



Pickleball Canada National
Organization official newsletter

DECEMBER 10th, 2011



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PICKLEBALL CANADA

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

Points of Interest

- Meet our very talented web-master Jim Dixon. We are most fortunate to have him
- SALMON ARM, B.C. is having a very successful season and looking for outdoor courts.
- PEACHLAND, B.C. is offering clinics - beginner & advanced
- Gail Stakiw, CPO Ambassador Regina is a Energizer Bunny.
- Message from our President Colin Caldwell.
- Two great Pickleball players now playing in Abbotsford
- Strokes - be prepared or forewarned. Real good information we need to know.
- Don't miss our new column by Beverley Butt on rules and etiquette on the back page. Some of your many questions will be answered right here.
- Renew your membership or become a new member for ONLY \$12.00 per year.

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JIM DIXON - OUR WEBSITE MANAGER/BUILDER

Jim is happily married to his angel, they have two wonderful children, 23 & 28 years old. Both are in the health care arena.

After University, Jim took a year and travelled the U.S., Mexico and Canada. He settled down & spent 2 1/2 years as a media studio manager at Canada's largest advertising agency. He became interested in corporate games of espionage and soon studied & entered that field. When computers became the norm, he moved and upgraded his skill-set to include anti-computer crime. Later, he instructed in the same industry and grew into a Digital Security Systems Analyst (DSSA).

Moving back to Kelowna, he scaled back from a DSSA and instructed classes on the underlying components of a computer operating system, basic internal security and network management systems.

Retired, he kept out of pool halls and off the streets by being involved in politics. He has sat on many government appointed commissions and committees, as well as some grass-root organizations. He successfully lobbied for children's counseling, youth services, affordable housing, parks and spent 4 long years on a provincially appointed/elected governance restructure study committee.

Now he enjoys doing odd computer repair and donates his time and parts to re-building computers for children and teens whose single parents cannot afford one. Each year, he picks a worthy cause and donates some time to helping that cause. In between, he enjoys his yard & gardens. And keeping healthy has him working on improving his health so he can get back to the yard.

Jim, has never played Pickleball but having set up a site for it before, quickly understands the game. He would like to see it become one of Canada's major sports for seniors & youth alike.

During the very turbulent Pickleball Canada Organization registration, he began work on a major change to the existing web site, incorporating a better PCO controlled Places to Play, a new

advertising program, an online PayPal membership new/renewal form and PCO online goody-store.

Finding over 2,500 fake online registrations had him delving into the system to prevent other hackers, shysters, and other Internet dastardly ne'er-do-wells from spanning or using the site as a conduit to attack, spam, or con. Sorting the real members from the fake is a daunting task as each has to be reviewed separately. New tools are in place to help ward off such things. Every effort is made to be certain of the account, mistakes can happen so if you find your access is missing, please don't hesitate to email Jim personally at his email: sysop@pickleballcanada.org or call (250) 769-5080, he will do his best to restore your account.

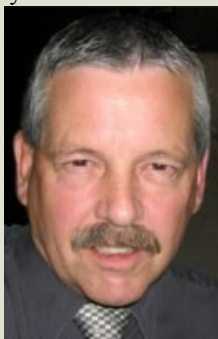
The new site is coming along very nicely. Everything is in the testing stage now and he must admit, a steep learning curve with the Places to Play software programs. It promises to be one of the best. The important thing was to bring the old site up to a point where it is safe, informative and visitor friendly & transparent. But IHHO (In His Humble Opinion), it is all worth the effort. The site is being designed so it will accommodate the huge expected growth of the game so that anyone with a modicum of web site knowledge can easily take over without much ado.

It is difficult to find volunteers who have a background in cPanel, FTP, PHP, Mysql, CGI, Ajax, programs and Apache driven servers. If you would like to help with implementing the new site, your help would be most appreciated.

If you understood anything in this last paragraph, we could sure use your assistance with our website.

Jim lives at Lakeview Heights in the district of West Kelowna.

Keep up the good work Jim we really appreciate you.



Drinking Water at certain times maximizes its effectiveness on the body. 2 glasses of water after waking up - helps activate internal organs. 1 glass of water 30 minutes before a meal - helps digestion. 1 glass of water before taking a bath - helps lower blood pressure. 1 glass of water before going to bed - avoids stroke or heart attack. Please pass this on. From a Cardiac Specialist

The fastest growing sport in North America.

PICKLEBALL IS ALIVE & WELL IN SALMON ARM

COMMUNITY REC. CENTRE SALMON ARM, B.C.



