



Editor: Ed Burke,
edburke@telus.net

PICKLEBALL CANADA

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

DONNA ROBINS - RULES COMMITTEE - CHAIR

• Points of Interest

- Meet Donna Robins
- Calling all Ambassadors by Ed Burke
- Dorothy Downie needs a pickleball partner.
- ACTIFEST ONTARIO a huge success.
- Tournaments you need to mark down.
- Illegal Serve challenge by Brian Stovel
- Contact list for directors & email
- See our new 6' vinyl banners.
- Kelowna Fun Tournament Winners.

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Are you playing on the correct size courts? Are the lines correctly placed? Is the net set at the correct height?

Not so important if you are just playing friendly games and not concerned about the finer points **BUT** if you plan to play in tournaments outside of your immediate area or in the U.S. you need to do it the right way.

Yes, we have someone who know precisely what needs to be done. **Donna Robins** is that person. She knows the correct dimensions, knows which lines are active, which are in the non-volley zone. Height of nets and even the proper serve.

It's not just about hitting or returning the ball, it's

about making the right move and following the rules. This will become very important when you enter tournament play. We really don't have a lot of rules but getting them right from day one will make your game more enjoyable at all levels of play and more importantly wherever you play in Canada, U.S.A. or in so many other countries that are now embracing this exciting game.

Donna lives in Ontario but she can be reach by email: morg28@msn.com you'll get a quick response from her unless she is traveling.

Donna loves pickleball, she is an excellent player, loves a challenge, sorry guys, she is happily married to her

husband Morgan. We are very fortunate to have her on our team.

Morgan and Donna got hooked on the game the first time they tried it. They have met so many interesting people, are invited to their homes and they try to visit them all over the country when they can, they will be in BC later this month. They are Snowbirds that hibernate to Arizona every winter.



**DONNA ROBINS - CHAIR
RULES COMMITTEE**

CALLING ALL AMBASADORS by Ed Burke

We need your feedback! What's happening in your neck of the woods? Places to play, tournaments planned, awards and winners. All very important stuff to be shared with your fellow pickleballers.

YOU are our eyes, ears and voice to **ALL PLAYERS**. It only takes a few minutes to let us know what's happening in your special part of Canada.

Photo's are wonderful and speak volumes. I can not guarantee to use everything that you send me but make it interesting - exciting and you'll be heard or your event will be made known to our many members & non-members.

WE NEED MORE EMAIL ADDRESSES- NOT just of members but from everyone. Share this newsletter and help

us grow. Our sport is in it infancy - we want small town Canada to tell us what is happening in your neighbourhood. It's about the Joy of the game.

DOROTHY DOWNIE from Edmonton is looking for a partner to play at **St. George, UTAH this winter**. Her email address is: dotbutch@albertacom.com

Message from our President - Bill Canning

Here we are in September, and facing many changes. The kids are back in school, the days are getting shorter, and the nights are cooler. Outdoor pickleballing will be moving inside before we know it. Snowbirds, like myself, will be setting things aside for the trip south in a few weeks.

It has been an interesting time this past month. Advances have been made in some areas, but, as you probably already know, we have not been successful to date in getting our website together as we want it. Our webmaster, Jim Dixon, is working very hard to accomplish this. Jim works hard for Pickleball Canada, and all his time is donated. We certainly appreciate his

efforts.

We have not as yet been able to register our name. The feds appear to dislike our use of the word, "Canada." Hopefully, I will be able to report to you next month that this problem has been settled.

During the past month, I have had the opportunity to meet with Gail Stakiw and Larry Evans in Regina. Larry is one of our Board of Directors, and Gail is one of the driving forces in Regina. Also, while visiting my son and his family in British Columbia, I had the pleasure of meeting many pickleballers in Kelowna and Peachland. While I spend considerable time e-mailing Board Members, Ambassadors, those working behind the scenes and players across Canada, I enjoy

personally meeting as many as I can. I was very warmly welcomed by those I met in B.C., and I thank them for their hospitality.

HOT OFF THE PRESS
The Canada Pickleball Championships will be held in Calgary, AB from July 14th to 17th, 2011. Register on-line for all amenities:
<http://pickleballcalgary.com/tournaments>

Cornwall Community Event - Aug. 18th

The department of Planning, Parks & Recreation hosted Pickle Sports Day in Cornwall, highlighting the sport of **Pickleball**. Seniors, including members of Ontario Senior Games organized the event for all residents from youth, adults to seniors. A full day of sports and fun for all. Well done!!



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SURREY - PICKLEBALL CAPITAL OF B.C.

