



PalatinePicklers.com

palatinepicklers@gmail.com

AUGUST, 2022 NEWSLETTER

SEPTEMBER 17TH AH TOURNAMENT 55+ TO PLAY, 18+ TO VOLUNTEER

First time tournaments are always a challenge. You can help this one by registering or volunteering. It's Saturday, September 17th, starting at 8:30. There will be three levels ... Beginner to 3.0 ... Intermediate 3.0-3.9 ... and Advanced 4.0+. Play will be 8-player round robins so you'll play with 7 different partners. Your \$45 registration fee will benefit the Arlington Heights Active Senior Center. Jose Sosa is running the tournament.

To volunteer to help this inaugural tournament the best it can be, call Paul LoBue at 630-965-1720. Several Palatine Picklers already have. Choose from several jobs.

ARLINGTON HEIGHTS
Senior Center, Inc.
THE ARLINGTON HEIGHTS SENIOR CENTER

PICKLEBALL TOURNAMENT FUNDRAISER

SAT. SEPT. 17, 2022 8:30 AM - 12:30 PM

REGISTRATION: \$45 PER PERSON
AGES 55+

BEGINNERS (3.0), INTERMEDIATE (3.1-3.9), AND ADVANCE (4.0+)

PICKLEBALL COURTS @ DRYDEN PARK
BEHIND DRYDEN ELEMENTARY
722 S. DRYDEN PLACE
ARLINGTON HEIGHTS

SCAN ME

REGISTRATION BEGINS 7/11/2022
REGISTRATION ENDS 9/1/2022

- 8 OUTDOOR COURTS
- ROUND-ROBIN FORMAT
- NO RAIN DATE

PLAYERS RECEIVE TOURNAMENT GIVEAWAY & SNACKS WILL BE PROVIDED FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT

[HTTPS://ARLINGTONSENIORSINC.COM/](https://arlingtonseniorsinc.com/)
OR CALL 847.253.5532
1801 W. Central Road, Arlington Heights, IL 60005

OR YOU COULD JOIN ME AT THE PALATINE PICKLERS TABLE ... The Arlington Heights Senior Center Board has shown their gratitude for help that (mostly) Dennis Bourgoïn and I have given, in getting this tournament off the ground. They are waiving their fee for our table at the tournament. I will be there promoting our club and all its activities. Being an incurable optimist, I anticipate the visitors beins so many that I'll need a Co-Promoter, preferably a Lady Pickler. Must be over the top enthusiastic about our club, our venues, and the Palatine Picklers Facebook page. Must also have/get a Palatine Picklers T-shirt. If interested email me at aokbarry@yahoo.com.



Hayden



Janice



Pat



Lynne



Ken



Karin



Marcia



Jaime



Howard



Jenny



George



Bo



Nadine



Ben



Diane



Carolyn



Don



Kathryn



Nate



Bob

6-COUNTY SENIOR GAMES SUCCESSES



Sue Cole & Norb Kunz
80-84 ... Gold



Sandy Bergeson & Peggy Whitlow
75-79 ... Gold



Dave Blue & Norb Kunz
75-79 ... Silver



Masato Suzuki & Ed Raymond
70-74 ... Silver



Ed Falkenberg & Patty Eagleton
65-69 ... Bronze



Vik Rocans & Gerry Nach
65-69 ... Bronze



Jorge Colon & Chris Grooms
60-64 ... Gold



Masato Suzuki & Connie Kus
60-64 ... Silver



Jean Schlimkman & Patty Eagleton
60-64 ... Gold



Bob Poggmsee & Lance Schreier
60-64 ... Gold



Janeen Noto & Sharon Swing
60-64 ... Gold



Connie Kus & Jenny Buesing
60-64 ... Silver



Pam Berzin & Elke Jacobsen
55-59 ... Gold



Steve Lawler & Marc Brauer
55-59 ... Silver



Rick Jackson & Nick Kouvelis
55-59 ... Bronze



Deb Russell & Suzie Schreier
55-59 ... Bronze



Helder DosSanto & Gary Patel
50-54 ... Gold

NEED MORE 65+ LADIES FOR 8/25 9:00 A.M. TOURNAMENT

It's in the Canlan Sportsplex in Lake Barrington. Email me at aokbarry@yahoo.com to apply. Lunch follows, if interested.

