



An E-Newsletter for Canadian Pickleball Players

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Welcome to the First Edition of the E- Pickleball News.ca

In order to communicate to Pickleball Players in Canada and the world, Pickleball Canada is using two main sources. The first and most important is our Website at <http://pickleballcanada.org>. We ask all players to check this site often as we add more features on a regular basis. The second is an e-newsletter sent directly to your inbox to bring you highlights of things on the website and articles that we feel are important to keep players informed.

The initial plan is for the newsletter to come out four times a year. We would like to feature tournaments, players, individual and group contributions and some pickleball humour. Photos are an important feature of all newsletters and hopefully all articles will have at least one photograph to go with it.

I will comment more on what I would ask readers to do at the end under **Editorial Notes**. Please enjoy this first ever Canadian edition of E-Pickleball News and offer your comments and suggestions.

Pickleball on "Salut Bonjour " in La Belle Provence

Pickleball will appear on the largest watched French Morning Show, "Salut Bonjour". This is the French Canadian version of "Good Morning America".



Left to right Marcel Lemieux, Daniel Melancon, and Louise Barrette

Marcel Lemieux, the ambassador for Mirabel, Quebec, started thinking about this idea several months back, after seeing the Good Morning America video on the usapa website. He started working on this as he spent his winter in Florida. He knew that if he could get this kind of media presence in Quebec it would really be a big boost to the sport in La Belle Province. He contacted Daniel Melancon, specialty interviewer, of "Salute Bonjour".

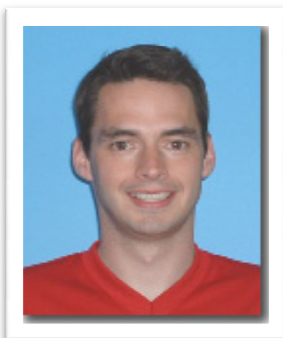
Daniel had never heard of Pickleball but was interested in finding out and giving it a try. Arrangements were made to do a video for the show when Marcel and his wife Louise returned from Florida.

On May 5, 2009 Daniel and his cameraman showed up to do the show. Daniel played with Louise and Marcel and some of their friends. Some younger players dropped by to watch and then participate. Daniel was most impressed with the game.

The program aired on Tuesday, May 19, 2009. Click on [Salut Bonjour](#) and practice your French. Congratulations to Marcel for getting this kind of coverage for Pickleball in Quebec. This sport will be national in no time with the efforts of Marcel, Louise and many other players that love this game.

The Rewards of Being Physically Active

By Dylan Chipperfield



The rewards of being physically active are endless. Being physically active can reduce the risk of having a heart attack or stroke by 50%. It also reduces the risk of diabetes, colon and breast cancer, osteoporosis and other prevalent chronic conditions and health problems.

Beyond that, a physically active lifestyle can provide many psycho-social benefits, such as a reduced risk of depression, and increased self-worth. While most individuals in Canada are aware of these benefits, Stats Canada reports that in 2005 only 50% of individuals took part in enough physical activity to provide them with the health benefits listed above.

Among the demographics, the least active are men and women over the age of 65. In my practice, I have had the great opportunity to support and counsel thousands of older adults trying to make a change in their lifestyle, to become more physically active for the purpose of improving their health.

In all of my failures and successes with these clients, a couple of key elements have become clear to me that is crucial to helping someone become more physically active. One of these key elements is for individuals to choose an activity that offers them a good mixture of enjoyment, social interaction, and movement patterns that they are able to perform safely and confidently.

A year ago, I was invited by a friend to come and experience the sport of pickleball. I have to admit that at first I was very skeptical, but when my friend told me that there were over 60 participants taking part on a daily basis and the group was growing every day, I thought, what do I have to lose?

I entered the South Surrey Recreation Centre and gave it a try. I immediately saw the tremendous

potential that this sport would offer older adults, who were looking to become more physically active. By playing this racquet sport on a smaller court compared to that of a tennis court, the relative intensity of the sport is reduced.

Utilizing a lighter ball that moves at slower speeds also reduces the intensity of the sport compared with most other racquet sports. For older adults, who have limitations to their exercise capacity, playing doubles on an indoor court can further reduce the impact and intensity of this sport. Since my experience a year ago, I have recommended pickleball to a number of my clients and those that have taken my advice have had very positive experiences playing the sport.

I believe pickleball offers a great mix of enjoyment, social interaction and movement patterns that can be performed by a wide range of individuals. As with most physical activities, individuals with chronic conditions, such as diabetes or cardiovascular disease, should consult their physician and exercise specialist prior to playing the sport.

About Dylan Chipperfield. Dylan has been working with adult exercise programs over the last nine years across Western Canada. He holds a Bachelor of Kinesiology degree and has been certified by the Canadian Society of Exercise Physiology and the American College of Sports Medicine. He currently works with the Fraser Health Authority and the Richmond Fitness and Wellness Associations as an Exercise Specialist

Meet Susan Guest

From Senior Living Vancouver, 2009

By Vernice Shostal



Susan Guest was featured in an article written by Vernice Shostal for "Senior Living Vancouver", April, 2009. Susan is a co ambassador for the Victoria-Nanaimo Region of the usapa. Here are a few excerpts from the article and a link to the full version.

"The first time I tried pickleball, I became hooked," says former educator and current Victoria/Nanaimo USA Pickleball Association (USAPA) co-ambassador, Susan Guest, who tries to promote pickleball whenever she can. "Ask anyone who knows me. I mention pickleball within the first half hour of meeting someone new."

