



Kitchen Talk



Pickleball Association of Sun City Texas Newsletter

2015 PASCT Board Members

President Nancy Grafton	Vice President Judy Swain	Treasurer Gary Pinkston	Secretary VA Miller	Player Development Director Richard Bradley	Communications Director Kathy Carr
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Volume 1, Issue 5

Fun, Friends and Fitness

July 1, 2015

Notes from the Prez

By Nancy Grafton
PASCT President

With the break we had from all the rain in early June, players have been flocking to the courts during both the morning and evening hours, and some are honing their skills with "Simon" in the afternoon. I hope you will join those who are playing in the evening. They experience less waiting time and enjoy the benefits of the cooler temperatures.

I am happy to report that the defective light on court 5 has been replaced and now all four overhead lights are working. We will have the lumens tested again, and if light coverage has not improved to the standards suggested for evening play, we will have to submit a proposal to Property and Grounds for additional poles and lights.

Approximately half of the windscreens on Courts 1-4 have to be replaced this year, with the balance on a replacement schedule for next year. They have been ordered, so I hope you will volunteer to help Stan Payne when it's time for "out with the old, in with the new".

At the suggestion of one of our members, we requested Maintenance to trim the hedges on Court 1, so that the branches don't further damage the sunshade, and also to remove 18 inches of branches from the bottom of the bushes so that the pickleballs that fly over the fences are easier to find. Not all critters that seek shade in bushes are friendly!

Starting today, "Simon" will be available Mon-Thurs. 1-5 pm and Sunday 1-5. We added Sundays for those members who are employed and can't make it during the weekday. Thanks again to all the Equipment Managers who volunteered to operate Simon in June for over 50 of our members.

The 4-week summer ladder league ended last week and we have been asking for feedback from those who participated. The feedback will help the Board decide whether to continue the ladder for the fall leagues and what changes, if any, may have to be made. If you stopped by the courts on Wednesday, June 24 in the evening, you saw 26 women attired in tiaras and tutus sharing an evening of laughter and social pickleball. On July 18th, the Club will sponsor a similar event called "Ball Caps and Bow Ties" for the men.

And finally, we had a lot of good suggestions from our members at the last Board meeting. Thanks to those of you who attended. You can read the minutes from that meeting on the pickleball website. Our next meeting is September 16th.

INSIDE THIS ISSUE:

Notes from the Prez	1
Pickleball at Kids Camp	1
Tips from a Pro	3
The Poor Yuppie (joke)	4
From the Ambassador	5
Club Announcements	5
Club Supports Flood Victims	6
Tutus and Tiaras	7
WARNING (joke)	11
Volunteer Spotlight	12
Ball Caps and Bow Ties	12
Introduction to Pickleball Dates	13
Upcoming Tournaments	13
Summer Ladder League Results	15
Welcome New Picklers	16
Time Flies (joke)	16
Birth Control for Grandma	17
We'll Be Back Soon	17

Pickleball at Kid's Camp

By Mary Payne and Kathy Carr



Joe Torres lines up the troop game of pickleball to Kids C

For residents living within listening distance of the pickleball courts, these last two Wednesday mornings have been a little loud. The sounds coming from the courts have been more typical of an elementary school during recess than a senior adult community during the breakfast hour. But that's a good thing. That means it's time for Kid's Camp.

As part of this year's program, volunteer club members introduced pickleball to future potential residents of Sun City Texas. Though it may be 45 years before they become eligible to live here, their enthusiasm could not be deterred.

Each group started with discipline, as the kids were oriented to the basic rules; progressed to chaos as they tried their hand at the game; and ended with, well...let's just say that a good time was had by all.

More pictures on page 2.

Kids Camp Introduces Pickleball to Future Residents of Sun City



In a single photo, we see patience, resignation, determination, boredom and a call to the heavens for help.



Future pros show their stuff.



Joe Torres and June Sewell provide individualized coaching to a camper.



Skip the forehand and the dink. Let's go right to the blind backward scoop.



Many thanks to our club members who supported this event with their time and energy: Richard Bradley, Walt Holt, Mary Payne, June Sewell, Joe Torres, Kim Stout, Walter Bradley, Jane Minson, Don Hayes, Charles Hagen, Marcelle Hagen, Tom Hartmann, and Marilyn Hartman.

