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JANUARY, 2021 NEWSLETTER

HAPPY, HEALTHY, HOPEFULLY MORE NORMAL NEW YEAR

We're certainly a LONG way from feeling comfortable doing anything we were doing one year ago. However, in the last couple months, so much has happened to cause optimism. Perhaps, assuming we are all able to get the vaccine by spring, we'll have a return to the outdoor courts that has a waving familiarity with "normal." On that note, though I hope not, there are probably a few Picklers who aren't looking forward to getting vaccinated. Later in this newsletter, I'll share a Facebook post in which a doctor THOROUGHLY examines the issue of getting vaccinated or not. On behalf of all your Palatine Picklers peers, I wish you all the happiest 2021 possible.

Just to remind you, in this issue and those that follow, I'll be sharing pics taken in November and December. I won't duplicate any already published but did take several of a lot of Picklers. Yeah, they're the same 30 or so, but I'll try to address that in February or March by pulling pics up from the dusty archives so we can remember some we haven't seen in the post-COVID era. OK, let's start with some Pickler pics for this, short issue.









Craig Deb Dave

NEED A LITTLE MORE HELP, GUYS

Thanks to the few who submitted activities, shirt orders, and your personal profiles. I've gotten a lot of positive feedback on the profiles. Guess what ... if you don't submit your information, I can't share it, and our membership can't enjoy it. Come on. Let us get to know you. Check out December's newsletter so you know what I need from you. Email it to aokbarry@yahoo.com. I swear I'll start sharing romantic poems I've written, if you don't help me out here. We'd all rather learn about you. And It's really time to submit another shirt order. If you don't own at least three t-shirts or sweatshirts bearing the Palatine Picklers' logo, what's the delay? Let's get appropriately attired. Check out the shirt options on PalatinePicklers.com and email me at aokbarry@yahoo.com with your style, size, and color. Remember to add \$1 to the price shown. Mail me your check at R B Shatwell, 10 E Moseley Rd, Palatine, IL 60074-1155.

MEET PICKLER JAIME SANDOVAL

Many of us have known Jaime as the texter for Hamilton play ... or even the Pickler who raised the bottoms of the Hamilton nets so balls could easily be returned to their owners. It's time to get to know the Jaime behind these great introductions.

Jaime is 62 and lives with his girlfriend Deb Sutton in Lake Barrington where he's lived for 29 years. He is divorced. He has 3 kids aged 21 to 30 and 2 grandkids 3 and 12. He's been retired a long time. He went to Chicago High School Jones Commercial, before Morton College and U of I Chicago Circle Campus where he got degrees in Liberal Arts and Sciences. He learned pickleball at the YMCA.

He's hiked the 4-day, 3-night Ina Trail to Machu Pichu in Peru, ridden his road bike for over 50 miles in a 5-hour bucket list ride.

Jaime has had only one, full-time job ... as a Bus Service Supervisor for Chicago. He was able to retire at 47. Then he invested in real estate successfully, doing all the repairs himself ... electric, gas, water, roofing, deck, shed building ceramic, hardwood floor. He's a self-taught mechanic and pseudo-lawyer. He even won an appeal in the Nevada Supreme Court, while fighting to see his children during his divorce.

He volunteers at Willow Creek Church as an ESL instructor (Spanish-English) and as a food pantry volunteer. He has shifted his attention to his pickleball addiction, often playing from 9:00 to 3:00.

Jaime has become a snow bird, traveling with Deb to Puerto Vallarta each winter. He kind of enjoys texting friends here about how much he's enjoying that warmth, while they're enduring a polar vortex. What Jaime enjoys most of the PPC is the people he's met and their competitiveness.

He hopes to travel. He created his motto of "Don't play for tomorrow without enjoying today."









Jaime missed the first half of 2020-s summer due to a foot injury and surgery. The 4th pic is of Jaime making hand sanitizer gel, while recording humorous videos.









John Karin Marion Linda









. Maria Mike Paul Pat



THE BATON HAS BEEN PASSED

Jaime had been scheduling Hamilton play times via texts. Now Neal is notifying those who signed up to play through the winter via email. As long as it's at least 30 degrees, not too windy, and the courts are dry, he'll schedule play for our polar Picklers.











Mary

MEET PICKLER MARV ZWASS

Sandy

Marv is probably known most for his nonstop lobs, his never slamming toward a lady, his avoiding coming to the kitchen line, and his ability to smile at everything. Those who have participated in our mentoring program also know him as a great Mentor.

