



PalatinePicklers.com

palatinepicklers@gmail.com

SEPTEMBER, 2022 NEWSLETTER

INTRAMURALS AND MENTORING FOR REST OF 2023

INTRAMURALS ... Our ongoing intramural program is for intermediate (3.0-3.5) Picklers. It's every other week. No long-term commitment. I roster different Picklers each match. I try to balance the play dates for all interested players. I select 8 men and 8 ladies. Then I arrange them in order of their age. The youngest 4 men and 4 ladies will represent the Whippersnappers, while the older 4 and 4 will play for the Wise Ones. These are round robin events. You will play one game partnering with each of your 7 teammates. The team with the most wins is victorious that day. In case of a tie, the total points scored determines the winner. The teams have been very competitive. That means our winning days are almost equal. It doesn't mean that this is serious competition. It's all for fun.

After the match which runs from 9:00 to about 11:45 a.m. in the Canlan Sportsplex in Lake Barrington, those whose schedule allows enjoy lunch a mile away. If you want to be considered for any competitions, email me (aokbarry@yahoo.com) with the dates below you expect to be available to participate: 9/5 9/19 10/3 10/17 10/31 11/14 11/28 12/12. That will take us through 2023. I'll publish the early 2024 dates in a future newsletter.

SUMMER MENTOREE TOURNAMENT ... After serving 111 Mentorees this summer, we're ready for our scaled-down indoor season. Our Summer Mentoree Tournament will be held in Canlan Sportsplex on Tuesday morning, November 7th, starting at 8:45. If you participated in any of our summer mentoring programs, email me (aokbarry@yahoo.com) that you want to play. It will be a round robin which means you'll play with a bunch of fellow Mentorees. Your former Mentors will serve as refs. They won't offer advice, but they will call all rules, even those with which you may not be familiar. It IS FUN. Through double digit Mentoree Tournaments, 100% of participants reported having a great time. I will accept the first 36 to apply for a spot on this roster.

THE INDOOR SEASON ... Though this could change, for now we're looking at having indoor mentoring at Canlan every other Tuesday morning. I've reserved six courts. Depending on hour interest, we'll either have a 3-hour session for 36 Mentorees or two 90-minute sessions for 72

of you. Our 2023 sessions will be 11/21, 12/5, and 12/19. Email me (aokbarry@yahoo.com) the dates you think you'll be available. Then put on your calendars, "Maybe Mentoring," If a conflict arises, email me to remove you from that ETBA list.



Above is a glimpse of summer Mentorees preparing to hit the courts.



At left is Mentor Dennis helping to get courts ready for mentoring. On this day, we began carefully dinking, then playing dink-dink-dink-bang, and finally having dry court games. We Mentors don't give up on a day easily. We're here to help you develop and enjoy your play more with increased knowledge and skills.



Mentorees meet between sessions to discuss what was and what is to be.



YEAH, IT'S 101 DEGREES

But that didn't keep Mentorees Shelly, Annette, Karen, or Natalie from joining Mentors Dennis and Bear for some skill-sharpening.

MEDALISTS (or at least some of them)

Well, I'd hoped to share this month's successes and photo of Palatine Picklers who medaled in the Six County Senior Games. These have always been shared in the August newsletters, but there

was a change of tournament management this year. Hoffman, Illinois Parks & Rec, and I (Palatine) all asked if/when we could get lists and pics of medalists. "We're working on it" was the response. I asked a second time a couple weeks ago, but that went unanswered. So I have only the following medalists who sent me their results and pics.



Patty Eagleton & Jean Schlinkmann – 65-69 – Gold



Bill Kinney & Elke Jacobsen – 50-55- Gold



Pete Peterson & Patty Eagleton – 65-69 – Silver



Steve Lawler & Mark Brauer – 55-59 – Silver

OTHER TOURNAMENT MEDALISTS



. *Becky Gabrys* & Jonny Storm
 . DuPage Co State Fair -
 . Advanced – Winners



William & Tim Chia
 APP St Lois -
 im 4.5+ 19+ - Gold



Masato Suzuki & *Daniel Leon*
 WI Sr Olympics – 70+
 Silver

Italics indicates a non-member of our PPC

THINKING OF AN EXPENSIVE PADDLE ?

