



PalatinePicklers.com palatinepicklers@gmail.com

JUNE, 2024 NEWSLETTER

HAMILTON DARK DAYS

Be prepared. The Palatine Park District will have the courts reserved for their own programs on the following dates/times: Thursday, June 6 – August 1st 4:00 – 8:30 p.m. (minimum 3 courts)

Friday, June 7th – August 30th 6:00 - 9:00 p.m. (number of courts TBD)

Saturday, June 8th – August 3rd 9:00 – Noon

Courts will also be closed Friday, August 30 through Monday, September 2nd for the annual Celtic Soccer tournaments. If weather causes delays, this down time may be expanded.

FIND NEWSLETTERS ON OUR WEBSITE

Half our members can't get newsletters and Tweener Memos directly. My welcomes to Newbies include the two most recent newsletters and tell that, for future newsletters, they'll have to go to PalatinePicklers.com on or after the 2nd of the month to get that month's newsletter. Every week several Picklers feel neglected not having gotten anything since the welcome. Please help me spread the word that there IS a newsletter every month ... and an occasional Tweener Memo that appears in Bear's Den on the website.

LOVE THE FACEBOOK PAGE, BUT IT'S NOT THE REAL "US"

Many would-be Picklers think they joined the club, because they joined the Facebook page. That's like watching a Cubs game vs playing in one. You read stuff on FB, but you DO stuff when you join us.

MENTOREES TOURNAMENT A MAJOR WINNER AGAIN



Twice a year we stage tournaments for 24, indoor or outdoor Mentorees. Our indoor Mentorees gathered to participate in two tournaments of 12 peers. They played 11 games, partnering with each competitor once.



Support Staff: Scorekeeper Maureen, Pam, Frank, Scorekeeper Carl, Dan, Bear, Marv, and Bill. Mentors served as the six Refs. They called even “faults” of which students were unaware. The Mentorees actually liked learning more obscure rules.



After our Canlan competitions, we always go to lunch a mile away, to conclude an awesome morning. This was no exception. Thank you, Kelsey Road House.



A-K Tournament ... Anna 2nd, Gerd 1st, Kent 3rd L-Z Tourney ... Mary Jo 2nd, Nancy 1st, Mary 3rd

ADVICE FROM AN EXPERIENCED HOWARD ROSENBERG

Hi, Bear

Disadvantages of playing pickelball

I am not a doctor but I would like to give let our fellow older runners aware that they should know their AIC scores (Glucose - sugar level in arteries) especially in you have been diagnosed with type 2 diabetes mellitus with diabetic mononeuropathy

I after the Holidays I had my test in January - simple prick in the finger . Results available in 6 minutes at my doctors office.

My score was 7.3 % Normal range is 4.5 to 6.4

Personally I was just tested 3 months later and my score was 6.3

Watch what you eat. Sugar and Salt intakes especially.

They narrow the blood flow to parts of the body and can cause numbness in the foot.

As we age we develop arthritis ,plantar Fasciitis, heel spurs, bursitis (kneecap) and all sorts of lumbar disorders.

Such as Spinal spondylolisthesis,Osteoporis,Herniated disc, degenerative Disc issues.Sciatica,stenosis,fractures, tumors, infections to name a few.

Sure other factors such as injuries can cause some of the above.

Recently diagnosed with spinal stenosis and arthritis in my knee.

Had cortisone shots, lumbar Epidural steroid injection, and now may knee gel injection such as SYNVISIC which lubricates and cushions your knee and can provide up to six months of knee pain relief (osteoarthritis)

I been noticing more and more of our senior players have knee transplants.
Stretching before you go on the court and afterwards could also prevent injuries

- Anterior Cruciate Ligament Tear (ACL)
- [Arthritis of the Knee](#)
- [Bursitis of the Knee](#)
- [Cartilage Injuries](#)
- [Degenerative Joint Disease](#)
- [Iliotibial Band Syndrome](#)
- [Knee Ligament Tear](#)
- [Knee Sprains and Strains](#)
- [Lateral Collateral Ligament Injury \(LCL\)](#)
- [Medial Collateral Ligament Injury \(MCL\)](#)
- [Meniscus Injury/Tear](#)
- [Osgood-Schlatter Disease](#)
- [Osteonecrosis of the Knee](#)
- [Patella Tendinitis](#)
- [Patella Tendon Rupture](#)
- [Patellafemoral Pain Syndrome](#)
- [Posterior Crucial Ligament \(PCL\) Injury](#)
- [Runner's Knee](#)
- [Unstable Kneecap](#)
- [Knee Fractures](#)

Quality, compassionate care from physicians specializing in specific areas of the body.