Marv is 72 and has been married to Susie for 50 years. They have one 41 year old daughter and two grandkids, Emily 8 and Elliott 4. Marv and Susie live in Buffalo Grove.





Marv grew up living in a hotel on Miami Beach. His mom was the General Manager. This was adjacent to the Versace mansion where Versace was killed. He played a lot of football and was an amateur boxer in high school and college. He earned both his Bachelors and Masters degrees from the University of Miami.

He and Susie moved to Illinois to start their business, a Chicago clothing store that originally sold regular sizes. It turned into a much more unique business specializing in selling clothing for men and women up to 1,000 pounds and up to size 99. Marv feels fortunate to have been able to semi-retire when he was 38. It was more than two decades later that he fully retired.

The happy couple love to travel. After 911 they chose to stay in the U.S. and have stayed in and explored all 50 states, some often. They have visited an average of 8 of the top 10 tourist attractions in each state.

Bucket list items that have been checked off include piloting a glider, piloting a 4-seater plane, dog sledding, whitewater rafting, scuba diving, snowmobiling, and hot air ballooning. One bucket list item not checked off is sky diving. That's because Susie won't let him.

Marv began playing pickleball seven years ago in Wheeling. For the reasons mentioned at the top of this profile and the fact that he prefers not to dink and that he switches hands rather than hitting a backhand, he considers himself our most unconventional Pickler. He enjoys mentoring and teaching the basics. He feels the best part of pickleball are the players themselves. He's made many life-long friendships, due to this sport. He's loved playing on Palatine Picklers travel teams.

Marv is a founding member and was on the Board of the Buffalo Grove Chapter of the American Cancer Society. He's also a long time member of the HOGS (a group of 140 Happy Old Guys). His favorite quote is, "Tough it out." He loves his time with family and friends and especially loves babysitting. He feels the greatest thing he ever did was being smart enough to ask Susie to marry him.







Paulette

Ralph

Rick









MEET PICKLER GARY THOMPSON

I'm certainly to take your information and create a profile for you. Jeff Degner's required very little editing, but Gary's required none. Here's what he gave me. Please don't let this intimidate you. Send me your information (see the December newsletter, if I forget to tell you what I need later in this newsletter.) I'm totally comfortable putting objective information into a bit of a biography. Anyway, here's Gary's profile.

I'm 70 years old and play like it, but am proud to be married to the love of my life for 47 years, Donna, who was my high school cheerleading sweetheart. We met at Forest View high school in Arlington Heights during a donkey basketball game in 1967 (you don't see those anymore) and her hands STUNK after the game. But we managed to move past that issue and over our years produce three wonderful kids who then produced seven beautiful grandkids, current ages 15 years to 15 months.

Born in Chicago at Augustana Hospital in Lincoln Park, I lived in an apartment over a construction garage until I was 9 and then moved into a new house on South Gibbons Avenue in Arlington Heights across the street from Evergreen Park; ideal for a young boy. I attended Windsor Elementary School, and still remember walking to school through cornfields and getting chased by the farmer's dogs. Then it was on to Minor Junior High for three years. I spent two years at Prospect High School participating in football, wrestling and track, then moving to south Arlington Heights and on to Forest View for the last two years. That's where I met and graduated with current fellow picklers Frank Wasilewski (aka the Waz) and big Jim "Cut Shot" Musgrave.

In 1972 I graduated from the University of Wisconsin Platteville with a BS in Civil Engineering, then went on to earn an MBA from Roosevelt University, and finalized my formal education with a Masters in Project Management from Keller Graduate School of Management.

By knocking on doors after my Civil Engineering degree, I finally began my career with a small engineering firm in Mount Prospect and proceeded to work in land development engineering. Good or bad, my fingerprints are on a large number of developments in the northwest suburbs. From practical engineering, I moved on to be a technical representative for US Gypsum and consulted with Chicagoland architects. That lasted until 1979 when I began a ten-year run working with my father in a lock manufacturing business. Without sharing some gory end game details of the time, and thankfully for having Donna keep our family afloat, my next challenge was as a Project Management Consultant for Com Ed. This was followed by 21 years at United Conveyor Corporation in Waukegan as a full time Senior Project Manager, then Manager of Project Management, and finally Program Manager working on projects with coal fired power plants across the nation. After 50 plus years of working, I finally retired May 31, 2017.

