

Kitchen Talk

Sun City Texas Pickleball Club Newsletter

February

FROM THE PRESIDENT



Hello again and what a great beginning to 2019. Our winter drop-in leagues began and will run for 8 consecutive weeks. We have a 2.5, a 3.0 and a 3.5+ league. Please check the website and this newsletter for additional information. New to the winter leagues this year is a singles ladder league for both men and women. SCTPC offers some great competitive leagues for all levels of players. And, as always, there are many hours of general play taking place every fair weather or better day.

In addition, we were able to meet with the heads of the Community Association and Pulte in regard to Court improvements and needs. The major items are:

- Shade for court 5 in the bench area. Not a budgeted 2019 item, but pursuing exception
- A lighting solution will be put in place on the walking path between courts 4 & 5
- A bulletin board was put in place at the Retreat Courts
- Texas Drive Courts 1-6 will be resurfaced in 2019, while not being a budgeted item
- We have requested that the Court lines at the Retreat be brought to tournament standards. Pulte agreed to review with the contractor

In addition, we requested the CA/Pulte plan for Pickleball Court expansion. We learned that the Somerset tract is still 5 years out and no firm decisions have been made in regard to Pickleball or Tennis courts in this new tract, but land will be allocated. Our current and future court expansion needs are the Board's priority in the first half of 2019 and much more to come in this area over the months ahead.

Finally and sadly, we incurred several injuries in January, including a broken hip. I personally witnessed several falls, fortunately, neither resulted in injury...other than maybe a little pride. We do take safety very seriously so be careful and cautious out there. It is so much more fun, playing Pickleball vs. being injured and watching Pickleball videos.

And remember, Safety FIRST, Win the point second!

Ed



CLUB ANNOUNCEMENTS

TREASURER'S REPORT



Fund balance at Dec. 31st is \$6,349. December year to date Revenues are \$13,659 and Expenses are \$16,115 resulting in a Net Loss of \$(2,456). We budgeted a Net Loss of \$(3,250) so we are under budget by \$794. We had 647 paid club members in 2018.

SOCIAL COMMITTEE EVENTS



Dinks, Chow and Chat - NEW PLACE! February 5th, at Mulligan's from 3:00 pm - 5:00 pm. Come join your SCTPC friends at the new location!

BYO Dinks & Paddles - NEW DAY! Tuesday, February 26th from 6:00 pm - 9:00 pm at the Retreat Courts. Play some pball and socialize at the bleachers with your SCTPC friends! And be sure to check out the "STD" article in this newsletter!

Missing Something? Please check the "Lost and Found" cabinet at the Texas Drive Courts - it's pretty full with lots of forgotten items.

**You don't stop laughing because you grow old.
You grow old because you stop laughing.**

Michael Pritchard



JANUARY NEW MEMBERS

Last Name	First Name	Last Name	First Name	Last Name	First Name
Abernethy	Stacey	Grubbs	Keaton	Mills	Marie
Bietzer	Sharon	Hall	Ellie	Mowery	Mary
Bornfeld	Catherine	Hall	Patricia	Nguyen	Hannah
Brettnacher	Becky	Hollis	Norman	Nguyen	Liem
Capponi	Jenee	Hotz	Marta	Olsavsky	Mary Jo
Capponi	Tony	Hutchinson	Linda	Paulson	Sally
Carmean	William	Hutchinson	Ric	Pinnow	Nancy
Carrino	Mary	Isherwood	Dick	Ruggiano	Gay
Caven	James	Jameson	Carolyn	Schultz	John
Celkis	Ruta	Jameson	Thomas	Scott	Darrell
Christiance	Regina	Jeffcoat	Clyde	Seiler	Clifford
Clauer	Laurel	Jeffers	Bob	Seiler	Sharon
Clifford	Linda	Jennings	Camay	Shafer	Vivian
Clifford	Mike	Jones	John	Simpson	Curt
Copsey	Eileen	Jones	Julie	Sines	Rae Ann
Copsey	Jim	Jones	Marthe	Stone	Suzanne
Cordova	Cindy	Jones	Rod	Styer	Brian
Dahl	Bill	Jordan	Ellen	Styer	Deb
Dahl	Jeanne	Kemp	Kathryn	Taylor	Lora
Davis	Thomas	Kuchar	Carol	Taylor	Tommy
Dean	Bob	Kuchar	John	Thompson	Steve
Doran	Nanci	Langner	Jim	Triche	Dickey
Edstrom	Deanna	Langner	Kate	Wilson	Mary Beth
Fisher	John F.	Lotak	Gail	Witter	David
Frank	Linda	McCall	Lewis	Witter	MaryAnn
Grafton	Barb	McGinnis	Lois	Yellin	Wende