SOUTH SURREY **50+**

4th Annual **Pickleball** **Tournament**

Saturday, October 2



Doors open at 7:00am | Games begin at 8:00am | Day ends at 8:00pm
Registration #4223520 Registration deadline: Sept 15 (limit of 80 players)

South Surrey Recreation Centre, 14601 20th Avenue For information or registration 604-592-6970

www.recreation.surrey.ca



Surrey B.C. has one of the largest group of Pickleball Players in Canada. We have heard rumours of up to 1,000 members and growing. They have even introduced it into many schools in the area. This tournament however is only for 50 Plus players. Doors open at 7:00 a.m. October 2nd - Games start 8:00 a.m. - Day ends 8:00 p.m. Limit 80 players - all welcome.

You can still register for their Annual Pickleball Tournament by September 15th so do not delay. This is a very exciting event.. Lots of fun, action and prizes/awards. A good place to check out how your are doing and be challenge in your game.

For further information
contact: 604-592-6970 or
www.recreation.surrey.ca

STRETCHING

Still doing the same stretches you learned in school and childhood sports? Recent research has found that static stretching before you exercise can actually be dangerous. Understand the proper time to perform static stretches and how to incorporate dynamic stretches into your workout.

The email address is too long to put here. Do yourself a favor and Google **“Dangerous Stretching”** you’ll find a very interesting video to learn from.

Oops!

I missed a new graduate at the Edmonton Instructors & Referees Clinic last month. Her name is **JEAN HUI**, sorry Jean.

ACTIFEST 2010 - ONTARIO - PICKLEBALL COMES OF AGE

SEE IT ALL AT: [HTTPS://SITES.GOOGLE.COM/SITE/PICKLEBALLONTARIOORG/](https://sites.google.com/site/pickleballontarioorg/)

<http://www.youtube.com/watch?v=0kt8dzoz2bk> TO VIEW COPY & PASTE IN YOUR BROWSER.



PICKLEBALL HAS ARRIVED 2010 ACTIFEST - ONTARIO
ALL 36 WINNERS - ALL CATEGORIES



2010 - ACTIFEST - ONTARIO
REFEREES

LEGAL - ILLEGAL - SERVE by Brian Stovel

I am challenging Wayne Roswell’s interpretation of an illegal serve: re August newsletter. He states that “if the arm is moving in a true upward arc there is no way you can put a spin on the ball.” Well, this would be true if the

paddle face is exactly 90 degrees, or at a right angle, in relation to the arc of the swing when the paddle makes contact with the ball. However, this exact 90 degree angle is impossible to achieve (there will always be some angle, even if

its 89.9 degrees) so every serve will have some spin. Yes, the spin off that 89.9 degree angle will not be humanly detected, but it’s there. So the amount of spin will be determined by the angle that the paddle hits the ball. To illus-

trate this, use your regular legal serve but twist the paddle in your hand, let’s say 20 degrees clockwise. To the left of your intended target. Legal? Absolutely? Sneaky? Absolutely? Sorry Wayne but I have to disagree with you.

COMING TOURNAMENTS IN SEPTEMBER & IN 2011

BC SENIOR GAMES - COURTENAY AND CAMBELL RIVER, B.C. Sept. 15th to 18th - COME OUT & SUPPORT IT.

SNOWBIRDS - MARK YOUR CALENDARS NOW - **BIG TOURNAMENT KELOWNA** - MAY 15TH, 2011 - 55+

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

Marcel Lemieux reported that the Quebec Pickleball Games, held August 1st were a huge success with 65 people attending from all over the province. The French CBC Radio or Radio-Canada were on hand giving him a 1 minute and 40 second clip on late sports news. Also a local newspaper that provided almost a full page promoting this new sport. The links are in French but well worth watching. Congratulation Marcel.

http://www.radio-canada.ca/medianet/2010/CBFT/Telejournal201008242200_1_1.asx

<http://www.leveil.com/sports/2010-09-03/article-s722779/Marcel-Lemieux-veut-populariser-la-pratique-du-pickleball-au-Quebec/1>

NEW
ADDRESS



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

NEW
ADDRESS

WHEN TO DRINK MORE WATER!

I knew water was important but I never knew about the special times to drink it. Did you??

Drinking water at the correct time maximizes its effectiveness on the Human 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

Wine, beer & alcohol are not the same, they take time to process.



Illustration by Seth Larson

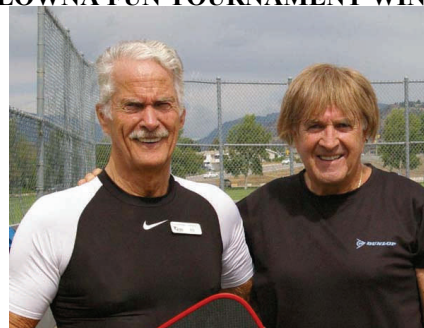
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KELOWNA FUN TOURNAMENT WINNERS

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