I have had the pleasure during my working career to have been associated with Dale Carnegie as both a student and a two time Graduate Assistant. I was a member of the Mount Prospect Rotary Club during the 1980's and became Membership Chairman, along with actively participating in fundraisers which provided the first "Jaws of Life" equipment for the Mount Prospect fire department as well as a new handicapped equipped van for the Seniors Center. A special activity I truly enjoyed was being a teacher for Junior Achievement's Project Business which involved leading a hands-on business class once a week with eighth grade students.

Since I'm not big into bucket lists, there are only a couple of things I consider at this point. I've been on an awesome Alaska Land/Sea tour, traveled to many national landmarks and have seen the Cubbies win the World Series. But as an engineering geek, I would love to cruise through the Panama Canal and admire that engineering marvel. Also, a visit to the beaches of Normandy would be a high priority. However, on a more tangible level, a 1967 GTO in the garage would be really nice too!!









Enjoying Mt Rushmore with Donna ... sitting on a Gulf beach awaiting the sunset ... alone time with daughter Sarah and the Cubs World Series trophy ... son Brad, his boys Jonah and Eli and Gary enjoyed driveway pickleball5

I love golf, fishing, travel and solving all kinds of puzzles, but realizing more adult interaction was needed on a regular basis I started to play Pickleball in September 2018 at Falcon. Having played competitive racquetball for literally decades, I watched videos of how to play the pickleball game and then tried it. As it turned out, the game is great, I don't have to run as far, and the Palatine Picklers are the friendliest people around! I love playing with all of them and hope to continue for many years to come



















Paula

Chris

Chris

Daniel

Mimi









Bear Bill Jaime Janice (I think)

TIME FOR THAT EDITORIAL ABOUT GETTING THE VACCINE

I consider it my job to try to keep our members as safe as possible. COVID-19 is beyond a distant threat. Forget the hoax nonsense. It is killing hundreds of thousands of Americans. Forget the conspiracy theories about vaccinations being bad, for one nonsensical reason or another. Yes, if you have certain allergies, not getting the vaccination may be a good idea. Other than that, GET VACCINATED, for all our sakes. Below is a post from my recently retired personal physician. He's posted an important post from a contemporary physician. It pretty much answers all questions about getting vaccinated. Please read it, as this is important for all of us.

COVID VACCINE HESITANCY? written by MD I know

The FDA is likely going to approve the Pfizer Covid vaccine when they meet on December 10th. The Moderna vaccine will probably be approved shortly thereafter. This is an incredible feat of modern medicine, and our best chance to hopefully get our lives back to near normal relatively soon. However, it is new and it was done quickly, so understandably, people may be hesitant to get it; even people who vaccinate against all other diseases.

Will I be getting the vaccine? ABSOLUTELY. As a physician, I will probably have the opportunity to be immunized prior to New Year's and yes, I will be taking it as soon as possible.

But, it is a new vaccine technology and done in record time, so aren't I worried about its safety? Nope, not any more so than any other vaccine or other medical intervention.

Why? Let's start with how this vaccine works. This is an mRNA vaccine. Past vaccines typically use a live but weakened "attenuated" virus, or dead viral material "inactivated" virus, or a piece of the virus's protein or even a toxin produced by the virus. The Covid vaccine is very different. It contains mRNA (messenger genetic material) that encodes for the Covid spike protein. This causes your cells to then produce the Covid spike protein. In contrast, when you are sick with Covid, the virus hijacks your cell to produce many copies of the entire virus. Then it destroys the cell, busting it open to release its newly formed viral particles. When your cells release just the spike protein, it will stimulate your immune system to form antibodies to the Covid spike protein without you getting sick. There is no possibility of getting Covid from the vaccine. When your body is subsequently exposed to Covid, it will quickly recognize the spike protein and destroy it before it can make you sick. This was 95% effective in

preventing Covid, which is an even better percentage than most other vaccines. However, you must take both doses (about 3-4 weeks apart).

Am I concerned about it being new? And previously untested? No, I'm not. This type of technology is not entirely new. It has been studied and used in cancer research. They have been making mRNA vaccines and studying them to specifically target proteins on tumor cells and train your immune system to then destroy the tumor. In this case, it is not a vaccine in the preventive sense, as it is targeted to a tumor that you already have. It is not currently widespread because it has to be custom made for each tumor. But, it has been "around the block" for a while now. The technology was also being studied for other Coronaviruses. It never came to fruition, because the diseases never reached pandemic proportions, and then the funding dried up. The mRNA does not enter the nucleus of the cell, and it does not affect your DNA, and therefore has no lasting impact on your cell.