Tip from a Pro: OPEN PLAY

Reprinted from May 2015 USAPA e-Newsletter with permission from USAPA and credit to the author, Jessica LeMire, 2014 19+ Women's Doubles National Winner

Open play unites pickleball players of all ages and skill levels to compete with and against one another, breeding camaraderie, encouraging friendly competition, and building community. Yet, playing among a variety of skill leveled players can be tricky at times. You may wonder how you can make the most of open play opportunities. Frankly, it depends on your mindset and what you want to get out of it. Whether you are there to socialize with friends or improve your game (or both!), keep in mind the **OPEN PLAY** acronym to make the most of your time on the court.

Objectives

When competing in open play matches, it can be easy to turn on the “cruise control” and simply “go through the motions” with your shots. If you are trying to further your game, each time you step on the court challenge yourself to make one or two objectives or goals specifically for that game. Consider choosing a shot or strategy to focus on. For example, you might concentrate on hitting a soft third shot or aim to hit to your opponents’ backhands.

Practice refereeing

Have you ever worked as a referee at a tournament? Most pickleball tournaments rely on the help of generous volunteers to ref. It can be intimidating, especially if you haven’t done it before. Use open play time to practice your refing skills. Keep track of the score and first and second server. Don’t forget to keep your eyes peeled to the action at the kitchen line, watching for foot faults.

Experiment

Open play involves playing matches without the tournament hype or pressure. Take advantage of this opportunity by testing paddles you have been wanting to try, different grips, shots, and strategies. Figure out what works and what doesn’t.

New friends

Pickleball is unique in that it brings together people from all generations and athletic backgrounds. Take time to enjoy the social aspect of the sport. Engage with and get to know the members of your pickleball community who are likely to be as addicted to the game as you are!

Pat your partner on the back

Be encouraging to your partner. When they hit a great shot, let them know, and if they are struggling, strive to pick them up. Treat them the way you would want to be treated. Be careful about offering unsolicited coaching. Also, remember to compliment your opponents on their awesome shots.

Lean in to learning

Be open to learning. One of the best things about pickleball is that it is easy to pick up; however, it is a very versatile game filled with strategic nuances. In other words, there is always something more to learn. Use open play to broaden your repertoire of strokes and strategies. Observe how others hit shots and work their opponents. Consider asking another player to help you identify your strengths and weaknesses by watching you during one of your matches.

Assist new players

Think back to when you first started playing. It's likely that someone took the time to help you learn the game. Pay it forward by sharing your expertise and knowledge of the rules and basics of the game with someone who is new to the sport. Be careful about sharing too many details with a first timer as it can be overwhelming to learn everything at once.

You can do it

Practice positive self-talk. Utilize open play to strengthen your mental game. Work on developing an arsenal of positive, confidence-building thoughts. Also, remember to be gracious to yourself. When you are trying to make improvements on your game and playing with partners you may not be used to competing with, chances are you will make mistakes and that is okay. Open play is the best time to make them!

You can make the most of open play by having the right mindset and setting goals for yourself. Even though it is likely that you will play with individuals of all skill levels, there are things you can do to advance your game and have FUN!

More about Jessica LeMire

Jessica began playing pickleball three years ago in her hometown of Grand Rapids, Mich. Her accomplishments include bronze in the Open Women's Doubles at the USAPA Nationals (2013 & 2014) and gold in the Women's Doubles 19+ at the USAPA Nationals (2013 & 2014) with Marsha Koch, silver in the Mixed Doubles 19+ at the USAPA Nationals (2013) with Rafael Siebenschein, bronze in the Mixed Doubles 19+ at the USAPA Nationals (2014) with Brian Staub, and silver in the Open Women's Doubles and gold in the Women's Doubles 19+ at the So Cal Summer Classic (2014) with Marsha Koch.



Jessica LeMire
2014 19+ Women's Doubles National Winner

The poor yuppie.....

Submitted by Walt Holt



A yuppie opened the door of his BMW, when suddenly a car came along and hit the door, ripping it off completely. When the police arrived at the scene, the yuppie was complaining bitterly about the damage to his precious BMW. "Officer, look what they've done to my Beeeemer!!!" he whined. "You yuppies are so materialistic, you make me sick!!!" retorted the officer, "You're so worried about your stupid BMW, that you didn't even notice that your left arm was ripped off!!!" Oh my gaaad..." replied the yuppie, finally noticing the bloody left shoulder where his arm once was, "Where's my Rolex!!!"