- [FOOT & ANKLE](#)
- [HAND & WRIST](#)
- [KNEE](#)
- [HIP](#)
- [SHOULDER](#)
- [ELBOW](#)
- [SPINE](#)

Hope Howard's words help even one Pickler. Thanks for sharing, Howard.

LET'S REVIEW HAMILTON SKILL LEVEL POLICIES

When the morning's Pickler population justifies, we ask those who prefer competitive play to rack up in the north courts, leaving the south cage for rec Picklers. Go wherever you want, but, if you win three in a row in rec, or lose three in a row in competitive, PLEASE rack up in the other cage. If, as is often the case, rec players outnumber competitive, rec will claim the northwest court, leaving the middle and northeast court for competitive play.



PAIR OF PRETTY PICKLERS PAIRED FOR PLAY AND PLANNING TO PARTY

Thursday, May 16th, these two, young Lady Picklers, Gillian and Chris, were teamed together. They discovered the coincidence of it being both their birthdays. I think one was turning 42 and the other 39, but I can't remember which is which.

If you have a pickleball coincidence or find a fellow Pickler in another state, or see a Palatine Picklers shirt on someone not here, take a pic and share it. We like this sort of stuff.

CURRENT & FUTURE WEDNESDAY MENTORING CHANGES

Sycamore Park on Carpenter at Clark had been the home of Wednesday mentoring sessions from 2016 through last August. That's when resurfacing began and we moved to Locust. Well, Sycamore is now ready for us. However, the Park District will be using it some of the time. Here's the summer/fall schedule:

Sycamore ... through 6/19

Locust ... 6/26

Sycamore ... 7/3 and 7/10

Locust ... 7/17

Sycamore ... 7/24 through end of season (likely mid-October)

Our Mentoree Scheduler Kathy will remind you on any Monday afternoon invitation you may get on which courts you'll be playing.



THURSDAY MENTOREES ... NOTE THE TIME CHANGE

Starting immediately, Thursday's walk-on, Hamilton mentoring will be from **2:00 to 4:00**. This will continue until the 2nd week of August. Then we'll go back to 3:00 to 5:00. I'll repeat that return to 3 to 5 in the July and August newsletters.

IT'S WALKER RECOGNITION TIME

ULTRA-SUPER STEPPER (30K+ in a day)

30,416



Dan Salbego

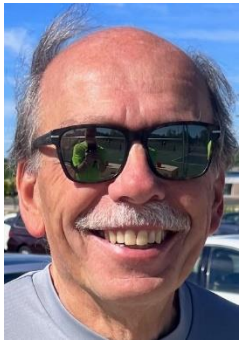
SUPER STEPPERS (20K+ in a day)

28,428



Jeff Colish

27,461



Ben Farb

25,131



Denise Hopkins

23,677



22,628



20,002



Dan Salbego

Lois Farb

Arnie Walker

WORTHY WALKERS (15K+ in a day)

19,726



Lois Farb

18,694



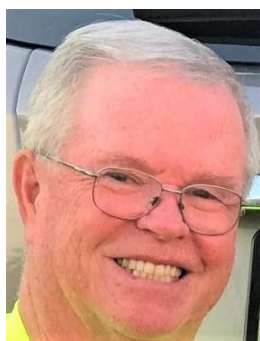
Ben Farb

18,223



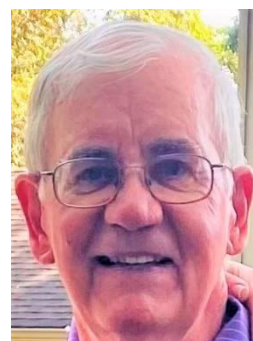
Dan Salbego

17,595



Bear Shatwell

16,498



Bob McGowan

15,952



Annette Grabowski

15,501



Jesse Cohen

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

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. Of course, a Fitbit works too. 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.