Welcome! We're glad you're here!



CLUB CALENDAR



February 2019

Pre Registration required for Introduction to Pickleball Class, Beginner Mentoring Program, Intermediate Training & Advance training—contact Peg O'Toole at JGMLO@yahoo.com
Pre Registration required for lessons—contact Matt Laz —text or phone 832-499-9925 or email mattlaz@pickleballkinetics.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11 to 12:30 Women Singles Ladder League 12:30 to 2:00 Men Singles Ladder League Courts 7-10	2 12:00 to 2:00 Beginner Mentoring - courts 9 & 10
3	4 10 to noon Novice Play courts 9 & 10 5:00 to 9:00 Pickleball Masters Ladder League— courts 7, 8, 9	5 Matt Laz lessons 1:00 to 5:00 Court 7 1:00—League 2.5 drop in Cts 1-6 3-5 Mulligans PB Dinks, Chow & Chat	6 10 to noon Novice Play courts 9 & 10 12:00 to 2:00 Beginner Mentoring - courts 9 & 10 1:00—League 3.0 drop in Courts 1-6	7 12:00 to 1:00 Beginner Skills & Drills - cts 9 & 10 Matt Laz lessons 1:00 to 5:00 - Ct 7 1:00—League 3.5 + drop in Courts 1-6	8 11 to 12:30 Women Singles Ladder League 12:30 to 2:00 Men Singles Ladder League Courts 7-10	9 12:00 to 2:00 Beginner Mentoring - courts 9 & 10 2:00 to 4:00 Introduction to Pickleball - courts 9 & 10
10	11 10 to noon Novice Play courts 9 & 10 5:00 to 9:00 Pickleball Masters Ladder League— courts 7, 8, 9	12 Matt Laz lessons 1:00 to 5:00 Court 7 1:00—League 2.5 drop in Courts 1-6	13 10 to noon Novice Play courts 9 & 10 12:00 to 2:00 Beginner Mentoring - courts 9 & 10 1:00—League 3.0 drop in Courts 1-6	14 12:00 to 1:00 Beginner Skills & Drills - cts 9 & 10 Matt Laz lessons 1:00 to 5:00 - Ct 7 1:00—League 3.5 + drop in Courts 1-6	15 11 to 12:30 Women Singles Ladder League 12:30 to 2:00 Men Singles Ladder League Courts 7-10	16
17	18 10 to noon Novice Play courts 9 & 10 5:00 to 9:00 Pickleball Masters Ladder League— courts 7, 8, 9	19 Matt Laz lessons 1:00 to 5:00 Court 7 1:00—League 2.5 drop in Courts 1-6	20 10 to noon Novice Play courts 9 & 10 1:00—League 3.0 drop in Courts 1-6	21 Matt Laz lessons 1:00 to 5:00 Court 7 1:00—League 3.5 + drop in Courts 1-6	22 11 to 12:30 Women Singles Ladder League 12:30 to 2:00 Men Singles Ladder League Courts 7-10	23 2:00 to 4:00 Introduction to Pickleball - courts 9 & 10
24	25 10 to noon Novice Play courts 9 & 10 5:00 to 9:00 Pickleball Masters Ladder League— courts 7, 8, 9	26 Matt Laz lessons 1:00 to 5:00 - Ct 7 1:00—League 2.5 drop in Courts 1-6 6-9:00 pm BYO Dinks & Paddles @ Recreat courts	27 10 to noon Novice Play courts 9 & 10 1:00—League 3.0 drop in Courts 1-6	28 Matt Laz lessons 1:00 to 5:00 Court 7 1:00—League 3.5 + drop in Courts 1-6		



DO YOU HAVE AN STD?