From the Ambassador

By Chuck Flanagan
North Austin Pickleball Ambassador



As we learn to play better pickleball we enjoy the camaraderie and challenge of playing with (and against) players of comparable skills. And if we really want to challenge ourselves, we'll often seek out better players to test ourselves as a measure of our improvement. This is where rating systems help.

Although there are several different ways to rate player skills, such as the "A/B/C" ratings we use in our leagues, or the "High/Low" system used at Cedar Park, these are all ad hoc systems used for convenience by local clubs and groups. The official pickleball rating system is the International Federation of Pickleball system. The details of this system are outlined on the IFP website here: <http://ipickleball.org/ifp-rating-system/#whatisrating>.

The IFP system rates players from 1.0 - 5.0 and is based on demonstrated playing skills. This can be done either at sanctioned tournaments or players may self-rate themselves. For example, here is the IFP rating description for a 3.0 player:

- More consistent on the serve and service return and when returning medium-paced balls.
- Demonstrates improved skills with all the basic shot strokes and shot placement but lacks control when trying for direction, depth, or power on their shots.
- Beginning to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used.

You can find the complete list of the IFP rating descriptions of the various skill levels on the IFP website here: <http://ipickleball.org/ifp-rating-descriptions/>

If you really want to improve your game, some pickleball clubs have developed some very good Skill Assessment Sheets to help local rating committees rate individual players. These sheets can be very helpful in determining what skills you need to improve upon. Here's a link to those sheets: <http://www.usapa.org/skill-assessment-sheets/>

Of course, the most asked question is, "Why do I need a rating?" If the only pickleball you play is here in the local area, you probably do not need a rating. If you plan to travel and use the USAPA website "Places to Play" feature to play in other locations, it would be a good idea to have a "self" rating in order to fit in with players of comparable skills. If you plan to play in sanctioned skill level tournaments, you will have to start with a "Self" rating and will eventually be assigned a "T" (tournament) rating.

Club Announcements



- **Simon.** Effective 1 July, Simon's hours of operation are changed to better accommodate our residents who are still working. The pickleball machine is now available Monday -Thursdays. From 1:00 – 5:00 pm, and on Sundays from 1:00 -5:00 pm. If you would like to reserve Simon, send an email request to sctx.reservesimon@gmail.com with the date and time you would like to use the machine. Requests should be submitted no earlier than 14 days and no later than 48 hours in advance of the date/time of desired usage.
- **Men's Mini Tournament.** Guys, it's your turn. The Club ladies had a great time dressing up for Tutus and Tiaras and playing some good pickleball. On 18 July at 6:00 pm on Courts 1 - 4, all men in the Club are invited to participate in "Ball Caps and Bow Ties." Dig through the moth balls and find your favorite cap and tie; then get ready for some tough competition. This is going to fill up fast, so contact our Tournament Director, David Stout at Email: stoutdav@aol.com or Phone: 409-651-3502.
- **Fall Leagues.** Registration for the Fall Leagues will run from Monday, 10 August and go through Friday, 28 August. The final decision for league format (round robin or ladder) is expected to be made by the PASCT Board on 2 July. More information to follow.
- **Need Trainers.** More trainers are needed to support the Orientation to Pickleball classes. If you would like to help train beginners, contact our Player Development Director, Richard Bradley. You will only be needed to train one class per month.

Thanks to Pickleball Club for Support to Flood Victims

On Monday, June 8th, Mary and Stan Payne delivered 637 pounds of non-perishable food and a cash donation of \$100 to the Hays County Food Bank on behalf of the Sun City Pickleball Club. In the course of single week, the club united to collect food and money for flood victims in the Wimberly, Blanco and San Marcos areas, who are recovering from the recent rains that devastated their homes and communities.

Many thanks to our volunteers who gave their time to operate the collection stations and to our club members who donated cash as well as high protein canned meals, single serve meals and snacks, peanut butter, and canned fruit and vegetables. The Hays County Food Bank in San Marcos extends its gratitude for this tremendous effort.



Stan and Mary Payne stack and store donated food in their garage for flood victims in the Wimberly, Blanco and San Marcos areas.