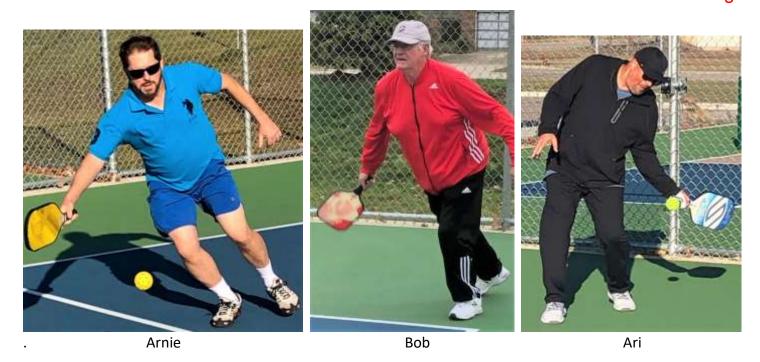
Am I concerned about the speed with which it was developed? Weren't significant corners cut in order to get this out so quickly? No and no. What was cut out of the equation was mostly red tape, and what was added was technology and funding. We were given the genetic code by scientists in China to start vaccine production in January; before Covid was even documented to have reached our shores. From there, the vaccine was developed from the technology we had from the prior Coronavirus and cancer research, and was completed in March. Normally, there would be months of waiting for the FDA to even look at the work done prior to approving Phase 1 trials. Because of the urgent nature of this, it was essentially put on the top of the wait pile, which cut out months of waiting, but did not cut any corners. Between the Moderna and Pfizer vaccines (both mRNA, with a slightly different delivery system), they were tested in 37,000 people in Phase 3 (and an additional 37,000 received a placebo). That is on par with, if not better than the vaccines currently available.

Aren't I concerned that the FDA is about to approve it, and there may be side effects that haven't been seen yet? Nope on this one too. We know from decades of vaccine research, since you typically just get 1, 2 or 3 doses and then you are done with it, that nearly all side effects from vaccines occur in the first 6 weeks. Like other vaccines, minor side effects may occur(soreness at injection site, muscle aches, fever). Severe adverse reactions are extremely rare, and again, occur quickly if they are going to occur at all. As a healthy 40 year old woman, my risk of dying from Covid is about 1 in 250 to 1 in a 1,000. That is not a rare event! And even if I don't die from it, I could have long term lung damage and other issues that affect my quality of life. Because vaccines are given to healthy people (unlike medications for treating a disease that is already present) they are held to a much higher standard for approval. My risk of having a significant adverse reaction from the Covid vaccine is minuscule in comparison to my risk with Covid. In fact, there have been no severe reactions to the Pfizer or Moderna vaccine to date.

For the rest of the population (outside of healthcare workers or those in nursing homes), who will likely be able to get the vaccine in February or March, there will be even more time passed and more people who have received the vaccine to be the "guinea pigs" here.

Anyone who is pregnant - it has not yet been tested in your group (although I do know that many pregnant front line health care workers are planning to take it). For those under 18 years old - it is also not yet tested. Moderna will be starting a trial shortly. Hopefully it will be approved by summer. But for everyone else, I highly recommend getting it as soon as you can; for you, for your loved ones, for those who cannot (perhaps because they are immunocompromised), for the many businesses that are on the verge of permanent shut down, and for kids to safely return to schools. I will be rolling up my sleeve for it as soon as it is offered.

If you'd like, please do feel free to cut and paste on your own social media sites. Sharing of information is so important to combating this pandemic. We have now surpassed 15 million documented Covid cases in our country (5 million of which were in the last 30 days) and over 2,000 people are dying per day. I do not plan on making the post shareable, as I don't need militant anti-vaxers tracking me down. (While, I am not an expert in vaccines, as a physician, I do have the necessary skills to interpret medical studies and evaluate data. Additionally, I have been listening to the experts in virology, infectious disease, and epidemiology.) **DO NOT GET VACINATED, IF ALLERGIC TO ANY INGREDIENT.**



NEED MORE HELP ... FROM YOU

Come on, Picklers. We want to meet you. Send me your profile information. You see how much fun this is to actually meet your fellow PPC members. If you think you're too boring or shy, you're not. You are far more interesting than nothing but 2-month old photos with first names. AND how 'bout more pics of your pb substitute activities. That response has been appreiated but has been underwhelming. I'm really almost ready to start sharing poems I've writtes ... mostly romantic. Nobody wants that so give it up. PLEASE. What are you doing these days? Share your photos and explanations. YOU are important, and we want to get to know you.