Back Row: L to R, Ben Peters, John Calver, Myrna Calver, Herb Pendell, Marg Heron, Ralph Owens, Helen Pendell, Ahti Takamaki, Pat Booth & John Booth
Front Row: L to R, Keith Brown, Mary Reynolds, Linda Brown, Les Heron

They play twice a week, Thursday 9 to 11 a.m. and Friday 1 to 3 p.m. They taught a class of senior students last year and now need to find places where they can play OUTDOORS in the summer. Teachers are hoping to bring this inexpensive sport into their schools curriculum soon. Info & photo supplied by Linda Brown, CPO Ambassador for Salmon Arm.



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PEACHLAND, B.C. BEGINNERS' CLINIC EXTENDED - ALL WELCOME

The little town of Peachland is really **BIG on Pickleball**. They have over 40 members who play at various times. There are four courts available and they have recently implemented a Fair Rotation/Participation System which seems to work when there are players waiting.

Through the Peachland Rec. Centre, there have been three beginners clinics and one advanced clinic in October, another scheduled for December 5th. More beginners and advanced clinic are being planned for the new year as follows:

Beginners' Clinic: Monday, January 9th, 2012 from 1 to 2:30 p.m.

Advanced Clinic: Monday, January 23, 2012 from 1 to 2:30 p.m.

Registration may be done through Peachland Rec. Dept. telephone (250) 767-2133. Cost is only \$5.00, space is limited to 16 per clinic. Call soon as they fill up quickly.

Info supplied by: Maria Dagus, Peachland Pickleball Canada Ambassador

GAIL STAKIW, PICKLEBALL CANADA AMBASSADOR - REGINA



Gail Stakiw

Bev Butt says Gail Stakiw is a wonder. She and Bev have done many Pickleball demos in SK for seniors and community centres. Their focus next year will be on providing paddles for disadvantaged youth in Regina. Gail learned Pickleball at **Venture Out** in AZ where she returns each winter. Since then she has started 3 of the indoor groups in Regina. She also helped coordinate the Pickleball event in **SK Seniors Fitness Games** in May. Recently, Gail visited family in **Medicine Hat, AB**. She and hubby Gary ended up doing demos all day long at **St. Andrews's** elementary school. They borrowed paddles from nearby **McCoy high school** and chalked lines on the adjoining outdoor tennis court. Now players on three indoor courts and an outdoor court in AB have Pickleball fever due to a Saskatchewan visitor! As a Pickleball Canada Ambassador, Gail is like the "energizer bunny." She does many community activities in Regina, while remaining a very humble person and a good player.

The fastest growing sport in North America.

MESSAGE FROM OUR PRESIDENT, COLIN CALDWELL

In November I was fortunate to be able to attend the **USAPA National Tournament in Buckeye, AZ.** This was the first time for me and I was impressed with the sheer enormity of the event. The tournament ran for over a week and included singles, men's women's and mixed doubles. There were representatives from many states in the US and there were many Canadians in attendance. It is great to note that **Bev Butt from SK and Carol Haworth from BC both won Bronze medals** in mixed doubles 70+ and women's doubles 70+ respectively. My partner, Dave Touchet from BC, played in the men's 60+ and the men's open bracket and had to settle for two wins and two losses in each event. I was amazed throughout at the caliber of play. It was wonderful to see my contemporaries play at such an advanced level but even more reassuring to see the expertise of the up and coming young players who have taken the game to new heights. It makes me wish I were 19 again so that I could project the wisdom of age and experience into 19 year old knees. I had the distinct pleasure of meeting with Bill Booth, President of the USAPA and speak briefly on our mutual goals in the coming year. **Bill intimated that there are some exciting things in the works for 2012.** Kudos go out to Dennis Duey who chaired the tournament. It was a monumental task and he and his many committees did an excellent job. As we at Pickleball Canada look forward to promoting and presenting our first National Tournament in 2012 we can only hope that we can benefit from the example that the USAPA organization has demonstrated in their premier event. As the year comes to a close I'd like to wish all our members a safe and happy Holiday Season. A great stocking stuffer could be a Pickleball Canada membership or renewal. **Have a very Merry Christmas from all of us at PCO.**

MEET TWO VERY INTERESTING PICKLEBALL PLAYERS



Bill Vroom was born in **Netherlands** in 1929. He came from a large family of 10 boys and 3 girls. They lived on a farm and Bill enjoyed milking cows. During the war in 1945, the Germans bombed a big hole in his family's farm and flooded their house. People had no food. Some people came to get food at his farm and some were hiding there. The Germans pointed a gun to his Dad's head and asked to see his papers, he showed them false papers, luckily they believed him. At age 17, he came to Canada with his two brothers and the rest of the family came a year later. He married his wife in 1953 and they have five children, 23 grandchildren and 12 great grandchildren. Bill was a home builder in Oshawa, Whitby and Bowmanville, Ontario, he owned a construction company. He moved to BC about 2 1/2 years ago. At age 64, Bill had prostate cancer and underwent surgery. That was 17 years ago, so he is a cancer survivor. His wife has Alzheimer's and they live in Menno Home which provides home cooked meals for seniors.