MEET PICKLER NANCY SMEARMAN

Nancy was walking by the Sycamore pickleball courts, when someone (hmmm) got her to divulge her email address and other information. She's been a regular pretty much ever since then.

She's of Italian heritage, with a the cover band "Mike & Joe," plays a monthly at Durty and private events throughout has spent the last 25 years

Nancy is 58. Her birthday is likes gifts of any kind. 😊

She was born in Chicago, the grew up in Niles, went to St



maiden name of Notaro. If you've ever heard of Mike Notaro is Nancy's first cousin. The band Nellie's in Palatine, as well as lots of other venues the year. Since attending Indiana University, Mike living his dream.

coming up on August 29th. She says she really

oldest of three ... one sister and one brother. She John Brebeuf Grade School, St Louise de Marillac School, and

High

Marquette University where she received a Bachelor's in Journalism. While there, just for grins, she performed as Roseanne Rosannadanna.

Nancy has been married to Jim for 30 years. They have sons Jim (28), Steve (26), and Joe (24). Photo at right shows her and Jim flanked by sons and Jimmy's gal

Maggie at their surprise 30th celebration.



She worked as a copywriter for Spiegel Catalog and Sears. Then she did newspaper and advertising copy for Quill where she came up with "TranQuality" which Quill used for some time in correspondences. After ten years and three sons, she retired to become a stay-at-home mom ... at least until she decided to the Beauty School from which she graduated in 2002. She had already cut hair for five bucks a head in her dorm room at Marquette in the '80s. Though she still works part-time as a hair stylist, for the past ten years, she's been full-time in the Palatine School District 15, working with special education students as a Teacher's Assistant. She finds that to be very rewarding work, and it has great health insurance. She considers herself sort of a Jack of all trades and master of ???



One benefit of falling in love with pickleball is losing 20 pounds while having fun. She finds our Palatine Pickleball Club to be a welcoming and friendly club that saved her from the temptation to take up the "expensive and exceedingly aggravating" sport of golf. Living two minutes from Hamilton, it has become her second home. She played some tennis in the '80s and was a pom-pom girl back then, though her sister was always the athletic one. She was on the basketball team. Now Nancy is feeling very gratified to feel fairly athletic, while most of her contemporaries are, literally and figuratively, on the "back nine."

Nancy enjoys writing. She even won a Daily Herald Poetry Contest. Also loving baking, she won a Daily Herald Baking Contest. Her original recipe for White



Chocolate and Cherry

Oatmeal Biscotti won the Oatmeal category, but her grandma's Italian Knot cookie recipe is the one that she bakes most and sells for \$10 per dozen. That's her therapy.

She's had some fun, and not so fun, experiences. On their honeymoon in Jamaica in 1992, she contracted Chicken Pox. She recalls that she didn't look her best in a teddy.



In 2003 she was a guest on The Oprah Winfrey show. "I was selected because I phoned in to the show to answer the question: "Do you love your husband more than you love your kids"? An author wrote a book about that topic, and she sided with the husband (gasp!!) because he was her best friend and came before the kids. She felt that many wives put their husbands on the back burner until the kids are all grown up and by then it's too late. I talked with the producer on the phone and said I sort of agreed. I guess they liked what I said and invited me to the show. I was picked up in a limo and

served lunch. They touched up my hair and makeup too! 🙌 Then I got to sit on a panel of maybe a dozen women on the stage. They taped the show and I wasn't specifically asked to speak on camera, (I was relieved actually) and it was a fun experience. Got to meet Oprah afterwards and take a pic! It was a really fun day, but, darn it, I didn't get a new car or any of Oprah's "favorite things."

Bucket list item achieved: Traveled to Europe and visited their extended family in Sicily. She was treated like "nothing short of royalty." It was amazing. Bucket list item still ahead: Going back there again.

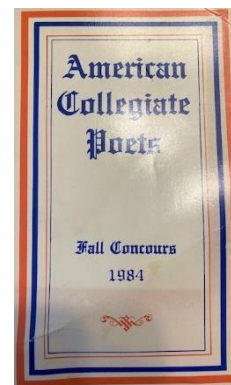
Asked about phrases she likes, Nancy replied, "Get there five minutes later, but get there." She told her boys this so they wouldn't drive in a hurry. She feels the whole world is in a hurry. Decades ago we'd go to the library to look through an encyclopedia to look something up. Now we get annoyed if Google takes a few extra seconds.