MEET PICKLER LYNNE WEISBART

This pickleball-addicted lady is 68 and lives in Wheeling with her husband Howard to whom she's been married 46 years. They have three kids ... Josh 44, Lani 40, and Trevor 39 and two granddaughters ... Ella 13 and Charlie 11.

Lynne is retired from her career as a Registered Nurse. She grew up in Skokie and went to Niles East High School, before attending Southern Illinois University and Evanston Hospital School of Nursing.





The pandemic has given Lynne more time to work on her hobby of making jewelry. In November, she enjoyed a walk in the park with granddaughters Ella 13 and Charlie 11.

Lynne learned pickleball at Locust Park here in Palatine. Her instructor was our own Chris Evon who, with her partner, runs the U.S. Open in Naples, FL. What has she enjoyed most about the Palatine Pickleball Club? Meeting Bear and enjoying all the events he organizes to gather Picklers for the love of the game. She also finds all the Palatine Picklers to be fun to have as both partners and opponents. Lynne is very happy to own and proudly wear her collection of dozens of Palatine Picklers shirts.

Bucket List items she's checked off include becoming a nurse, raising 3 wonderful children, participating in the development and enjoyment of her granddaughters, sailing in the Virgin Islands (19 vacations), & in 2015 buying a condo in Siesta Key, FL.





Lynne enjoyed a pre-COVID birthday at Walker Brothers with Charlie and Ella. Then Ella, Lynne's dad Sam, Daughter-In-Law Vicki, and part of Howard enjoyed an outdoor, Father's Day celebration.

Still on her Bucket List are spending winters in Siesta Key, playing as much pickleball in as many places for as many years as possible, watching granddaughters grow, thrive, and be healthy and successful.

Lynne's hobbies are making jewelry, walking on the Siesta Key beach, swimming in the Gulf, and spending time with family.









Arnie

Bill

Brian

Carol









Jeff Greg

Jim

Jeff





REMEMBER YOUR DISCOUNTS

PickleballCentral.com has anything and everything related to pickleball. When you use the promo code **CRPALATINEPB**, you will receive a 5% discount on everything you purchase.

Chuck will give you a discount of 10-20%, depending on the paddle you choose. He can be reached at 847-877-7770 or grtfuldad@aol.com.



. Jeff Sandy Steve Teri

LADIES 60+ BALANCING EXERCISES WITH DR TERI

If you're a Lady Pickler 60+ ooking either for some exercise or something to fill the time that pickleball had been taking, you'll find Pickler Teri Merrill's YouTube video will both challenging and beneficial. Here's your link to what you may find fun. You guys can give it a try too, if you don't have a fragile ego.

https://www.youtube.com/watch?v=4eP4 8MW740&feature=youtu.be



Phil







MEDALISTS



Missed this one in the last two newsletters, but we don't want to overlook any Picklers' successes.
Connie Kus and Lynne Weisbart took Gold in the 50+ 3.0 division of the APP Tour Labor Day weekend tournament in Naperville. Great work, Connie and Lynne.

ANOTHER SAFETY SUGGESTION ... The coronovirus is surging big time. If you're still playing outside, please wear your mask from the time you leave your car until you get back in. Stay 6' apart at paddle racks. Don't enter buildings not your home. Don't see anyone not in your few-person bubble. Long life is good.







Julie

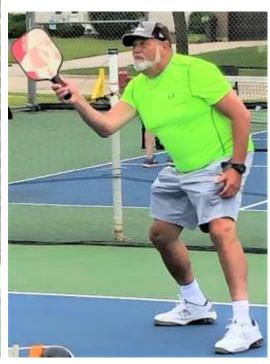


HOWARD ROSENBERG ... PICKLER OF THE MONTH

Howard Rosenberg has been a fixture on Palatine courts, eveer since he joined the club in September of 2018. He started mentoring right away and playing every opportunity he had. He seems to truly enjoy each game he plays, regardless of score or partner. He's always quick to compliment a good shot. All our Mentors agree that Howard is probably PPC's most improved Pickler. We don't recognize a Pickler of the Month every month or even every other month so when we do, it's a special honor. Congratulations, Howard.







