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Portland Boxing Club's June 2021 Newsletter - Volume 6 Issue 6

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**PORTLAND**

**BOXING**

**PORTLAND, MAINE CLUB**

1992 ★ MAKING CHAMPIONS & GOOD CITIZENS FOR 29 YEARS ★ 2021

29 YEARS



### How Are We Doing?

Portland Boxing Club is always looking to improve our program. We would like to hear your thoughts on how we are doing. Please share your ideas about:

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- What can we do better?
- Any issues we need to address?

Are you a former member? Let us know why you stopped coming to Portland Boxing Club. The more information that is shared with us, the more we can improve to serve our members better.

There are comment cards in the gym that you can fill out and hand to Coach Russo. If you prefer to remain anonymous, drop the comment card in the mail instead.

You can also email your comments to [pbcboxing@maine.rr.com](mailto:pbcboxing@maine.rr.com)



### No Saturday New Member Drop-In Classes During July

The Saturday new member drop-in classes will not be held during July. For those who are looking to join the Portland Boxing Club, you can attend the Saturday class at 2:00 pm on June 12, June 19 or June 26, 2021. Classes will resume on Saturday August 7, 2021.

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### [PBC On-Line Store](#)

Portland Boxing Club's [on-line store](#) has a wide selection of merchandise featuring the Portland Boxing Club logo. These make great gifts for the hard-to-buy-for boxer or boxing fan in your life!

### **Sale Item - Tank Tops**

Portland Boxing Club [tank tops](#) are on sale for \$15, available in white and black.

### **Sale Item - Stay Dry T-Shirts**

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### **Sale Item - Mesh Shorts**

Nike [mesh shorts](#) with the Portland Boxing Club logo are now available in red and black for \$19. These are a great price, so get yours while they last!

### **Gift Certificates**

[Gift certificates](#) are now available! Gift certificates can be redeemed towards membership initiation, monthly dues and in-club purchases. Not sure what amount to purchase? Consider \$30 for one months' dues, \$50 for a sweatshirt and t-shirt, \$105 for a new member's initiation and second month's dues, \$180 for 6 months' dues or \$360 for one years' dues.

Check out these and the other store items at: [On-line Store](#)

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Portland Boxing Club volunteer Jeff Quirk. *Photo courtesy of Saco and Biddeford Savings.*

### Spotlight on Jeff Quirk

Portland Boxing Club sponsor Saco and Biddeford Savings recently shared a spotlight on Jeff Quirk on their Facebook page. Jeff is a tireless volunteer, including running Portland Boxing Club's Friday strength and conditioning class. We are proud to share their spotlight here.

“Give me a kid who wants to learn confidence, intensity and a good attitude and I’ll give you an athlete.”

My life has been nothing short of a journey. My career started 31 years ago at CMP, I started my first summer job back in 1975 and I’ve been flipping houses

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When I was diagnosed with last stage leukemia, my wife and I had our son Jason at the time and we weren't sure if we'd be able to expand our family. I was renovating our home before I got sick and the upstairs was gutted to the studs. I felt this overwhelming responsibility to complete our home and not leave my family with a half finished house. I knew I had to pull through for my wife, son and our future. I felt like I was going to be one of the lucky ones who'd beat it and move on. I understood the seriousness of it, and came to terms that it would be a long hard road to get to remission, but I felt like I'd be okay.

My sickness was a setback. I was out of work for 19 months and couldn't go back to CMP until I had a remission. That was hard for me because I wanted to go back, but despite my determination, CMP told me to rest, recover and call them first when I had a remission. I remember I called them on a Wednesday and told them I was in remission and they asked me to start work on Friday. I said, "Give me the weekend and I'll be there Monday." You never know what life will throw at you.

Ten and a half years later, we were blessed with our second son, Eric. I started coaching when our oldest son Jason was playing t-ball because I felt I had a lot that I could offer as a coach. I grew up playing sports and I know the camaraderie of being involved. Being part of their sports created a stronger bond between us and they enjoyed having me involved as a coach. Sports have always been a part of our lives, and there is a large collection of people who I've taken bits and pieces from to influence my own coaching style. Most notably, Bobby Russo, head coach of the Portland Boxing Club and Lance Johnson, who was the head coach for 10 years at Scarborough High School.

There's a personal satisfaction when you share your knowledge with athletes who crave what you know. After all, life is what we learn from others and coaching is an opportunity to educate. Marty Merrill was one of those kids who gave me that personal satisfaction. He worked for me and caught on really quickly, becoming a better carpenter than me. I loved watching his confidence, intensity and attitude parallel his passion to succeed. When a 10 second moment took his life in a dirt bike accident, I decided to name a trophy after Marty.

The Marty Merrill CIA (Confidence, Intensity and Attitude) Award is given to the

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to the best player; it's all stuff you work on yourself: practiced, improved and displayed behavior.

Your life could change in an instant if your day started 10 seconds earlier or later. We all have an expiration date and we don't know when that is. I am extremely proud of our boys. Both serve our community in the military, James in the Coast Guard and Eric in the Army. Jason is a Portland Firefighter and Paramedic and Eric is still serving in the Army Reserves while he is attending Syracuse University on a full ROTC scholarship. I've always told my boys that you need a lot of different skills in life to survive during tough economic times and you always have to have something in your back pocket.

If I've learned anything through the challenges in my own journey, it's this: you can do anything you want in life, but you can't do it all at once.

