbara

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## Walter's Wisdom

### The Backhand Slice

One of the best ways to change things up during a match is to add the backhand slice into the rally. By utilizing the slice, you can change the rotation of the ball by creating underspin. The ball will now stay lower after the bounce compared to a topspin hit ball. Hitting the ball with underspin together with some side spin can make the ball stay low and move to the right or left of your opponent. Making the ball move from side to side and low to high or high to low forces your opponent to have to prepare well on every shot. The slice is also used defensively and offensively. When you are pulled off the court and need to buy yourself some time to recover to the middle, hit the slice and the ball will get to your opponent *slower and lower* so you can get back in the ready position again. If you get a short ball you can attack with the approach shot keeping the ball super low and deep. It's very difficult to pass an opponent who attacks the net with a slice. You have to get really low and hit up on the ball to try to pass. The slice can also get you out of trouble when your opponent hits a really high bouncing ball to your backhand side. To hit a great slice be sure to turn your body early to the ball, and hit through the ball while separating your hands.

Walter Seidel, Tennis Director

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## Irvington Club Pickleball Mixer, 5/20/22

Irvington Club Members enjoyed a Pickleball Mixer on Friday, 5/20/22 hosted by the Social Committee



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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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Hello friends, family, and community!

I have made a big change!



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