She also likes, "Life always offers you a second chance. It's called tomorrow." This is from Stephen King.

And ... "Today is a gift. That's why we call it the present." That's from Eleanor Roosevelt.



In the Madrigal tradition, soloist Nancy Notaro lends her musical talent to the program.





Mike



Alex



Ann



Bob

STILL ROOM FOR THE LADY PICKLERS ON JANUARY CRUISE

From January 15-22, Lady Picklers will have a great time aboard the Oasis of the Seas, a Crown Ship in the Royal Caribbean's fleet. It has 20 restaurants, 14 bars/lounges, spa & fitness center, 61 activities and shows, a glass-enclosed sports court that converts into 2 pickleball courts. There's karaoke and a Playmaker's sports bar so there's something for everyone. There are 16+ decks with 7 distinct neighborhoods bustling with unique, onboard experiences, including slides, rides, and shows.

The cruise departs from Miami to Perfect Day Coco-Cay Bahamas, Cozumel, Honduras, Puerto Costa Maya, Mexico, and 2 full days at sea. You'll have 4 days of open pickleball play for just our group, with a double elimination tournament at the end of the cruise. For non-players, there's more than enough to entertain you.

Betty has secured 20 cabins with balconies for \$980.90 double occupancy. A \$100 deposit per person is required (\$50 non-refundable). Final payment due October 1st. Families are welcome to share a cabin. Cancellation insurance is available. Please contact **Betty Cloud with Shama Travel at 847-846-6675**. Of course, all passengers must have a current passport (valid another 6 months) and be fully vaccinated.

Each Palatine Pickler registered will have a \$25 donation in their name donated to the Palatine Pickleball Club.



Look at all the excitement that our December, Jamaica pickleball week is generating. This is pretty much the same thing but on a floating city of exciting entertainment. Call Betty now to assure your spot. You'll make memories that will last a lifetime.



Maggie



Paul



Tom

WE HAVE A COORDINATOR FOR YOU MENTOREES

MENTOREES WHO WANT TO PLAY WITH THEIR OWN KIND ... Email Kim Bell at Kim.Bell@comcast.net. Give her all the days and times you would be able to play against other Pickler Mentorees, and she'll coordinate things, when at least four can play at a given time. What a great, no-stress way to work on your game. Thank you, Kim, for making this a reality.



Tom



Chris



Debbie



Linda

TAKE ADVANTAGE OF OUR DISCOUNTS

5% OFF anything sold on PickleballCentral.com, when you use the code **CRPALATINEPB**.

10-20% OFF Paddletek paddles from Chuck at 847-877-7770 or grtfuldad@aol.com.

20% OFF anything at engagepickleball.com, with the code **20jon**.

25% OFF anything from Gammasports.com, with the code **ba_soderborg25**

WANTED: COORDINATOR FOR FUN TOURNAMENTS

Whether it was the Untall Ladies ... Tree Topper Men ... Bionic Picklers ... Picklers' Pajama Party ... Dozens of age group competitions ... Lefties ... Youngest Men & Women ... Ugly Holiday Sweater ... Oldest Men & Women ... Family Pairs ... Closest to 60 ... Halloween Costumes ... Couples ... etc., we've had dozens of fun tournaments. Email me at aokbarry@yahoo.com, if you'd like to create and run these.

I'm ready to pass the baton. You would come up with the ideas, run dates by me, secure the dates with Canlan, give me the details to put in newsletters, set the format, create the scoreboards (I have made a variety you can use), let Picklers know they made the roster or are 1st, 2nd, 3rd etc. alternate, ask participants to confirm two days before the event, find subs for anyone who can't participate after all, get names on the scoreboard (I use alpha order to avoid thoughts of a "fix"), pick up the ball basket from Canlan's office, get the scoreboard on an easel or Canlan's wall 20 minutes before start time, prepare your pre-play instructions and announce them, keep score or explain how to, take pics of the entire group before play, tally the results, take pics of the top three finishers, take a pic of the scoreboard and send it to Bob McGowan for him to crunch all stats, pick up all the balls in the gym and return to the office, send me all pics with names, send participants a copy of the stats, and then pour a drink and relax ... until it's time to plan your next event.

