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PICKLEBALL CANADA

*The fastest growing sport in North America.
Le sport croissant le plus rapide en
Amérique du Nord.*

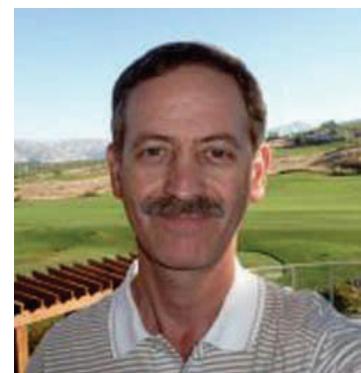
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- Meet SJ Lehmann, CANADA'S best
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LARRY EVANS - OUR MEMBERSHIP MANAGER

Larry is married (wife Debra) was introduced to the game forward to playing more pickleball this winter as he will be with two boys. He was employed by the Federal Government for almost 32 1/2 years, most recently as a Manager for Canada Border Services Agency. He only retired a few weeks ago. Life has been very active this year as he handed over the reigns at CBSA. He now can devote more time on Pickleball Canada memberships and of course play more too. There are some dedicated individuals that promote our sport all the time. Certainly, this is true of our new Pickleball player. Since their boys have grown up, he has been able to get more golf in and he now has a single digit handicap (now that is very impressive). About 3 years ago he got into Pickleball and has been playing ever since. He is currently a member of Pickleball Canada and is involved in many aspects of the sport. He is looking forward to playing more pickleball this winter as he will be in Scottsdale, AZ for the first time in January & February so will take the opportunity to play more and meet as many Snowbirds as possible from all over Canada & U.S.



Larry Evans
Director Pickleball Canada

EMERGENCY RESUSCITATION - Good to know.

You are in a room where a person suddenly drops to the floor unconscious. You put your ear over his heart and hear no heartbeats. That person is dead unless you pump on his chest immediately to circulate blood to bring enough oxygen to keep his brain alive, and then shock his heart with an electrical defibrillator to make it start beating again. He passed out because **his** brain suffered from lack

of oxygen caused by lack of blood circulating to the brain caused by his heart fibrillating (shaking rather than pumping) or having a heart beat too weak to pump blood. His brain will die in a minute or two if you don't circulate blood by compressing his chest and his heart will NOT start beating again unless you shock it as soon as possible, in ten minutes.

Studies have shown that adults chest compressing is more effective than mouth to mouth resuscitation. Chest compression should continue without pauses until medical help arrives. Place heel of one hand between the nipples and other hand over top of that. Keep elbows straight and your shoulders directly over your hands, with upper body weight push down on chest 2" deep at 100 compressions a minute, until signs of movement or help arrives.

The fastest growing sport in North America.

2010 B.C. SENIOR GAMES - HUGE SUCCESS

Campbell River was the plied both days and every host city for Pickleball and one was up beat. The Workshop following the indoor venue was excellent at their Community Centre. Lighting could have been better but the courts were great to play on. Lots of room at the back and sides of the had a great time. The play regularly at this excellent plus high ceilings.

Singles started the play on Thursday Sept. 16th and the games were intense to say the least.

Just under 90 great players competed for the many medals and categories. There were mixed doubles and Men's & Ladies doubles with two levels, competitive and recreational. Lunch was sup-

There was a Pickleball photo below was only the games on Saturday morning from 9-12 noon that photo below was only the games on Saturday morning from 9-12 noon that there were just as many was well attended. We hope this will give Campbell River players a push to form their own club and Nanaimo zone won most lent venue. Chuck LeFaive & Ronnie Pitcher organized some top powerful players. things with many helpers



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SJ LEHMANN - Our CANADIAN - IS PURE GOLD



So who is SJ (Sjoukje) Lehmann? Well she is a snowbird of course but lives in the quiet little town of Cumberland, just south of Courtenay, BC on Vancouver Island. SJ has been playing pickleball since 1998 when she was introduced to the game at the Thousand Trails Campgrounds, in Arizona.

SJ's first tournament was at the Invitational Tournament in San Diego in 1999 and has continued her GOLDEN WAYS since then. She has participated in every Senior Olympics in Phoenix, AZ resulting in winning GOLD in Ladies Doubles for her age group.

She has played Mixed Doubles with Pat Kane for the last 5 years and won GOLD in every tournament.

At the 1st National Pickleball Tournament held in Buckeye, AZ in November 2009 she won GOLD in:

- 1) LADIES DOUBLES - her age group
- 2) MIXED DOUBLES - her age group
- 3) MIXED DOUBLES - in OPEN age group.

SJ teamed up with Ronnie Pitcher from Nanaimo to win Mixed Doubles at Campbell River where she won a grand total of 3 GOLD MEDALS and helped Nanaimo win the most medals for their zone.