- Jeff Quirk: Husband, Dad, Coach and owner of Quirk Properties & Management LLC

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## Upcoming Events

### **Northern New England Golden Gloves**

The Northern New England Golden Gloves will be held as a non-advancing tournament on July 10 and 17. Tickets will be limited and need to be purchased in advance. [www.jassboxing.org/nnegg.html](http://www.jassboxing.org/nnegg.html)

### **Granite Chin Invitational Tournament**

The Granite Chin Invitational Tournament will be held at the New England Sports Center in Derry, NH for elite class amateur boxers. The first round will be on June 26, 2021 and the final round will be on August 28, 2021.

### **National Golden Gloves**

The National Golden Gloves are scheduled for August 9 - 14, 2021 at the Cox Business Center in Tulsa, OK. For more information and updates, visit: [www.goldenglovesusa.org/championship/](http://www.goldenglovesusa.org/championship/)

### **Fourth Annual Networking Event**

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people for a \$500 donation. Hors d'oeuvres and drink vouchers are included with your donation. This event is limited to 150 people to allow for effective business networking and giving all attendees the opportunity interact with members of the Portland Boxing Club team. To reserve your spot or for more information, contact Durward Ferland at (207) 615-8049 or [durward.ferland@wipfli.com](mailto:durward.ferland@wipfli.com).

### **All-Star Boxing at the Portland Expo**

The Portland Boxing Club will be staging its 106th event in Portland since the club's inception 29 years ago. The event will feature professional and amateur stars from the Portland Boxing Club and across New England. This All-Star Boxing event will be held November 6, 2021 at the Portland Expo, 239 Park Ave, Portland.



### **Thank You Red Corner Club Members**

Thank you to the following new and renewal members:

David Cimmet

Harry Papkee - Seacoast Electric

Michael Smith - Skilled Violence

Thank you for being a member of the Red Corner Club!



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# PORTLAND BOXING PORTLAND, MAINE CLUB

## HOW CAN I SUPPORT PBC?

The Portland Boxing Club is a 501(c)(3) non-profit organization and we rely on fundraisers and donations for our operations. Here are some ways you can help support the Portland Boxing Club:

### Red Corner Club

For an annual tax-deductible donation of \$100 or greater, you can join this group of Portland Boxing Club supporters. The Red Corner Club is open to anyone including current and past members, boxing team alumni, fans and the community.  
[www.portlandboxingclub.org/red-corner-club](http://www.portlandboxingclub.org/red-corner-club)

### Portland Boxing Club Merchandise

Our on-line store has a merchandise featuring the Portland Boxing Club logo. These make great gifts for the hard-to-buy-for boxer or boxing fan in your life! Boxing equipment is also available.  
[www.portlandboxingclub.org/store](http://www.portlandboxingclub.org/store)

### Boxing Collectables and Memorabilia

Portland Boxing Club now has boxing collectables and memorabilia available for sale on-line. Items

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[www.portlandboxingclub.org/memorabilia](http://www.portlandboxingclub.org/memorabilia)

**AmazonSmile**

Select Portland Boxing Club as your charity then when time you shop on Amazon, go to [smile.amazon.com](https://smile.amazon.com).

Your support of the Portland Boxing Club through any of these methods is greatly appreciated.

## How Can I Support PBC?

The Portland Boxing Club is a 501(c)(3) non-profit organization and we rely solely on fundraisers and donations for our operations. Here are some opportunities for you to support the Portland Boxing Club:

### Red Corner Club

Portland Boxing Club's Red Corner Club is a great way to show your boxing pride and support the Portland Boxing Club. For an annual tax-deductible donation of \$100 or greater, you can join this exclusive club of Portland Boxing Club supporters. The Red Corner Club is open to anyone who wants to support the Portland Boxing Club, including current and past members, boxing team alumni, fans and community supporters.

Benefits include Portland Boxing Club shirt with the Red Corner Club member logo, recognition in upcoming souvenir programs, recognition in Portland Boxing Club newsletters and recognition at Portland Boxing Club events.

For more information or to join, visit [www.portlandboxingclub.org/red-corner-club](http://www.portlandboxingclub.org/red-corner-club)

### Portland Boxing Club Merchandise

Portland Boxing Club's on-line store has a wide selection of merchandise featuring the Portland Boxing Club logo. These make great gifts for the hard-to-

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help protect yourself and others. Boxing equipment including gloves, headgear, hand wraps, mouth guards and jump ropes are also available.

To shop these and many more items, visit [www.portlandboxingclub.org/store](http://www.portlandboxingclub.org/store)

#### Boxing Collectables and Memorabilia

Portland Boxing Club now has boxing collectables and memorabilia available for sale on-line. Items include autographed boxing gloves from famous boxers such as Micky Ward, Dicky Eklund, Muhammad Ali, Jake LaMotta and Gerry Cooney along with local favorites such as Liz Leddy and Russell Lamour. Other items include vintage boxing magazines such as The Ring, KO Magazine, Boxing Illustrated and World Boxing from 1978 to 1992. Additional items are being added regularly.

To shop our Boxing Collectables and Memorabilia, visit

[www.portlandboxingclub.org/memorabilia](http://www.portlandboxingclub.org/memorabilia)

#### AmazonSmile

Support the Portland Boxing Club when you shop on Amazon with AmazonSmile! Customers pay the same Amazon prices, with the added bonus that Amazon will donate a portion of the price of eligible purchases to the Portland Boxing Club.

Select Portland Boxing Club as your charity then when time you shop on Amazon, go to [smile.amazon.com](http://smile.amazon.com).

Your support of the Portland Boxing Club through any of these methods would be greatly appreciated. The Portland Boxing Club thanks you for your continued support.

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### **PBC On-line Store**

#### ***Thank you to our major sponsors:***

207 Taxi

CBS Lobster & Bait

David Cimmet

Earl Prolman

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**Our mailing address is:**

Portland Boxing Club - PO Box 644 - Portland, ME 04104

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