Basically, this would be all the club's competitions, apart from travel teams which I handed off a few years ago, intramurals, and season-ending Mentoree tournaments which I'll still run.

If you're somewhat interested, but not sure you want this much responsibility, let me know. Perhaps, a few of you could form a "Fun Tournament Committee" to handle the fun.



Masato



Bill



Juli



Nancy



Ray



Pat

MENTORING ATTRACTING NEWBIES ... AND VETERANS

As has been the case for seven years, mentoring attracts Picklers, mostly newbies but even six-year veterans. Our most structured program is Wednesday at Sycamore Park. We have three Mentors and three courts, each with four students ... and two sessions, 9:00 and 10:15. If interested in participating, email me at aokbarry@yahoo.com with the Wednesdays from now through October 12th you THINK you'd be available to participate. I'll put you on those Expect To Be Available lists. Then check your email Monday afternoons to see if you were lucky enough that week to get an invitation to participate in one of those sessions. No email invitation, hope for next week. Don't email me asking if you can come. You can't. We can serve only 24 students a week, and we have three times that many wanting Wednesday mentoring.

You can ALWAYS participate in our Thursday 3:00 p.m. mentoring session at Hamilton on Smith. We have three Mentors ready to serve whoever shows up, and usually it's enough to fill four to six courts. I will generally work with the newest picklers, while Dennis and CC work on finer points with picklers with more experience.

If you work Monday-Friday or babysit or volunteer or have other reasons you cannot attend either the Wednesday or Thursday sessions, you are invited to come to the walk-on mentoring session at Hamilton at 3:00 p.m. If you COULD attend Wednesday or Thursday, please do not come to these sessions.

INTRAMURALS HAVE BEEN AWESOME

Any Pickler whose ability is within the 3.0-3.5 range can join this fun. The Whippersnappers (youngest half of those rostered to play any week) compete against the Wise Ones. Through seven matches the Whippersnappers have a 4-3 edge. We play, when possible, every two weeks at the Canlan Sportsplex in Lake Barrington. Rosters will have four men and four women from each team. Each will play one game partnering with each of his/her teammates. After the match, all whose schedules allow will enjoy lunch a mile away. If you're of appropriate ability (upper low to lower intermediate), email me at aokbarry@yahoo.com with your interest. If you're uncertain of your level, ask. Upcoming matches are 8/2 at 4 pm, 8/9 at 9 am, 8/30 at 9 am, 9/13 at 9 am, 9/27 at 9 am, 10/11 at 9 am, and 10/25 a 9 am. Let me know which should work for you. Thanks.

NATURE'S WILLOW LIKED OUR WEBSITE

We were selected to introduce the Willow Balm Pain-Relieving Cream to our active Picklers.



This cream is for pain-relief from sore muscles, arthritis, and joint pain. I researched it and found it had a 4.7 star rating (of 5), from the 1690 reviews it had received. While individual-size sample tubes would have been preferable, they are out of them for a few months. The company did send me a dozen full-size (as in the photo) tubes. These can be shared by many ... squirt on your hand and rub away. I'll have 2-3 with me at all courts I frequent. If you play in Buffalo Grove, Wheeling, Hoffman, Barrington, Lake Barrington, or anywhere else and would like to share a tube with your peers, let me know. The expectation is that everyone will love their first experience and then buy their own tubes. This is made from willow bark, the original aspirin. Ironically, anyone with a sensitivity to aspirin should not try it. It is non-toxic, dye-free, Paraben-free, and has no artificial fragrances.

For those into ingredients, the patented formula combines the botanical analgesics White Willow Bark and Helichrysum, plus lavender, menthol, camphor, and eucalyptus for the counter-irritant properties. Willow Balm is fast-acting and gets right to work helping reduce aches and pains from injuries, muscle pains, joint pains, headaches, menopause, arthritis, and more.

I will certainly not get involved with selling this product. I'm just introducing it and taking advantage of their free demo tubes. It has been around for more than a decade and seems to be very well received. It can be purchased in retail stores, on Amazon, and from NaturesWillow.com which currently has a BOGO offer AND an additional 15% off with the discount code PICKLEBALL15.

During my two stints at Rush Physical Therapy in the last year, I overlapped five other Palatine Picklers. Maybe this product could have lessened the duration of our treatments or ???.