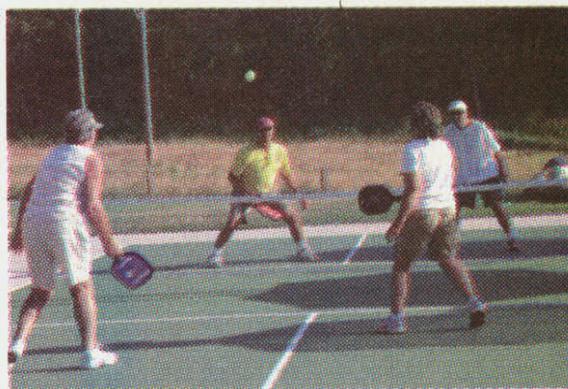
It was a pleasure to meet her for the first time in Campbell River, she plays well of course but is actually a humble and lovely lady too. A real asset to the game of Pickleball.

IT'S OFFICIAL - "PICKLEBALL" IS IN THE GAMES

Pickleball

Pickleball is a relatively new racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports allowing for faster play. The game is played with a hard paddle and a wiffle ball, making the technique required for pickleball different than other sports.

Any balls bouncing past the back of the court are considered out. When serving, you must stand behind this line. Sidelines and the baseline are painted. Your ball must bounce inbounds on the other side of the court



for it to count.

A team gets a point when they win a rally that they served. When a point is won, the players of the scoring team switch sides so the serves come from the other court. The first team to score 11 points wins (must win by two points).

This article ran in the BC Senior Games booklet that was available during the games in Campbell River & Courtenay. It has also been brought to our attention that **PICKLEBALL** will be in the Games in the West Kootenay - August 16th to 20th, 2011 **PLAN TO BE THERE, BOOK EARLY.**



RICHMOND, B.C. OLYMPIC OVAL - New Pickleball site



There is no better place to play pickleball then in Richmond, BC. This Olympic Oval was built for the games last Sept. and now Richmond as well as all lower mainland residents are getting pleasure out of using this magnificent facility.

8 state of the art courts that can take up to 64 players at one time. The perfect venue for future competitions I am sure and drawing from the Greater Vancouver area with a population of close to 3 million people.

I believe because Pickleball is now officially in the BC Senior Games was a major deciding factor.

Thanks to hard working supporters like Daniella Hume, Chuck LeFaive & Kenneth Adams plus so many of the other enthusiastic players, Richmond has opened this amazing facility to regular play. The address is:

**Richmond Olympic Oval
6111 River Road
Richmond BC V7C 0A2**

Bill Canning meets Bill Franzmann

Our president, **Bill Canning** was in Kelowna last month visiting with the local Pickleball Clubs. This was his first chance to meet **MR. PICKLEBALL Bill Franzmann**, who brought the game to the Okanagan Valley years ago and has worked tirelessly to promote the game at every opportunity.

It was a meeting of the minds and building a strong relationship for future growth in the Okanagan Valley. It all started with their love of the game which is so obvious. Bill Canning also visited Rutland Senior Centre and met many members & players in his travels.

A big **THANK YOU** from all of us.



COMING TOURNAMENTS IN 2011

SNOWBIRDS - MARK YOUR CALENDARS NOW - BIG TOURNAMENT KELOWNA - MAY 14TH, 2011 - 55+

CANADIAN PICKLEBALL CHAMPIONSHIP - JULY 14TH TO 17TH 2011 - CALGARY - BOOK IT NOW!

List your tournament here - no charge of course - Welcome Pickleball Players from all over North America - **IT'S FREE.**

PEACHLAND CHARITY PICKLEBALL EVENT IN MEMORY OF FAY CAIN. All are invited to attend a Charity Pickleball event to be held Saturday, October 23, 2020 - Start time is 9:00 a.m. to 5:00 p.m.

At the PEACHLAND COMMUNITY CENTRE, 4450 - 6TH STREET, PEACHLAND, B.C.

Players, including lunch \$30.00, Non-Players \$10.00. Please register by Oct. 16th at the latest.

Fay Cain was a very enthusiastic player and supporter of Pickleball in Peachland. In 2005, Fay and several other ladies introduced the game to Peachland and through their efforts the sport has grown within the community, enjoyed by all.

Fay left us in 2009 but her memory lives on. Proceeds go to the ALS Society of Canada in memory of Fay Cain.

**NEW
ADDRESS**



PICKLEBALL CANADA
P.O. BOX 26115
WESTBANK, B.C. V4T 2G3

**NEW
ADDRESS**



Meet Alodene Lewis and her two sons, Jethro and Zamar. Alodene is a single mom and our seamstress for pickleball paddle covers. She also plays pickleball in her free time and is a pretty good player. Well not as good as some of us older mature players but she does try hard for a Jamaican.

GREAT JOB ALODENE
Her contact information is:
Telephone (250) 681-4474
OR alodenelewis@gmail.com



PHOTO ABOVE - ONLY SOME OF THE WINNERS

The 4th Annual South Surrey, B.C. 50+ Pickleball Tournament was once again a huge success with over 92 participants and 170 games, they filled the facility with sounds of Pickleball right through to 5:30 p.m. The participants from all over B.C. and Washington State, enjoyed a day of great sport, friendship and tournament competition. Spectators watched from the upstairs lounge and food was abundant throughout the day for all. **“Everyone is a winner who participates in our tournament, said Terri Focker, Community Service Assistant for the City of Surrey, whether you are a player, a volunteer or a staff person.”** The day ended with a social get together of appetizers and refreshments before they took their weary bodies home.

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