WELCOME OUR NEWEST MEMBERS







Abbey Annie Barry







Eric Jeff Judy



NO SNOW AND NO ICE MEANS PICKLEBALL'S STILL NICE



Our Picklers have been playing EVERY day, despite temperatures in the low 30s. They aren't always recognizable, but they're always there. It's not uncommon for Jaime to play for six hours.

FILLER ... I don't have anything else to put in this space that's too small for photos so ... Apparently, only one who read the December newsletter has even a mask they like enough to share. Let's try that again. Please email me with a pic of your favorite masks. Also, we'd like to see more of your non-pickleball activities. Thanks, Teri, Denise, and Julie. Pics of the same 30 Picklers, often not recognizable, is already getting old. Please help me save the newsletters. Email me at aokbarry@yahoo.com. Thanks.

YES, IT'S TRUE ... PICKLEBALL RULES HAVE CHANGED

Melody Woodsum was kind enough to share this update regarding rules that go into effect January 25th.

Potential rule changes were analyzed for 3 things. (Listed below.). If they met this criteria they were written and rewritten and voted on. Approximately 70 people were involved during process from start to finished of the rule changes.

- 1. The first priority is preserving the integrity of the game. Nothing is more important to the committee than that.
- 2. Second priority is what is best for the players; are there rule changes the committee can make to improve their experience, make it easier for players to learn, to play, etc.
- 3. Third priority is what's best for officiating; what can the committee do in rules space to make it less likely that players will argue with or get into conflicts with referees.

Those are the priorities applied to rule making – in that exact order. Now, let's examine this rule change under the microscope of those three priorities. Let's look at a few of the new rules that are most likely to impact our play.

- 1) There will be no more service lets. If a serve hits the net and is, otherwise, good, the receiver is obligated to return it, just as with any other serve.
- 2) A "dropped" serve will not be legal. That means you can drop the ball letting it bounce of the court before hitting it over the net. The paddle no longer must be below the wrist at the time of impact. You can serve with slice or topspin. You can serve sidearm, whatever. The ball may be dropped from any height, but may not be tossed up in the air.
- 3) A serve commences upon contact with the ball. The score must be called before beginning your service motion. Note on etiquette...Do not call the score while picking up the ball or walking to your service position.
- 4) You can now stop play to correct the score up until the third shot is struck. Previously, you had to challenge an incorrect score before striking the return of serve.
- 5) You can now make either a verbal or hand gesture in/out calls. For "In" calls extend your arm parallel to the sideline with your palm down. For "Out" calls point your outstretched arm perpendicular to the sideline.
- 6) In tournaments the serving team can now ask both whether they have the correct server and whether they are in the right position.



Terry Merrill's favorite masks



Denise Hopkins takes long walks with Ginger & hubby Charles to North School Park in Arlington Heights





Julie Gall teaches English online to Chinese students

IF/WHEN THERE'S HAMILTON PLAY ...

As I write this on the 29th, Picklers have been enjoying play every day since June 4th, except for three rainouts, and it should go on for several days, after a snow delay. It's been suggested that I ask you to park in the 2nd row of cars south of the courts. Cars parked by the curb provide a lot of glare on the courts. That's a good idea. However, having googled January weather, I doubt you'll even remember this request, by the time you can play again. If you do, please give it a try.



2020 ... CHALLENGING YEAR

I LOVE living. In March I decided to take overweight off my list of high-risk traits. So far I've lost 44 pounds and 2.5 inches off my waist. You may have noticed I'm an advocate of keeping Picklers alive and COVID-free. Wear your mask, get your vaccine, stay out of buildings, etc. It's pretty simple. I'm so proud of our club that, as far as I know, has lost only one Pickler to COVID.

We've really lucked out with the weather. Our tolerances have adapted. Last year 50 degrees was a challenge. Now we play when it's 28 and windy. We DO love pickleball and our fellow Picklers.

PLEASE do share your profile. Send your info and pics to aokbarry@yahoo.com. Here's my threat ... if you don't help with the February newsletter, I'll start sharing romantic poems I've written. Very blog-like. Please don't force me to resort to this. Happy New Year.

Bear PicklersPrez aokbarry@yahoo.com