I'm certainly looking forward to trying it. Being an eternal optimist, I am imagining being able to run on the courts for the first time in over a year.

Email me at aokbarry@yahoo.com, if you'd like to take a tube to your peers.

Just ask me for a trial, when you see me at Hamilton, Sycamore, or Canlan.

MEET PICKLERS MARCIA & JESSE COHEN

Marcia and Jesse Cohen live in Buffalo Grove and are recent retirees who took up pickleball last summer. They enjoy the fun, exercise, friendly competition and new friendships it has brought to their lives. Marcia grew up in Bethesda, Maryland, and Jesse grew up in Cincinnati, Ohio. The couple met in a political science class at the University of Pennsylvania in 1976 and married while in graduate school at the Johns Hopkins School of Advanced International Studies in Washington, D.C. They celebrate their 43rd anniversary this month.

Jesse's career path was in air cargo, spending 28 years at United Airlines. HE started as an analyst and rose through the ranks to Managing Director. After leaving United he worked for two foreign carriers, Etihad Airways based in Abu Dhabi, and SilkWay West, a freighter airline based in Azerbaijan. He continues to work as a consultant in the air freight industry.

Marcia began her career as a Bank Commercial Loan Officer and was promoted to Vice President, prior to taking some time off to raise their two children (Elliot-37 and Andrew-35). Marcia rejoined the work force, when the boys were in school and headed in a different direction, becoming the Director of Education for Congregation Or Shalom in Vernon Hills.

While both careers demanded long hours, Marcia and Jesse always enjoyed traveling and looked forward to vacations both domestically and

abroad. International trips they've enjoyed include Amsterdam, Italy, Switzerland, Prague, Vienna, Budapest, Israel, New Zealand and Paris. While hoping to do a lot more traveling during retirement, they've stayed stateside during COVID— although they did get to Palm Springs, Breckenridge CO, Santa Fe, Hilton Head, Washington, DC, Ocean City, Maryland, Houston and Los Angeles. They checked off one bucket list trip this past May visiting Bryce, Zion and the Grand Canyon National Parks. They particularly enjoy hiking and biking and spend at least a week every summer somewhere in the mountains enjoying those activities. They have a Park City, Utah vacation planned for this year as well. At left Zion National Park, May, 2022. At right biking at Manhattan Beach, CA, July, 2021.



Marcia and Jesse have played many racquet-based sports over the years, including tennis, squash, and racquetball, as well as volleyball. With pickleball as their new passion, they always pack their paddles and have played in Los Angeles, Palm Springs and Hilton Head over the last year. It is wonderful to visit other communities and be able to meet people on the court.

In addition to pickleball and travel, Marcia and Jesse's #1 passion is spending time with their four grandchildren ... 6-year-old twins who live in Deerfield and a 6 & 3 year old who live in Buffalo Grove. Since all four parents work, Marcia and Jesse help out with babysitting and driving children to appointments and activities.

Marcia and Jesse want to thank everyone at Hamilton and Falcon



who have been so welcoming and encouraging as they've entered the pickleball world. A special shout out to Anne Stein who spent years encouraging them to try the game and gave them their first lesson last summer, and also to Dori and Fred Caruso for their encouragement of the newbie doubles players.

Marcia and Jesse have volunteered to crunch the mailing list for Palatine Park District residents, in preparation for the (hopefully) September change ... at which time Palatine residents and those frequently involved in our activities will receive newsletters and Tweener Memos directly, while other members must open them from PalatinePicklers.com. Thanks, Marcia and Jesse. That's a major undertaking. Thanks Marcia and Jesse.

WE NEED YOU TO BE PROFILED

So far 42 Palatine Picklers have been profiled. We all enjoy learning more about our pickleball peers. Now it's time for us to learn more about you and your life. You do not need to be a writer, just one who has interests and some history about which I can write. We especially want to know the things of which you are most proud, whether accomplishments, possessions, experiences, or whatever. Other things you may want to share are your birthplace, home town, schools attended, spouse/significant other, your siblings, your own family including grandkids if any, your pets, your job history, any military service, any volunteering you've done, your hobbies, other sports in which you've participated, bucket list items checked off, bucket list items still awaiting you, favorite phrases/sayings, how you got into pickleball, what you like about the Palatine Picklers, any awards/recognitions you've earned, and anything else to give us more of an insight as to who you are.

