



PICKLEBALL CANADA

*The fastest growing sport in North America.
Le sport qui affiche la croissance la plus rapide
en Amérique du Nord*



Editor: Ed Burke,
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Points of Interest

- Pickleball in Aurora, ONTARIO is growing with many enthusiastic players.
- BC Senior Games in Trail BC in August. Some of the Recreational winners listed here.
- Bill Canning is on the mend and ready to help Pickleball Canada when needed.
- What I love about Pickleball by Ed Burke (editor).
- Meet Elfie Widhalm a new player from Saskatchewan.
- Tax considerations in the U.S.A.. by Colin Caldwell
- Meet Beryl & Pete from the Ladner/Abbotsford areas.
- New Rules corner by Bev. Butt, Chair of our Rules Committee, please feel free to contact her if you have any questions about Pickleball.
- Renew your membership or become a new member for ONLY \$12.00 per year.

ALL IS WELL IN AURORA ONTARIO & GROWING

AURORA (ONTARIO) SENIORS CENTRE



There are 25 active Pickleball players playing out of the Aurora Senior Centre (ASC) at this time and growing. Players in photo from left to right: Walter Rawlins, Joshy Kallungal, Myrna Rawlins, Harry Basil, Annette Gagne, Maureen Lawson,

Joanne Keates, Sue Wilding, Ruth McGrath, Joyce Bannon, Richard Howard, Neil Pemberton, James Alberga and Charles Sequeira.

Playing times are Tuesday & Friday, 1 to 4 p.m. on average 12 to 14 come out. Wednesday time is 2 to 4 p.m. (summer only) and Thursday 9 to 10:30 a.m. when about 6 to 8 members come out.

Volunteers who have been playing the game for several years are available to assist new players who would like to learn the game and progress to better mastery of the game. Paddles & balls are made available by ASC at no cost, the only investment is to pay the \$1.00 activity fee privilege available to all its members.

BC SENIOR GAMES

TRAIL, B.C. AUG. 2011



It was a good turnout, lots of action and lots of medals won during the BC Senior Games in Trail, B.C. August 16th to 20th.

Some of the **Recreational winners:**

Ladies Doubles (55-59) Gold: Debbie Morgan/Dee Pitcher. **Silver:** Pat Khan/ Annette McEwan.

Bronze: Val Priebe/ Shirley Shepherd.

Ladies Doubles (60-64) Gold: Sandi Hubbick/

Jeni Lewandowski. **Silver:** Mandy Witt/ Beryl Kusch. **Bronze:** Anna Marie Taal / Sandra Glass.

Men's Double (55-59) Gold: Mat Khan/ Dave Shepherd. **Silver:** Alex Gendron/ Len Taal.

Bronze: David Dudeck/ Wayne Hall.

Men's Double (60-64) Gold: Tim Mah/Glenn Degregario. **Silver:** Fred Hubbick/ Ken Witt.

Bronze: Jerry Rudolph /Herb Peters.

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GOOD NEWS FROM RED DEER ALBERTA. You may wonder who that good looking fellow in the picture might be? Well it is our very own **BILL CANNING**, Past President, Pickleball Canada.

Linda Dane (on right) and her husband Eldon, were pleased to have lunch and a great visit with Bill a couple of weeks ago and want to report to Pickleball Canada that Bill is definitely on the mend. After having some serious health issues this past winter and spring, he is feeling much better, as you can see and ready to help us out when needed. Great to have you back Bill. We missed you.

The fastest growing sport in North America.

Why I LOVE Pickleball by Ed Burke (editor)

I have heard so many positive remarks about our sport I thought I should share some of them with you, our readers/members.

Yes, Pickleball can become addictive but have you ever asked yourself, why?

There are actually many physical benefits from having a good cardio workout on a regular basis. It actually releases endorphins and other “happy hormones” in our bodies and that is not all, these endorphins are natural pain killers, plus cortisol which is also released which is an anti-stress hormone. This works for people of all ages. So these are just some of the many physical benefits to our bodies.

What about other things, like loneliness or depression. How can you remain down and depressed playing Pickleball? I would say that is next to impossible. Who can be lonely around happy, smiling, people for very long?

Pickleball is NOT like any other sport. We all get an “attitude” adjustment when we play on a regular basis. It is simply a FUN GAME for everyone. Oh! Sure there are some who just feel they must win every game (yes, I admit I am one of them) BUT no matter whether I win or lose, it is always a GREAT GAME. What I also like, no one really keeps score from one day to the next because frankly the score is not important.