I HAVE DEMOS ... I felt that, before you buy based on just a write-up, you may want to try out a paddle. So I used our club credit with pickleballcentral.com to get three (barely) used paddles. Here's what I have for you to try for one game:

Joola Ben Johns Hyperion CFS 14mm graphite paddle - Swift ... New: \$219.95

Joola Ben Johns Perseus CFS 16 Carbon Fiber ... New \$249.95

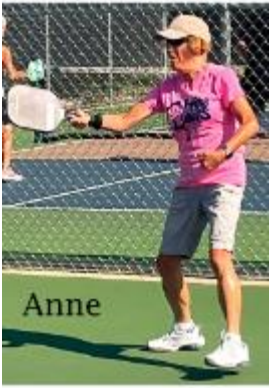
Selkirk Vanguard Power Air S2 ... New \$249.99

I have these with me and am at Hamilton most mornings. Two Picklers have tried and decided to purchase.

3.0-3.5 INTRAMURALS HAS NEW DATES

Yes, again ... If you consider yourself an intermediate level player, give this fun competition a try. Just email me at aokbarry@yahoo.com the dates you Expect To Be Available to play from 9:00 to Noon in the Canlan Sportsplex in Lake Barrinton AND your MMDDYY date of birth. The Tuesdays for the rest of 2023 are 9/5 9/19 10/3 10/17 10/31 11/14 11/28 and 12/12. For each date you send me, please put "Maybe Canlan" on your calendar. Then, if a conflict arises, you'll be reminded to email me to take you off that ETBA list. You'll play for either the Whippersnappers or the Wise Ones, based on hour date of birth. You'll partner with each of your seven teammates for one game. Over the last year and a half, the teams are within one victory of each other. And don't forget that, after play concludes, those who can go to lunch.

PICKLERS ON THE COURTS



Anne



Barb



Beth



Carol



Chris



Cindy



Colleen



Craig



Dave



Bob



David



Debbie



Gary



Gillian



Gloria



Hayden



Jacquie



Jeff



Jeff



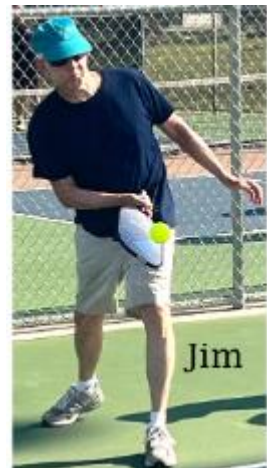
Jeff



Jenny



Jim



Jim



Jim





Mary



Mary



Mary



Maureen



Michael



Mike



Nancy



Neal



Pat



Patti



Paul



Phil



PALATINE PICKLERS' HAVE SPECIAL 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

\$99 Paddles for \$75 Only one style – See or contact neal@picklecoach.com.

\$10 OFF Vatic Pro paddles ... https://vaticpro.com?sca_ref=3606076.ir5retg8qU Use code CHICAGO.

ORDER YOUR CAPS

Go to <https://www.sportswearcollection.com/p/valucap/vc300a?site=VEYHZXBZHU> to choose your cap color. Then email Carol Hawes at Picklercaps@gmail.com with your color/s. Include your full name, email address, and phone number.

ORDER YOUR SHIRTS

For shirts, on your computer (not phone), go to PalatinePicklers.com and click on SHIRTS. Your order form is at bottom of the page.



PERSONABLE PICKLER PASSES



SANDY BARRECA, for years a familiar face at Falcon with her husband Pete, passed away on August 16th at the age of 67. She was surrounded by her loving family. Married to Pete for 26 years, Sandy was Mom to Robert “Robbie” and Olivia.

Sandy loved cooking, painting, pickleball, spending time with family and friends, and always staying active.

We will miss her warm personality ... and her on court excellence.



IT'S WALKER RECOGNITION TIME

SUPER STEPPERS (20K+ in a day)

31,215 steps



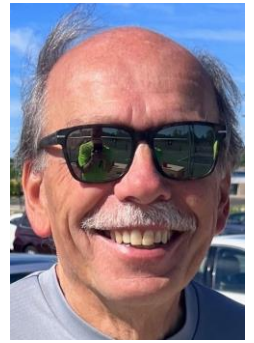
Dan Salbego

26,828 Steps



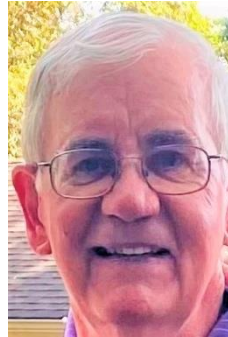
Lois Farb

26,044 Steps



Ben Farb

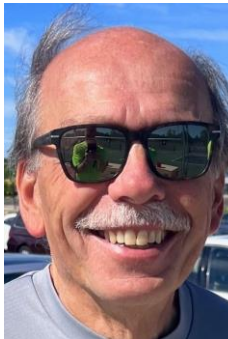
21,720 Steps



Bob McGowan

WORTHY WALKERS (15k+ in a day)