Email your information to me, Bear, at aokbarry@yahoo.com, and **attach** several photos of you doing anything other than pickleball. Thanks.

OTHER TOURNAMENT MEDALISTS



. Connie Kus & Keith Wiener
. Windy City Classic ... 3.5 60+
. Silver



. Dale Zwack & Jonny Storm
. Bear City Open, Grand Rapids, MI
. Gold



. Jonny Storm & Dale Zwack
. Bear City ... Pro Consolation
. Gold

AWESOME DECALS HERE

You can purchase your car window decals from Bear or Linda O'Connor for just \$5 apiece. Ask Bear how to easily put them on your car. Some have found it challenging. It doesn't have to be.



BEAR'S PLAN FOR REDUCING THE NUMBER OF PHOTOS

At least for a couple months, I'll be sharing pics primarily of those Picklers who are wearing a Palatine Picklers shirt, haven't been in a newsletter for a few months, or are among our newbies. If I get lucky enough to capture any fun, action shots, I'll include those too.

PALATINE PARK DISTRICT'S CROSSTOWN PICKLER CUP

There will be NO open play at Hamilton Saturday and Sunday, October 8th and 9th. Though their name is really misleading, this is to be a competition between various pickleball groups and/or park districts. Here's what you need to know:

Divisions: Men's, Women's, Mixed (Mixed one day, Gender the other – to be determined)

Age Groups: 50-59 and 60+

Skill Levels: 3.0-3.4 3.5-3.9 4.0+

Registration Fee: \$40 per person (Payable to R B Shatwell, 10 E Moseley Rd, Palatine 60074)

. They want only one check from each team.

Who Will Play: That will be my decision as Captain. We get one pair for each of the six divisions. I may ask for

. assistance in determining our best pairs. Obviously, we'd like to win this thing so please email me at

. aokbarry@yahoo.com with your name, partner, both DOBs, both emails, your division and skill range.

Cash Prizes, Team Trophies, Goodie Bags: Who gets cash prizes and how much are to be determined

I will submit a single (reworked) spreadsheet with all the Pickler information for each of our six teams, along with a check for \$480, assuming we fill all divisions.

Please remember that this is a first-time effort of the PPD to run any sort of pickleball competition. Yes, it has flaws, but we owe it to them to overlook those and just appreciate their effort and intention. If we can submit a full, six-pair roster, hopefully other groups will too, and this can be refined into a great, annual event. If your participation is dependent on having to play on either Saturday or Sunday, let me know. Only when I have a division's pair determined will I ask for your check.

SHIRTS

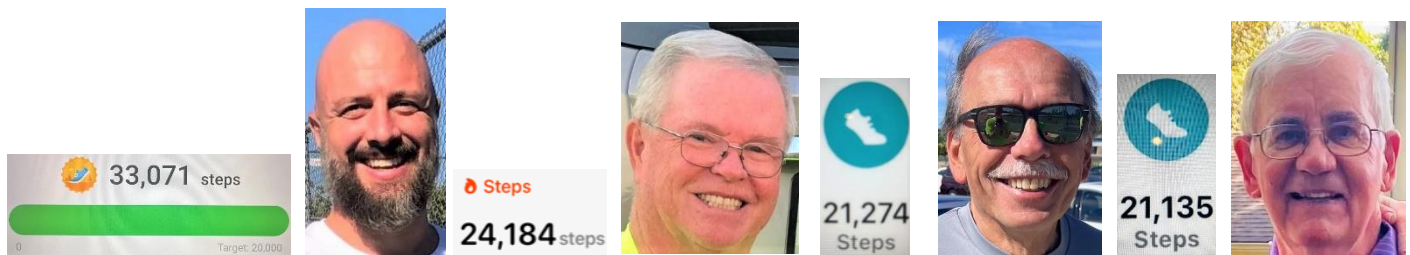
- 1) I am still holding several shirts from our early spring order. I did not have the time to check them in, when I picked them up. For the first time, I think there were a few problems. By the time you read this, I expect I'll have picked up our last order which may have your shirts preordered in May, June, or July. If you have not received a shirt you ordered, let me know. If I have it, we'll arrange getting it to you and collecting for it, if you owe. If I don't have it, I'll include it in our next order. We are still experiencing problems with certain colors, styles, sizes not being available from our printer's vendors, due to supply chain backups. We're not quite back to the days of order now and have your desired shirt within three weeks.
- 2) If you'd like a shirt, go to PalatinePicklers.com and order it online. Then send me a check. If there's still a Paypal option on the website, please ignore that. That's supposed to be club money, and I pay personally for shirts.
- 3) Once done with more pressing club needs, I'll email those whose shirts I've been holding for a couple months to several years. A couple weeks after that, I'll hang them on the fence at Hamilton, sell them at a slight discount, and eat the difference.