NO, we're not talking about sexually transmitted diseases. But since I have your attention, let me restate the question. Do you have a pickleball paddle that you would like **S**ell, **T**rade or **D**onate? Would you like to know what to look for when buying a new paddle before you drop \$100 or more on its purchase? If your answer is "yes" to either of these questions, the club has an upcoming event for you.

On **Tuesday, February 26, 2019 from 6 – 9 pm**, in conjunction with the monthly BYO Dinks & Paddles social down at the Queens Courts, the club will hold its first STD Night. All members are encouraged to dig out their unwanted paddles, put on their pickleball shoes and head on down to the courts for an evening of education, negotiation and communication. This is a BYOP (Bring Your Own Paddle) and BYOB (Bring Your Own Beverage) event.



- Matt Laz will kick off the evening with a presentation on paddle selection (i.e. brand, composition, skill level, weight, grip, value). Matt is an IPTPA Director and Master Teaching Professional who has been sponsored by several paddle companies over the last few years. Before you invest in your first or next paddle, you'll want to hear what he has to say.
- If you're looking to sell a paddle or perhaps swap one of yours with that of another club member, we'll have an area designated for "Swap or Sell".
- If you're looking to buy a new paddle, we've contacted outside vendors for the temporary loan of a variety of test paddles you can try out. You wouldn't buy a new car without taking a test ride, would you?
- If you have an old paddle that you aren't using anymore and don't want or can't trade it, consider donating it. We'll be collecting leftover old paddles and balls for the club to donate to the SSIPA (Super Senior International Pickleball Association) Global Paddle Program. This program promotes goodwill throughout the world by introducing the game of pickleball to other countries and donating paddles to lesser privileged players.

Like they say, "your trash may be another player's treasure," and his or her trash may be yours. If you have a paddle to **STD**, come on out to the SCTX Pickleball Club's Sell, Trade or Donate event on the last Tuesday of February. The courts will be open, the lights will be on and the paddle system will be in effect.

Submitted by Kathy Carr



TRAINING & DEVELOPMENT

Drop-In Doubles Leagues

These leagues are based upon the Skill Levels that have been published in our [rating sheet](#) (click to view). Participants should join a league based upon their self-rated skill level or their USAPA rating. **We ask that you only play in the league that matches your self-rating or USAPA rating.** Participants must be Pickleball Club members.

Those that have played in USAPA tournaments should consider their USAPA rating level when referring to our rating sheet.

The 8-week leagues will run from Jan 15 – Mar 5.

2.5 Tuesdays started 1/15/19

3.0 Wednesdays started 1/16/19

3.5 and higher Thursdays started 1/17/19

These will be drop-in leagues. All you have to do is show up and sign up (first come, first serve). About 30 minutes before start time, a sign up

sheet will be available. After all players (up to a total of 24) have signed up, there is a random draw for court assignments on Texas Drive courts 1-6.

Each league runs from **1:00 to 2:00**. Format is round robin - 3 games to 11 points.

Private Pickleball Lessons

Matt Lazarine has been approved by the Sun City Pickleball Club Board to provide private lessons to club members on Tuesdays and Thursdays from 1:00 – 5:00 pm on Court #7 at the Retreat (Queens) Courts. A 1-hour session costs \$60, which can be divided by 2 (\$30), 3 (\$20) or 4 (\$15) participants. Club members can coordinate with Matt directly to sign up for lessons.