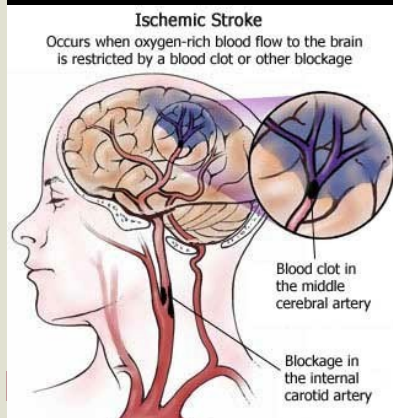
Bill has played Pickleball for 2 years. He is very friendly, active and fit, he can jump up to hit a ball hard like a strong younger man. He is a kind gentleman who brought a lot of food for our snack time. He has an excellent memory and he can add numbers very fast, he did the scores at our round robin tournament.



Tom Hill was born in **Winnipeg** in 1934. At age 18, he joined the RCMP and worked for 35 years as a plain clothes policeman doing major investigations. During his 35 years with the RCMP, 16 years were spent in Saskatchewan and 19 years in BC. At age 53, he travelled with his wife for two years, sold their house in West Vancouver and built a house in Abbotsford. He also had a business manufacturing wine boxes for wines sold in the Okanagan. Those wine boxes later were sold as bird feeders.

He worked as a Coroner for the City of Abbotsford for over ten years doing major investigations on special cases. Tom retired at age 65. **He joined the Abbotsford Pickleball group two years ago** and enjoys playing and socializing, at snack times he likes coffee. He has some wicked spin on his serves and ground strokes that are very difficult to return. He has a great sense of humour and we all love having him in our group.

STROKE IDENTIFICATION - 4 THINGS TO KNOW



STROKE
A SILENT KILLER
BE PREPARED, READ THIS

During a BBQ a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had tripped over a brick because of new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to hospital - (at 6:00 p.m. Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke . . . Totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Here is what you can do: 1) Ask the individual to SMILE. 2) Ask the person to talk and speak simple sentences. 3) Ask him / her to raise BOTH arms. If they have trouble with ANY ONE of these tasks, call emergency numbers. The 4th thing to do is have them stick out their tongue. If it is "crooked," goes to one side or the other, that is also an indicator of a stroke. **Pass this to friend and family, you could save a life.**

TOURNAMENTS THIS YEAR & NEXT

2012 PICKLEBALL CANADA FIRST NATIONAL TOURNAMENT— ABBOTSFORD RECREATION CENTRE
2499 McMILLAN ROAD, ABBOTSFORD, B.C. ALL PLAYERS WELCOME. IFP RULES APPLY.

JULY 7TH & 8TH - 2012, PCO & USAPA MEMBERS WELCOME, PLUS ALL OTHER PLAYERS.

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?

GIVING UP POINTS

In two recent major tournaments, I saw top players lose their serve and opportunity to win a medal. Serves are crucial, the only way to win a point and the only stroke over which a player has full control.

Service Faults:

4.A.1. Paddle head is above wrist or ball is struck above waist. Backhand servers beware!

4.E.1. Server misses ball. No second chance!

4.E.2. Served ball touches any objects around and above the court.

4.E.3. Served ball touches server or partner.

4.E.4. Served ball lands on non-volley line.

4.E.6. Served ball lands outside service court.

5.B.6. If ball is served by wrong server or from wrong location. This can happen after long rallies or when players switch places. In a Tournament, referee will not correct positions of players until wrong serve occurs. So before serving, use your right to confirm you are server and in correct place. When incorrect serve is not recognized until partner loses serve, or after opposing team has served, all points on previous serves count. The 10-Second Rule allows both server and receiver 10 seconds after score is called to serve or be ready to receive. Know the Rules. Focus on and protect your serve! Don't give up points! (For Rules, see www.ipickleball.org Send questions/comments to bbutt@sasktel.net)

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