All other sports have levels that you are expected to attain. Train, train, train. Learn all the tricks and angles, precision shots, dominate the courts, no mercy. Do what you must to win at all cost. The only time the winners smile is

when they have won their match and defeated their challenger. We get hero worship from these games, someone to look up to. My question is, are they ever having FUN? I do not believe they can, it’s simply not allowed. It is just a very serious business.

Enter Pickleball. You come relaxed and as you approach the courts, whether indoor or outdoor you hear voices, lots of commotion, bantering back and forth, people of all sizes and shapes jumping up and down having the time of their life. Those with attitude problems get a quick adjustment. How can you frown and play Pickleball? I say that is impossible but I am sure there are a few (the minority) who just don’t get it. It is not about winning, it is all about having the time of your life, getting the blood pumping, the heart racing and just letting it all go and enjoy the moment.

NO OTHER SPORT operates like this. There are no losers, just someone who is learning the game and gets better each time they play. Personally, I hope this sport never goes PROFESSIONAL because then we’d be just like all the other sports and the laughter would stop, people would stop smiling and the essence of the game would be lost.

Think about this the next time you play. The one sport where FUN is more important than WINNING. How about that! Sounds unique and special to me. What we also hear a lot of is: “This is such a friendly sport, everyone who plays is happy and it is so easy to make new friends.” That comment is *priceless*.



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Elvira (Elfie) Widhalm was born in Vienna, Austria and immigrated to Canada (Regina) in 1967 with her husband (he passed away 10 years ago). She had 3 children and is a proud grandmother of 7 grandchildren.

Elfie, was a professional tailor in Europe, having been taught by her father who owned his own tailoring shop. She worked for a local tailor for about 10 years before she started her own shop and later was hired to run and eventually manage the RCMP Tailorshop and retired after 23 years.

Elfie, started playing Pickleball this past winter and totally LOVES the game. She joined two indoor groups this winter and plays 4 times a week outdoors this summer. Now that is commitment and she does this despite being in constant pain in her hip. And you thought you had challenges.

This is what happens when you really get into this game. Her coach has been Beverly Butt who she said “Is a terrific coach and is appreciated very much.”

Elfie enjoys the freedom of retirement, being able to do whatever she wants, whenever she want to do it.

The fastest growing sport in North America.

U.S. TAX ISSUES FOR CANADIAN SNOWBIRDS by COLIN CALDWELL

There is a growing number of Canadian Snowbirds now taking advantage of the warmer weather in the southern states, including Arizona, California and Florida. With the change in the U.S. economy our Canadian dollar goes a lot further and has opened up many investment possibilities in the U.S. Many Canadians are taking advantage of the exchange rate and spending their winters in the U.S.

There are many Canadians, myself included, who enjoys the warmer climate in the winter and enjoys the many opportunities to play Pickleball. Arizona is a hot bed of Pickleball and I certainly love the competition and the abundance of tournament play available.

There are a couple of major issues each Snowbird must consider when planning extended periods of time in the U.S. The first issue is Health Care. Each of us must ensure that we have private coverage to offset the exorbitant cost of medical care in the U.S. In addition everyone must make sure that your extended stay in the U.S. does not jeopardize your Provincial coverage. Each province has a different time requirement for stays outside of one's province. You should check with your Provincial Plan to make sure you are not over your limit.

Another very important issue is U.S. TAX consequences for Canadians who own property, or who own and rent property in

the U.S. or spend extended periods of time in the U.S. The I.R.S. (Internal Revenue Service) is concerned with non-resident aliens avoiding taxes and they are taking aggressive action in response to what the Government perceives as a growing problem.

Did you know that if you own and rent your property in the U.S. the rent received is subject to a 30% withholding tax which tenants are required to deduct and remit to the I.R.S.?

The I.R.S. have a form #F8840. This form is titled "Closer Connection Exception Statement for Aliens?" The F8840, when filled out, gives details of how long a period you spend in the U.S. It also details if you have a closer connection to Canada by proving you own property in Canada, or collect a pension in Canada, pay taxes in Canada and reside in Canada for the majority of the year (at least 183 days). The F8840 can be downloaded at: <http://www.irs.gov/pub/irs-pdf/f8840.pdt>

There is a great explanation of the whole process and what is required when filling out a F8840 at the BDO website. I have also provided that link below. If you spend an extended amount of time in the U.S. or own property in the U.S. it is a MUST read. http://www.dbo.ca/library/publications/tax/taxbulletins/Tax_issues031708.cfm

The penalties for not filing are severe. These penalties could be as much as \$1,000.00 for each item of income involved.