ANOTHER PICKLER JOINS OUR VOLUNTEER TEAM



You may recall that an estimated 30 would-be Palatine Picklers who filled out their online applications between March 9th and April 10th had their effort magically disappear before they got to me. For some reason GoDaddy, that has send me the applications since Day 1, just stopped. Webmaster John Pihl substituted his email address for mine. That worked, and he could then forward the applications to me. However, we needed a long term fix. At mentoring one Wednesday morning, I asked if anyone would be willing to receive the applications and forward them to me. Sheila Lullo volunteered right away. It's been working well. Thank you, Sheila.

PICKLERS SHOWED THEIR WINNING WAYS



Kyle Hagerman & Jonny Storm – Best of the Best - Picklr, Naperville – 4.5 Gold



Shannon Kowalski & Jonny Best of the Best – Picklr, Naperville – 4.5 mixed Gold



Jonny Storm & Harsh Nanavati All India PB Assn Spring Picklers Tournament – 4.0+ Gold



. Jonny Storm – Picklr,
Naperville – Singles Gold



Brian Szady & Daniel Koste -
Dryden Park Tourney – 4.0 Gold



Larry Perlman & Stephanie
Douglas – Addison Spring Fling -
3.0-3.4 mixed - Gold

LEFTIES ... DON'T GET LEFT BEHIND

Thursday, June 27th at 9:00 a.m. in the Canlan Sportsplex in Lake Barrington all lefty Picklers are invited to compete with one another in the 2nd (or is it 3rd?) annua Lefty Round Robin Tournament. If enough of you register, I'll have two tournaments, one for Ladies and one for men. With or without that segregation, it will be fun. Then all who can go to lunch a mile away. Upon entering about 8:45 just pay Canlan's \$10 fee at the lobby desk.

To register email me at aokbarry@yahoo.com.

SUMMER SAVINGS

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

LET'S REVIEW HAMILTON OPEN PLAY POLICIES

PADDLES & PADDLE TROUGHS ... Please get your name upside down on both sides of your paddle where the handle meets the blade. Then stand it on its head in one of the two paddle troughs on the south fence. There is a clip at the left end of one trough. That indicates the trough from the next four paddles will head to the open court.

IN WHICH TROUGH DO I PUT MY PADDLE ... When you arrive it doesn't make any difference. After your game, winners' paddles go in the top "W" trough, and 2nd place finishers use the bottom "L" trough.

Whoever removes the four next paddles and calls the owners' names should also move the clip to the other trough.

SEGREGATION ... When there enough Picklers to justify it, someone (often I) will yell for competitive players to paddle up in the north cage, while rec players keep using the south troughs.

IS IT 3 COURTS FOR EACH GROUP ... Not necessarily. There will usually be more rec players than competitive ones. So the competitive group may start with just the NE court or the NE and middle court of the north cage, leaving the NW and middle court or just the NW court for the rec players. The math is pretty simple. See how many paddles are in the rec racks and how many are in the competitive racks. As the number of competitive grows,

WHO QUALIFIES AS COMPETITIVE ... Each Pickler can paddle up in whichever cage he/she desires. BUT, if a Pickler either wins 3 in a row in rec or loses 3 in a row in competitive, he/she should then paddle up in the other cage.

PLAY TO 9 ... When it gets sufficiently crowded, someone in charge will yell, "Play to 9, win by 1." There is also a sign kept in the yellow storage bin which can be hung by the south cage paddles.

CHAIRS ... Please do not take a chair into either cage. They should be kept on the sidewalks, to avoid scratching courts and becoming a hazard to Picklers at play.

WANNA SEE SOME ACTIVE PICKLERS?













SINGLES WAS A VERY ENGAGING TOURNAMENT

Earlier this week Picklers who are currently unmarried competed in a fun round robin tournament in the Canlan Sportsplex in Lake Barrington. It featured myriad close games. Being as forgetful as I am, I failed to have our waitress take a photo of all of us enjoying lunch. Yes, "us." No, I'm not single, but I'm there for every tournament to get things going, take pics, take my scoreboard home, and enjoy lunch and beer.



. Nancy, JoAnne, Susan, Judy, Brian, EJ, John, Charlotte, Jerry, Sheila, Barbara, & Carol



John finished in first. Sheila and JoAnne tied for 2nd-3rd. Congratulations. John scored 77 or a possible 88. The Lady Picklers each scored 74. It was that close.