19,507 Steps



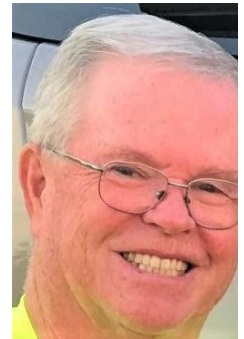
Ben Farb

19,016 Steps



Anne Stein

18,506 steps



Bear Shatwell

Best Day 16,999



Clay Farnsworth

CHECK YOUR PHONE (LITTLE RED HEART) & JOIN US HERE

Many of you don't realize it, but your phone may be tracking your daily steps. If you have a little, red heart icon, that's where you'll find your daily steps. If you get 15K or more, just take a screen shot and email it to me at aokbarry@yahoo.com. You too can be featured in this walker-honoring section!



NOW THIS IS A BIRTHDAY CAKE

Nancy Smearman had a special birthday recently. She went to dinner with a friend who surprised her with this very special cake. Even the paddle and balls are edible. Great cake. Pretty great friend too. Thanks for sharing, Nancy.

PICKLEBALL HITS NEW HEIGHTS

Playing pickleball really can be an out of this world experience. Here you see enthusiasts playing at 35,000 feet.

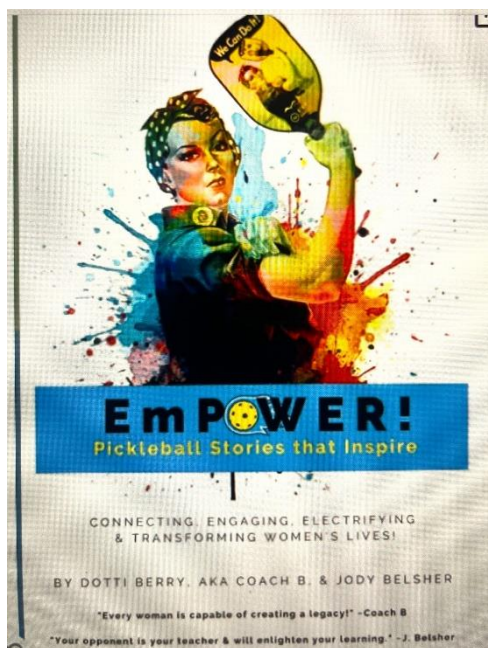


TIPS FOR PREVENTING PICKLEBALL INJURIES

Howard Rosenberg passed on to us these tips he received from Lifetime Fitness. These are just the tips. Under each is a full explanation at https://experiencelife.lifetime.life/article/7-tips-for-preventing-pickleball-injuries/?c_guid=24aa7f12-6e5a-4e74-a41b-f36964b16ec7&utm_source=smc&utm_medium=email&utm_campaign=33507009&et_cid=33507009&et_rid=96204646&et_attr1=weekly_club_connection

- 1) Warm up beforehand
- 2) Wear proper footwear
- 3) Protect your eyes
- 4) Loosen your paddle grip
- 5) Be aware of your surroundings

- 6) Do not backpedal
- 7) Listen to your body, and know your limits



PICKLEBALL EXPERIENCES BOOK

Masato Suuki played in a February Tuscon tournament with Dotti Berry. She and Jody Belsher have since published **EmPOWER**. He thinks all Palatine Picklers would enjoy this collection of stories by more than 30 women pickleball players representing all walks, ages, and skills. "We joined talents to bring you this amazing work that shines the light on what it means to be in a community," explained Berry. "You will laugh, cry, sigh, and be motivated when you read these intimate stories." Find it on Amazon. Just go to Books and search EmPower by Dotti Berry. I'd have given you the link, but it's about a half page long.

MISS OUR MONTHLY PICKLER PROFILES ?