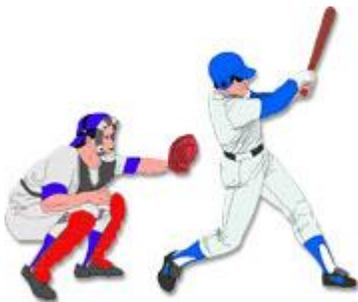


Stan and Mary load up their car with the food for delivery to the Hays County Food Bank.

Anyone still wishing to make a cash donation to this worth cause can send a check by mail to:

Hays County Food Bank
220 Herndon Street
San Marcos, Texas 78666

or make a donation on line at <http://haysfoodbank.org/donate/donate-funds>.



I learned you shouldn't go through life with a catcher's mitt on both hands;
you need to be able to throw something back.

Maya Angelou

Tutus and Tiaras Night Brings Out the Princess in All

By Kathy Carr
PASCT Communications Director

On Wednesday night, June 24, 2015, twenty six women from the Sun City Pickleball Club converged on Courts 1 – 4 and proved that you can indeed be athletic AND pretty at the same time. These fashion divas donned their favorite tutus and tiaras and posed for pictures before tying on their court shoes and showing their grit on the pickleball court. While it may not have been the place where *all* their dreams of becoming a princess came true, it was an event filled with fun, laughs, and of course, a whole lot of pickleball.



With feathers and sparkles in place, the players take time to pose for a photo.

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Kim Stout, the event organizer and Pickleball Club's Social Director, said she got the idea for the tournament from her husband, David. As a matter of fact, David is going to sponsor a separate tournament for the men in the club sometime in July. The theme will be Ball Caps and Bow Ties. The Club also plans to have a couples tournament in August.



Yep, there were twenty six participants. There must be 3 very little players hiding behind the second row.



Kim Stout briefs participants on the tournament format and lays out the two flights of players - the Cinderellas and the Belles.

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Kim explained the rules and format for the tournament. Players were paired so that each team of two consisted of an experienced player and a lesser skilled player. The 6 teams assigned to play on Courts 1 and 2 were designated the Cinderellas, and the 6 teams assigned to play on Courts 3 and 4 were called the Belles. In a round robin format, each team played a game to 8 points against the other 5 teams in their flight. The teams that won the greatest number of games in each of the two flights would then play each other for the title.

It came down to Nancy and Sheri representing the Belles to play against Mary and Diane. Nancy withdrew at the last minute due to injury and was replaced by Lydia. In a very tight and competitive final game that was played to 11 points Lydia and Sheri prevailed and won the tournament with a score of 11 – 10. Kim recognized the winning team with a boa of feathers.

Final Results

The Belles – Courts 3 & 4				The Cinderellas – Courts 1 & 2			
Names	Won	Lost	Place	Names	Won	Lost	Place
Nancy & Virginia	5	0	1	Mary & Diane	5	0	1
Allison & Lydia	4	1	2	Toni & Becky	4	1	2
Shirley & Judy	3	2	3	Judy S & Janie F	3	2	3
Lois & Sandy	2	3	4	Bonnie & Linda	2	3	4
Sarah & Jannine	1	4	5	Maureen & Alicia	1	4	5
Nancy & Sheri	0	5	6	Jill & Janie B	0	5	6



Players cheer on other teams as they wait their turn to play the next game.



What's more intimidating, the game face or the tutu? You decide.



And the winners of the first ever Sun City Texas Tutus and Tiaras Tournament are: Nancy, Virginia and Lydia.

To view *ALL* of the pictures from this great event, go to the Pickleball Club's web site and click on the link in the box labeled "Tutus and Tiaras" or go to Photo Albums and click on "2015-Tutus and Tiaras".

Warning!

Provided by Bill Treadway
Former Communications Director



Do not use shampoo in the shower!

So now you know. It's so good to finally get a health warning that is useful. It involves the effect that shampoo has on your body when wash your hair in the shower.

I don't know why I didn't figure this out sooner! I've been using shampoo in the shower for years. When I wash my hair, the shampoo runs down my whole body, and yet printed very clearly on the shampoo label is this warning, "FOR EXTRA BODY AND VOLUME." No wonder I have been gaining weight!

Well, I got rid of that shampoo and I am going to start showering with Dawn Dishwashing Soap. Its label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE." Problem solved!

If I don't answer the phone, I'll be in the shower.