SHIRT COORDINATOR WANTED

If you'd be willing to organize our orders, check them in, and distribute them, email me at aokbarry@yahoo.com. Ann Stein and I collect orders, and many arrive through our website. I'll give you all those. You'll check to be sure each is a color we offer. Then, when we have at least a dozen shirts wanted, organize them by style, size, and color and send that spreadsheet to me. I'll place the order and, in about weeks, pick them up from Prospect Heights. I'll get the box to you. You check to see we have each style, color, and size we wanted. Then bag them (I'll give you gallon zip lock bags) and tag them (write the owner's name on the bag). I will give you email addresses for the owners. You let them know you'll have them wherever we're playing. I'll require payment in advance from now on so you won't have to worry about receivables.

THIS MONTH'S WALKING WONDERS

Super Steppers (20,000 steps in a day)



Brandon Johnson

Bear Shatwell

Ben Farb

Bob McGowan

Worthy Walkers (15,000 steps in a day)



Scot Shatwell

Bear Shatwell

Kathy Ford

LATEST SHIRT ORDER IS HERE

Bear should have our most recent shirt order bagged and tagged in his PICKLERS car, by the time you read this. He plays at Hamilton every morning, with the possible exception of Wednesday when he may be mentoring, rather than just starting each of the two sessions and coming back to Hamilton. If you have not pre-paid, please have exact cash, or a check to R B Shatwell, for your shirt/s. Thanks.

I still have shirts from months & years ago in my car also. I'll make one, last appeal to those who ordered these. Then I'll have them on display at Hamilton for immediate, ever so slightly discounted, purchase.

If you want to add to the almost 700 shirts which have been purchased, go to PalatinePicklers.com and order right online. Then give/send me a check. I'll get you in our next order.

Not only are these shirts popular in the NW suburbs. They have been ordered by enthusiasts in five other states, including four by players at the Pinehurst Resort. La dee dah.

WELCOME THESE NEWBIE PALATINE PICKLERS



Arun



Bill



Billy



Cathy



Debbie



Dori



Doug



Elaine



Frannie



Hcdda



Jamie



Jeff



Jenna



Jennifer



Jim



Linda



Lynn



Maggie



Mike



Nancy



Pat



Richelle



Shannon



Sue



Tom



Tom



Tom

WOULD LOVE TO STAGE A 2ND TABLE TENNIS TOURNAMENT

Before COVID came calling, we enjoyed what was to be our first, annual Picklers' Ping Pong Tournament. It did require real rules ... ball displayed in flat hand and tossed straight up to be hit by serve, etc. We had an affordable venue that cost participants only \$5. I'd love to stage another tournament. The first had eight Picklers players. We may have twice the interest now. That first venue went out of business. I've spoken with Wheeling Park District. They have the capability, but the cost seems prohibitive. If any enthusiasts can come up with an affordable venue, whether weekday or weekend, please let me know.

Whether you just know of an appropriate facility and want me to make the arrangements, or you'd like to take the reins and run the tournament (obviously, I'd have to publicize it and have everyone contact you), it's fine with me. Just contact me at aokbarry@yahoo.com. Thanks.

Let's make Pinging Picklers an annual event.

SEPTUAGENARIANS SHOW OFF SPEED AND SKILL

Our last tournament of July saw our Pickler Gentlemen of at least 70 years run, jump, and dive for every point. Due to one of their own failing to show up after confirming he'd play, the Older of the Old defeated the Younger of the Old Men 464 to 440. Had he shown up and just stood on the court without a paddle, he'd have assured victory for the Young Old Guys. Oh, well. Those of us with more life experience are happy for the win.