After 50 profiles, we haven't had one since June. Why? Because asking, asking, and asking got old. How 'bout volunteering your information? I'll do the writing. You just email me some photos and some info ... such as where & when born ... schooling ... military ... work history ... meeting spouse ... when married ... family ... sports ... pastimes ... places lived ... hobbies, clubs, honors, volunteer efforts, other sources of pride ... where/when did you learn pickleball ... Bucket List items done and those awaiting ... anything else you'd like to share. Please just give me the facts; don't write your own profile. Send things to me at aokbarry@yahoo.com.

AUGUST NEWBIES



AL

ALFREDO

ANNA

ASHLEY

BARB

BAXI



BILL F.



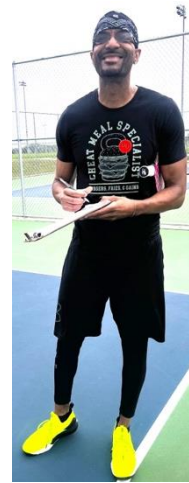
BILL S.



BOB



BOBI



BRANDEN



CARL



CHRIS



CHRISTA



CINDY



DAVE G.



DAVE S.



DIANE

Sorry ... the formatting got screwed up on several pages somehow, but I'm tired and want to get this to MailMaster Greg, before going to bed so, as hard as this is, I'm ignoring it. I'm absolutely sure this bothers me more than it does you, and I'm also confident you'll keep scrolling. Thanks for overlooking my oops.



DON



DREW



ELIZABETH



EMILY H.



EMILY T.



EVA



FRED



GIULIANA



GORDON



JACQUIE



JAN F.



JAN T.



KAKI



KATHY



KEITH P.



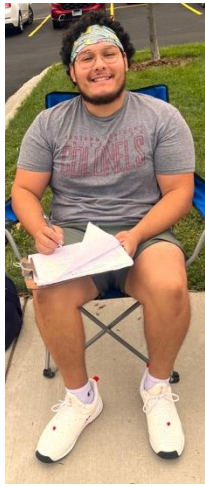
KEITH V.



KIM



LOGAN



LUIS



MANDY



MARCI



MARCIN



MARK



MARLENE



MARSORIE



MARY JO



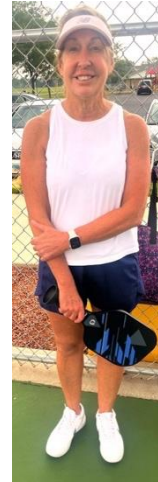
MAUREEN



MEGAN



MILTON



NANCY P.



NANCY T.



NATALIE



NATASHA



NICK



PAT



PATRICK



PETER



PRNAV



RALPH



RANDI



RICH



ROBERT



ROBIN



STEVE F.



SUE



SUSAN



TOM



TYLER

HAPPY SEPTEMBER, PICKLERS

August was a busy month. I really need to thank our newest volunteers, Mary Werling for creating the layouts for the walkers and the Newbies and Jonny for doing the layout for the Picklers in action pages. Also, thanks to Linda O'Connor who has relieved me of everything regarding shirts except writing a check. Of course, we love our tireless Mentors, Dennis, John, Marv, Neal, and Ron ... and part-timers Dee Dee and Bill. Then there's Mentoree Scheduler Kathy. Behind the scenes are Greg, our MailMaster and John, our Webmaster. Thanks to Carol (with assist from John) for handling caps. If anyone would like to manage the Mentoree availability, let me know. Just FYI we've passed the 3450 member mark.

Hope all you intermediates will email me your intramural availability dates. Have room for a lot more in the 11/7 Summer Mentoree Tournament in Canlan in Lake Barrington. Let me know. It's all for fun. No stress. And lunch afterward.

Be prepared for me to announce our annual, Halloween costume tournament in the October newsletter.

If someone would like to take over the rostering of intramural teams, I'd be happy to hand you those reins. I'll give you the names, email addresses, and dates of birth of all who are currently on the spreadsheet. Only catch is either you take over the scoreboard or you have to roster me every match, and I'll run the event, while you invite the participants. Just try to balance the participation (maybe except for me). Then arrange the Picklers in order of date of birth. The youngest four men and women make up the Whippersnappers team, while the older four comprise the Wise Ones. Easy. Well, sort of easy. Just email me, if you'd like to give back to the club that has surely given you so much. 😊

Happy pickling, Palatine Picklers.

Bear Shatwell
PicklersPrez
aokbarry@yahoo.com