Volunteer Spotlight – Lonnie Ray

By Kathy Carr
Social Committee Director

Our Social Director, Kim Stout, submitted the following nomination for this month's volunteer of the month. While it was short, it was certainly to the point as anyone who attended the Pickleball Club's first ever Shrimp Boil can attest. Kim wrote:

"Don't think I need to explain. The shrimp were delicious. I was so thankful Lonnie stepped up to the plate after Bert could no longer cook for us. He was so easy to work with and did a great job – not to mention he was not paid like most caterers".



Besides being the most color coordinated, best dressed player on the courts, Lonnie Ray proved he can cook too. On May 8th Lonnie prepared shrimp, sausage, potatoes and corn Cajun style for more than 125 club members, friends and family members who gathered at Legacy Pavilion. While it took numerous volunteers to make this memorable event possible, Lonnie is recognized for jumping in when the original caterer became unavailable, and for creating a fantastic meal that will be remembered for a long time to come.

Lonnie Ray Biography

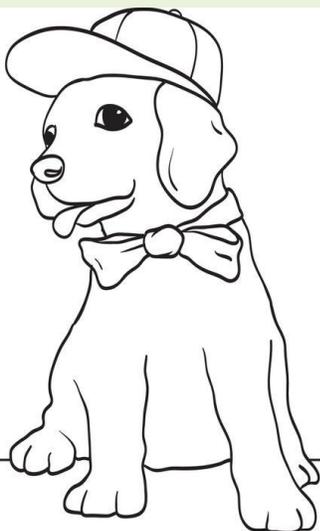
In his own words (few as they are)...

I moved to Sun City 4 years ago this October. I have been playing pickleball, or at least trying to play, for about 3 years.

I tell anyone that asks about pickleball that it's the most fun you can have in Sun City with your clothes on. I've met a great bunch of people and have found the game very addictive.



Lonnie Walker sports some of his casual wear.



ATTENTION: Sun City Men Pickleball Players

Ball Caps and Bow Ties

Round Robin Pickleball Tournament

Saturday, 18 July 2015

Starts at 6:00 pm

Contact David Stout, Tournament Director

Email: stoutdav@aol.com or Phone: 409-651-3502

Introduction to Pickleball Class Dates

By Richard Bradley
Player Development Director

Class dates for the month of July are listed to the right and have been posted to the Club's micro site.

If you know an individual, club or neighborhood that would like to learn how to play pickleball, please advise them to contact the club's Player Development Director, Richard Bradley at

rlbradley1963@aol.com to schedule a class.

Those members interested in helping to teach this class should also contact Richard. He really could use some assistance.



Introduction to Pickleball Class Schedule		
July 25, 2015	Saturday	8:00 – 9:30 am
July 29, 2015	Wednesday	10:00 – 11:30 am
Classes are held on Courts 5 and 6. Paddles, balls and instruction are provided by the club.		

Upcoming Tournaments Outside Sun City

By Kathy Carr
PASCT Communications Director

Sunday Ladder League in Cedar Park

This filled up within days last time so don't delay signing up.

Starts at 10:00 am Sept 13th and runs through Nov 8th (8 weeks). No Games Oct 18th

REGISTER by calling [512-401-5516](tel:512-401-5516) or

REGISTER online at https://apm.activecommunities.com/cityofcedarpark/Activity_Search/sunday-pickleball-ladder-league/4577

Or register in person.

All games are played at the Cedar Park Recreation Center, 1435 Main St, Cedar Park, TX 78613.

For more questions or more information contact Tim Dean at tim.dean@cedarparktexas.gov or [512-401-5506](tel:512-401-5506).



Cedar Park Texas Athletic Am

Cedar Park will host its inaugural Tournament. Space is limited and will fill up fast. This is NOT

Location – Cedar Park Recreation Center

Fee - \$30 per team per event

Format – Double Elimination

Dates:

Thursday Oct 15 – Men's and Women's Doubles (50-59, 60-64, 65-69, 70 and up)

Friday Oct 16 – Mixed Doubles (50-59, 60-64, 65-69, 70 and up)

Saturday Oct 17 – Men's and Women's Doubles Open Division

Sunday Oct 18 – Mixed Doubles Open Division

Pickleball Championships

Cedar Park Recreation Pickleball Championships 15-18 October 2015. Space is limited. This is NOT a tournament event and will not have court referees.