Matt Lazarine

Text or Phone: 832-499-9925

Email: mattlaz@pickleballkinetics.com

After 10 years, the wife starts to think their kid looks kinda strange so she decides to do a DNA test. She finds out that the kid is actually from completely different parents.

Wife: Honey, I have something very serious to tell you.

Husband: What's up?

Wife: According to DNA test results, this is not our kid...

Husband: Well you don't remember, do you??? When we were leaving the hospital, you noticed that our baby had pooped, then you said: " Please go change the baby, I'll wait for you here. "

So I went inside, got a clean one and left the dirty one there."

Submitted by Chuck Flanagan





INTERMEDIATE TRAINING PROGRAM

Class #0009 Graduates

On January 20, 2019, twelve of our members celebrated completion of the Club's 15-hour Intermediate Pickleball Training Program. With temperatures hovering in the 30's, Ed Cahill, the Club President, called each graduate forward and presented them with a certificate of completion.



Sunny Schultz poses with her certificate of completion presented by Ed Cahill.

Richard Baker	Dianne Delay	Steve Dulle	Maedelle Fontenot
Gary Holliday	Heidi Holliday	Barb Kitamorn	Buddy Lane
Susan Lane	Larry Peters	Sunny Schultz	Cathy Stateler

After shaking hands with the program instructors (Scott Brady, John Carter, Bob Cleaver, Diane Cleaver, Ron Longino, Mary Payne and Kathy Carr), the class cited the official course pledge. Then they applied what they learned in the 8th Unofficial Intermediate Training Program No-Frills Mini-Tournament. This double bracket competition pitted the graduating class (aka "The Newbies" against previous graduates of the program (aka The Oldies). Of particular note, this is the first time that a team of "newbies" not only won their bracket, but Gary and Heidi Holliday played flawless pickleball to sweep through the tournament undefeated. A great job done by all.

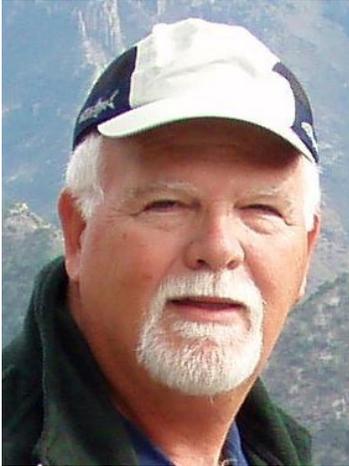
Photos from top left to right: 1. Susan Lane and Barb Kitamorn split step to the NVZ line following their return of serve; 2. Barb Kitamorn and Susan Lane snuggle against Cindy Kaminky, while waiting for their next match; 3. Steve Dulle and Sunny Schultz move forward following return of serve; 4. Sally Tompkins and Davey Stateler from the "Oldies" team hold the NVZ and went on to win their bracket; Stan Payne volunteered with John Carter to track the scores; Kobus Peters and Toni Briggs took second in their bracket to winners, Heidi and Rick Holliday. Mary Payne officiated.



Submitted by Kathy Carr



FROM OUR DISTRICT AMBASSADOR



Several members have recently asked me questions about how to obtain a player rating if they have never played in a tournament. Well, the USAPA has simplified the process and as of January 22, 2019 players can simply add their self-rating on their PT.com profile.

The USAPA, "... strongly encourages members to seek self-ratings guidance from experienced USAPA tournament-rated players, USAPA tournament directors and USAPA ambassadors." Fortunately for our club members we have plenty of experienced tournament players and a couple of ambassadors to help anyone seeking to self-rate.

We had an unusual incident occur during play last week that I thought I'd share. It involves a rule (of course) that none of the other three

players knew. A ball was inadvertently hit at my partner's face and she blocked it back across the net with her off hand and a fault was declared. But was it a fault? The answer to that is that it depends. Here's the applicable rule.

"7.G. The ball in play strikes a player or anything the player is wearing or carrying, except the paddle or the player's paddle hand below the wrist. If the player is in the process of changing hands with both hands on the paddle, or is attempting a two-handed stroke and either hand is hit below the wrist, then the ball is still in play."