Steve Dave Frank W Jeff D Bear Howard Bob Jeff K Marv Ron Art Terry Geoff Fred Frank L



Jeff Kaufman, 1st



Bob Goldberg, 2nd



Jeff Degner and Marv Zwass, tied for 3rd



After all morning, fun events, those who can go to lunch do. This is usually at Kelsey Road house, less than a mile away from Canlan. However, they are closed on Monday so we went to Chessies in downtown Barrington for a fun 90 minutes with good food and drink.

Please consider participating in future tournaments, or leagues, or intramurals. The action is energizing and a lot of fun, and the post-play lunch is always enjoyable. It's great to get to know each other better.

RUSH PHYSICAL THERAPY OFFERS PPC FREE CLASSES

RUSH PT is locally found a few feet from Durty Nellie's near Smith and Colfax. I've been there a lot in the last year, between shoulder/bicep issues and hip/hamstring ones. While there I overlapped five other Palatine Picklers. We all loved this place and their personalized professionalism. Obviously, over the months, we talked a LOT about pickleball. Even spent an afternoon introducing a couple of the PTs to our sport at Hamilton.

RUSH will be hosting a series of classes for us Palatine Picklers free of charge. They'll even provide beverages and snacks. The first at their facility at 220 N Smith Street #100 will be on the most effective use of a foam roller (which we all should have). It can be used to improve mobility and flexibility both pre- and post-play. It can also be used to reduce stiffness in both upper and lower body ... improve posture, improve spinal mobility, and help diminish nagging muscle knots. They come in various sizes, but RUSH PTs will demonstrate how to properly use them. If you already have a foam roller, bring it. They will help you get the most benefit from it. If you don't have one, there will be plenty available for you to use.

HOW TO USE A FOAM ROLLER Injury Consultation | Pre/Post Stretching | Product Purchase Company Information.

To register go to <https://sm.care/Howto>

This will be the first of many, monthly learning sessions for our Palatine Picklers. Next will be on Tuesday, September 27th at 7:00. This will be on Pre- and Post-Play Stretching. Future, monthly classes will be announced in future newsletters. Please mark your calendars.

Also, I hope you don your Palatine Picklers shirt and attend their official ribbon-cutting of the RUSH facility. This will be with the Chamber and Mayor, with a post-party at Durty Nellie's. It will be at 4:00 p.m. on Tuesday, October 4th. Please mark your calendar for this event to promote both RUSH and the PPC.

IT MAY BE A STRETCH, BUT MONDAY NIGHTERS BE READY

StretchLab, opening in Deer Park Town Center, may set up a tent in Hamilton's parking lot a couple Monday evenings in August. Check out https://www.youtube.com/watch?v=nMm_Dq-eW30 to see what this business has to offer. They look to increase your mobility, decrease the risk of injury, and improve your sports performance. I they get the OK to set up their tent, pay it a visit.

YOU DON'T HAVE TO CHOOSE...CHECK BOTH RUSH & STRETCHLAB'S SERVICES

UPCOMING WIDOWRIFFIC TOURNAMENT

As soon as I get a date, we will have a Monday or Tuesday 4:00-7:00 p.m. tournament for widows and widowers at Canlan Sportsplex in Lake Barrington. This will be followed by an optional dinner at Kelsey Road House, less than a mile away. This year we've had several Picklers join this other club that no one wants to join. It will be great to get together with others who, in widow terminology, "get it."



HAPPY AUGUST

The First Lady of the Palatine Picklers is ready to begin her potential pickleball addiction. Kathy has been beyond tolerant and understanding of my full-time job as PicklerPrez. Her 2nd knee is just about fully rehabbed so she's ready to give our sport a try. I know you'll welcome her.

This pic was in 2015, when our townhouse was being built. We continue to love our 2600 sf, three story home.

Please sign up to play in the AH Senior Center tournament (page 1), Think of volunteering for one of the positions introduced in this newsletter.

Intramurals should attract a lot more of you. Also, I know we have a lot more 65+ Lady Picklers who should sign up for the 8/25 tournament. Please make it so.

There's always room for more Mentorees ... Get on some Wednesday availability lists, or just show up on Thursday or Saturday.

Meanwhile, just show up at Hamilton ANY morning from 8:00 on to enjoy open play.

Happy pickling.

Bear, PicklersPrez

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