Meet:
Pete Darvill
Plays in Ladner
& Richmond

Meet **Pete Darvill**, an enthusiastic Pickleball player from the Ladner, Richmond area who plays there about 3 times a week as well at Cloverdale 1 or more times a week. Pete was introduced to Pickleball about a year ago, he is a very active man. He also plays baseball, golf and racquetball. He grew frustrated trying to get his local municipality to convert an unused tennis court into a Pickleball court, so he purchased a portable net from the U.S.A.P.A. and with some chalk he makes his own outdoor court any time he needs to. He had played some outdoor games in Mesa, Arizona, so wanted to have that opportunity here as well.

Update - Cromie Park, Ladner will be resurfaced with a new membrane and permanent Pickleball lines will be installed. It is a great venue with washroom too. New fencing, world class surface in Ladner - yippee. They can see themselves playing there on Christmas Eve, making it a great holiday tradition. Now that is dedication. Congratulations everyone involved.



Photo supplied by:
Abbotsford News

Beryl Kusch was photographed by an Abbotsford News photographer during the ABOTSFORD Tournament in July. She was competing in Women's Doubles 55+ division. Beryl's husband John from South Surrey, BC, played in the 55+ and under 55 division and won 2 Gold medals in Doubles and Mixed doubles. The Abbotsford tournament was a huge success with 67 players competing.

Beryl is very happy to see many younger players joining their ranks with family teams playing together like two parents, father & son, mother & daughter and winning medals as well. Two of the Gold medal family teams were: Luba Zhekhovskaya & Denis Zhekhovskaya as well as Dee Pitcher & Trudy Pitcher. Getting families out is wonderful, keep it up!!

Dave Hall from Manitoulin Pickleball Club in **Little Current, Ontario** has a tip for those of you looking to buy a good but inexpensive badminton net (works perfect for Pickleball). You can buy it from MERCHANT'S SPORTS in Toronto for only \$50.00 each. Shipping is extra of course but that is a great price. Dave says it's a very good net, maybe not top quality but certainly not poor quality either. You can go to: http://www.marchants.com/deluxe_champion_badminton_net_p/bn250.htm

Dave, thank you for sharing this with our membership. We welcome all leads and suggestion to save our members/clubs money.

TOURNAMENTS THIS YEAR

Let us list your tournament here. Just send an email to: ed.burke@shaw.ca and if you are a member of Pickleball Canada and follow IFP (International Federation of Pickleball) rules, we will be happy to promote your event here.

Tournaments are a wonderful way to grow our sport. Offering medals and prizes is not always needed. We hear of many tournaments that are held just for the love of the game. They play Round Robin Rules so everyone gets to play from 5 to 7 games with different partners in doubles and mixed. Points scored is how they calculate the individual winners.

Please re-new or join PICKLEBALL CANADA

Your support is needed to help us grow & meet our commitments to communities across Canada.

If you have questions, we'll try to answer them quickly.

If you are already a member, please share your information with us.

Membership is a Privilege - We want your participation in all decisions.

Help us grow - With your input and support we'll have so much more to offer all members.

There is strength in numbers. Contact us below or go to: www.pickleballcanada.org

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MEMBERSHIP RATES FOR PICKLEBALL CANADA

New/re-new membership rates are:

One year \$12.00

Three years \$32.00



RULES CORNER BY BEV BUTT

Chair Rules Committee P.C.O.

Did you know?

LAYING OUT PICKLEBALL COURTS

Pickleball courts are multiplying like rabbits across Canada. If you had to lay out a court today, do you know the measurements?

Well, it is 20 feet by 44 feet. The two non-volley zones (NVZ) are 7 feet from the net, with a line from centre to each NVZ 15 feet to the back line.

You can chalk, tape or paint lines. Tape can be stuck for one day or several. You can use a paint brush, roller or an upside down spray can.

Use a colour easily seen on court surface. Lines can be different colours, but if using a multi-sport surface, it's best to have all Pickleball lines the same colour.

What about the height of the mesh net? From the ground, it's 36" high on the ends and 34" at the centre. That's 2" lower than the centre of a tennis net. You can use a Pickleball, Badminton or Tennis net. Having laid out the court and put up the net, go get your paddle and a ball and start playing. Then what's most important is to get out there and have fun.

For rules, see www.ipickleball.org Send questions/comments to: bbutt@sasktel.net

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