In the above incident, my partner had brought her off hand up to support her paddle and it was in contact with the paddle when struck by the ball. Let's look at the last two phrases in the rule again, "...or is attempting a two-handed stroke and either hand is hit below the wrist, then the ball is still in play." In this case, my partner did not commit a fault. Remember this and if it happens to you in a tournament and the other team stops play, the fault is on them.

Exercise for People Over Sixty

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

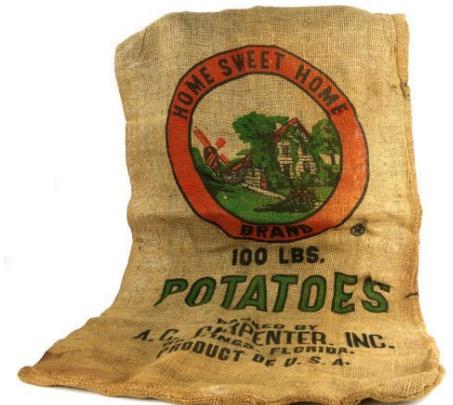
Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks move up to 10-lb bags. Then try 50-lb bags and eventually try to get to

where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.

(I'm at this level).

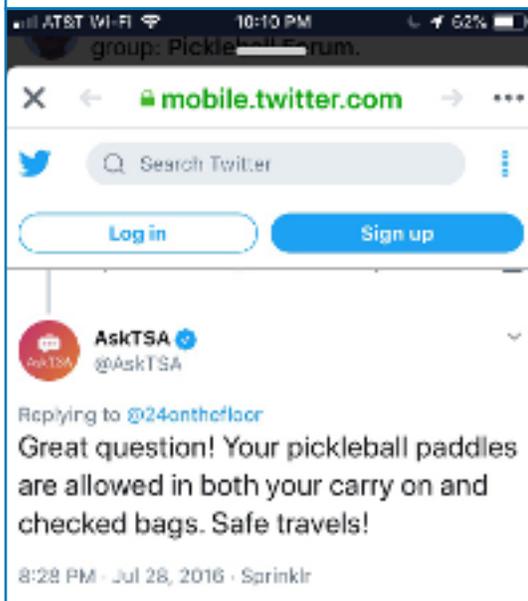
After you feel confident at that level, put a potato in each bag.





AROUND THE COURTS

Several pickleball players recently reported that they were stopped while trying to board a plane and told that they could not carry on pball paddles. Apparently some TSA agents thought they could be used as "weapons" (well maybe on a pball court they are "weapons!") However, the TSA had already clarified the issue in a tweet back in 2016 - so it's FINE to carry on a paddle. WHEW!



Know anyone like this??

Save the Dates:

Sunday, April 14th - Spring Tournament
and Barbecue

Saturday, October 19th - Fall Tournament
and Shrimp Boil



MORE FUN STUFF

I was visiting my daughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said.

"We don't waste money on newspapers. Here, use my iPad."

I can tell you this.....that fly never knew what hit him.



Jack Reeves met a fellow pickleball player from Hawaii while he was in Jackson Hole, Wyoming. Notice what they call "pickleball" on Maui!

My friend went bald years ago but still carries a comb around with him.

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He just can't part with it.

## 2019 SCTPC BOARD MEMBERS AND MANAGERS



**Ed Cahill**  
*President*



**Allie Bower**  
*Treasurer*



**Barb Patterson**  
*Communications Director*



**Charles Desa**  
*Vice-President*



**Peg O'Toole**  
*Director of Training*



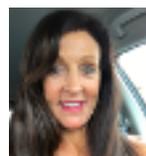
**Wayne Schaefer**  
*Ball Machine Coordinator*



**Judy Blackman**  
*Secretary*



**Bob Cleaver**  
*Maintenance Dir.*



**Shaz Douglas**  
*Social Committe Chair*