Susan first tried pickleball five years ago in Kelowna when a friend in her aerobics class suggested she try playing "pickle something," a game Susan had never heard of. The friend was so enthusiastic about the game that Susan decided to try it. Claiming to have been a non-racquet playing person, Susan found pickleball "easy to learn and loads of fun. A beginner can learn to play pickleball in less than an hour."

Two years ago, after playing pickleball in Florida and Arizona, Susan came home with the B division silver medal for her age group in doubles play at the Arizona Senior Olympics.

"The most challenging part of the sport is placing the ball accurately," says the 30-year cancer survivor. "It's not a sport of brute strength; it's about accuracy and placement. You learn different techniques and strategies from other players. One of the challenges of this game is developing fast reflexes to respond to a wide range of shots to return over the net," says Susan, who plays the game three times a week. "You need to learn to work with a partner to cover the court and be ready to return the ball from all areas. There is a skill in being able to strategically return the ball so your opponents find it hard to return it."

Read the full article about this remarkable lady by clicking on Susan's picture above.

Pickleball Withdrawal

If you are a snow bird, you know what "Pickleball Withdrawal" is. For those of you that do not spend all or part of your winter in the warmer climates of Arizona, California or Florida, it is a dreaded disease that hits Pickleball players as they finish packing the bus for the long trip home. As you throw your Pickleball paddle on top of all the rest of the stuff you have packed to bring home, it really hits, "Six months without Pickleball. Unthinkable!"

The symptoms get worse as you head North and the temperature drops. You become more irritable and crusty than normal. Even the cat ignores you. The pain is almost on the scale of recovery from knee surgery and much worse than tennis elbow.

Thank goodness our hearty Canadian friends, that love the snow, have stayed home and started all these Pickleball locations for you to play at. It is great to be able to unpack that paddle and start to play. The local recreation centre becomes the Pickleball Withdrawal treatment centre. Playing is the methadone you need to get over your withdrawal. This is the instant cure.

Of course, some of us are not able to find a centre near us to play at, so our addiction forces us to work through the red tape to start our own centre. This is how many Pickleball programs were started in the beginning. The story below is one of the first examples in Ontario.

Pickleball is addictive. Pickleball Withdrawal is painful. Pickleball in Canada has grown because of these two factors. What is the moral of the story? "Go south. Play Pickleball. Come home and spread the addiction to all your friends!"

Pickleball Roots in Ontario Started in Mississauga

John and Margaret Hoyt were introduced to the game of pickleball while staying in an RV park called Thousand Trails near Orlando, Florida in 1993. Margaret was a tennis player so she picked up the game quickly. John had never played tennis but he found this new game called Pickleball to his liking. After playing in Florida they came back to Mississauga, Ontario and started the first club at Mississauga Valley in 1993 – 1994. They used an upstairs



auditorium and had to tape off the court. They had one court with 10 players and John says, "We weren't very well liked".

John and Margaret continued to travel to Thousand Trails parks throughout the US and to play pickleball on cement courts. Paddles were hard to come by and not supplied by the parks. John and Margaret were finally able to buy a package produced by Doug Smith of Pickle-Ball Inc. that contained two paddles and two balls. They now had their own paddles and John had a prototype to build paddles in the future.

The club in Mississauga continued to grow and was moved to bigger facilities at The River Grove Community Centre and with the help of Terrence Rozario and John Sequeira; the club is now playing on three courts.

Since paddles were hard to find back in the early days, John used the one he got in the US as a pattern to build wooden paddles that most of the players still use today. John used the inner tube of a racing bicycle tire to mold a grip on his first models. John tried different types of wood but could not get the weight he wanted, so he drilled holes in the face to make the paddle lighter. Although not legal for tournament play, they work fine for all the members and without John's efforts they would not be enjoying pickleball. As they say, "necessity is the mother of invention".

Join Pickleball Canada

Join the "Drive to 1000" and become a member of Pickleball Canada. This is the association formed on April 25, 2009 to promote and preside over Pickleball in our great country. It is time for us to have our own rules and regulations for our own game. Pickleball is expanding at a rapid rate in Canada and we need to make sure the needs of players here are met. We want programs for all ages. In the United States the game is played primarily in 50+ gated communities by older adults. Here we play in recreation centres and all ages are welcome. In the US, the focus seems to be on competitive play in tournaments. Here we want to have tournaments but less regulated and more recreational in nature. For these reasons we need our own strong association. To help us build that go to <http://pickleballcanada.org> and download the registration form, fill it out, write your cheque, and send it in.

Editorial Notes

This is my first newsletter for Pickleball Canada. I hope you enjoyed it. I would like your comments. I will publish any I receive in the next newsletter. Give me your feedback on this newsletter so I can make it better.

I need your assistance in making this E-newsletter informative and all encompassing. I want news on your club, no matter how big or small. I want novel ways you use to promote this game. My moniker is, "Pickleball Promoter", and I work hard at it. I use whatever works to promote Pickleball. You can watch me make an absolute "fool" of myself, a polite word, by going to You Tube and watching "[Pickleball Crawl](#)". We need that Canadian Pickleball Flavour, so let me hear about it. I would like a Canadian name for this publication as well. Let me hear your choice of title. How about; "Pickleball Tim Bits". "Beaver Tales". "Maple Lies". or "Fleur du Lies".

Please contact me at rwroswell@gmail.com. I will read your comments and answer your questions.