A FEW PICKLERS REMEMBER WHAT THEY HEARD OR SAW

The May's newsletter introduced 50 quotes from advertisements over the last 60 years. Whoever got the most correct gets a free Palatine Picklers T-shirt. I'm proud of the four Picklers who answered more than half of them correctly. They were ...



. Steve Shapiro – 41 Natalie Silverman – 37 Clay Farnsworth – 37 Kathy Shatwell – 27

Congrats to Steve for dethroning perennial trivia champ Clay. Big congrats to Natalie who just turned 50. So many quotes were before she was born.

NOT EVERYONE LOVES MENTORING

I've missed very few mentoring sessions over the last eight years. However, I was visiting sons and grandkids in San Diego a week ago so I was not at Wednesday, Thursday, or Saturday sessions. I learned from a saddened Mentor that one Mentoree went off on him about all the drilling. He/she wanted games. Mentoring sessions involve two, consecutive hours of action of one form or another, with only an occasional water break. Had I been there, I would have said, "Then get to Hamilton open play, where you may wait 10-15 minutes between games." This complaint was right up there with those who earn strikes by not accepting a Wednesday (or Tuesday for intramurals) invitation, after asking to be put on the list of those available to participate. We REALLY are not fans of this disrespect for our volunteered time. If I learn who the complainer was, I'll see that he/she does not participate in another mentoring session ever. Most appreciate our efforts which is our reward and the reason we keep coming back. Many actually say they got more out of one, free session with us than they did from weeks of paid lessons elsewhere. If you want only to play and not learn, please don't come to our mentoring sessions.

WANT TO CREATE A FUN TOURNAMENT?

At a recent Picklers event, I asked participants to email me, if they could think of another fun tournament we could run. I'm happy with the response I've gotten. A few of the ideas are Citizens of multiple countries ... those who play an instrument ... those who garden (bring

show & tell) ... those who drive an EV ... 3 syllables in last name ... Snow Birds ... have 2+ dogs ... go by a non-given name (such as "Bear") ... Born outside the USA. These are all contenders. Can you come up with one or two yourself? I've been the sole creator of fun tournaments for 9 years. I'm loving the help. Just email me at aokbarry@yahoo.com with your idea/s. I will credit you in the newsletter, when I introduce your tournament.

YES, WE HAVE A FEW NEWBIES THIS MONTH



ADAM



ALYCE



ANGELA



ART



BOB T.



BOB



BRETT



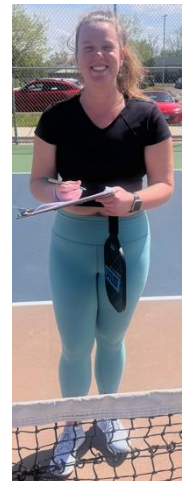
BRIAN



CAMILLA



CARL



CASSIDY



CATHY



CISSY



DAWN



DEB



ERIC



FRANK



JANET



JANUNA



JEFF



JOANN



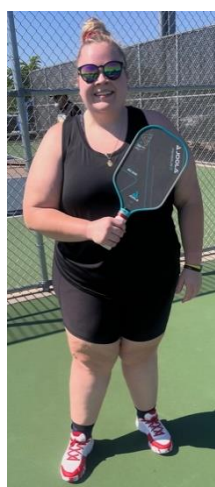
JOE



JONATHON



KATHY



KAYLA



KEVIN



LAURA



LISA D.



LISA G.



LIZ



LOTTIE



MARK



MAUREEN



MIKE



NANCY

ENJOY YOUR JUNE

Well, it was a fun May. We got to move mentoring back to the new and improved, beautiful, Sycamore courts (well, about half the weeks this summer). We had a wonderful pair of Mentorees' Tournaments for 24 indoor mentorees. This week we had a great tournament for our unmarried Picklers. Of course, several Picklers tried to remember what advertising slogan went with which company. We reviewed in this newsletter the policies for happy Hamilton play. Now we look forward to our annual Lefties tournament and welcome YOUR ideas for future, fun tournaments.

I hope a lot more of you ask to be put on some intramural rosters. That's been so much fun for going on three years, but there's room for another dozen or two. You have no commitment, other than to be available the days you say you will be. You won't play all of them.

Next month I'll thank all the Pickler volunteers who help make the Palatine Pickleball Club the best it can be.

My sign-off photo this month is of me enjoying my first ever rainbow cone.

Pickle on.

Bear

PicklersPrez

aokbarry@yahoo.com