To register Call [512-401-5516](tel:512-401-5516) or complete the on line registration at

https://apm.activecommunities.com/cityofcedarpark/Activity_Search?detailskeyword=pickle&IsAdvanced=False&ddlSortBy=Activity+number&SearchFor=2&SearchLevelID=2&NumberOfItemsPerPage=50&IsSearch=true.



If you happen to be out and about traveling throughout Texas or visiting other states and are interested in competing in a pickleball tournament, go to www.pickleballtournaments.com and click on the tab labeled "Tournament". From here you can query upcoming pickleball tournaments by state or date. You can even register for these events on line. Check it out.

Summer Ladder Leagues Finish Up

By Kathy Carr
PASCT Communications Director

During the month of June, the Club tested a Ladder League as an alternative to round robin play that has been used in previous leagues. The purpose of the test was to provide fair, competitive matches against others of the same ability.

Two divisions were established - a High Division with 16 players rated 3.5 and above, and a Low Division with 16 players rated 3.0 and below. Players were positioned on a ladder based on their winning percentages from Spring League and/or their own self-rating. Competing against others of comparable skill levels, players moved up or down the ladder based on their weekly winning percentage (total earned points divided by possible points).

A survey was distributed to the participants in the league and the results are still coming in. So far, comments have been positive, and most respondents recommend that the Club adopt the ladder league format of play on a permanent basis.

The PASCT Board is expected to evaluate final results of the summer league and the survey before making a final decision.

Congratulations to our Top 3 Finishers for the 2015 Summer Leagues

Name	Place	Winning Percentage	Name	Place	Winning Percentage
David Stout	1	97.98%, 97/99 points	Walter Bradley	1	87.88%, 116/132 points
Dave Larson	2	88.89%, 88/99 points	Joe Torres	2	87.88%, 87/99 points
Joe Lish	3	87.88%, 87/88 points	Jerry Sorsdal	3	89.90%, 89/99 points, R

How a Ladder League Works

The format of play is designed so that players compete against others of similar skill levels. Your ranking on a ladder is based upon your winning percentage (the ratio of points won to total points possible). So, as an example, if you play 3 games to 11 points, and your scores are 11, 8, and 7, your total points (26) divided by possible points (33) would equal a winning percentage of 78%.

Players will move up or down the ladder based upon their winning percentage. The results of previous week(s) of play are used for this calculation.

Each week, players are assigned to a court in groups of 4 in the order of their ranking on the ladder for match play. Players are expected to play every week unless they inform the League Director that they will be absent.

All players play three games to 11 points (no requirement to win by 2) in a round robin fashion with the other three players of the foursome. At the start of the game, players decide who starts serving first and choice of side.

To minimize the effects of any factors that may affect outdoor play, players change sides of the court when one side scores 6 points. Cancelled matches are NOT be made up.

After all 3 games have been completed, players record their individual game scores and total on the score sheet and return it to the League Director. Scores are then emailed to the participants and posted to the bulletin board outside Court Number 2.

A player who is at the top position of a Ladder at the end of the league moves to the bottom of the next higher skill division on the following season's league. Similarly, a player who is at the bottom position of a Ladder at the end of the league moves to the top of the next lower skill division on the following season's league.

Kitchen Talk – the Official Pickleball Newsletter of Sun City Texas

A few pictures from the 2015 Summer League, Ladder 2, Low Division.



Welcome New Picklers (Members)

Judy Swain
PASCT Vice President

We currently have 411 active members in the Pickleball Club. Here is a list our new members who have joined the pickleball ranks within the last month.

Please welcome these folks when you see them on the courts. If they're wearing a hat, look for the little green pickle on it. They've been pickled – that is, they were sent a welcome letter from our club president along with a hat pin pickle to recognize their new membership.

Welcome New Members

Mark Elley	Donaline Holt	John Sisk
Ronnie Grower	Buddy Lane	Mindy Sisk
Cheri Haverland	Hilda Porter	Nancy Smith
Greg Haverland	Linda Sims	Janet Womack
Charles Hagen		



Time flies.....

Submitted by Walt Holt

A guy sits down at the bar and orders drink after drink. "Is everything okay, pal?" the bartender asks. "My wife and I got into a fight and she said she isn't talking to me for a month!" Trying to put a positive spin on things, the bartender says "Well, maybe that's kind of a good thing. You know, ..a little peace and quiet?"

The man replies, "Yeah. But today is the last day!"



BIRTH CONTROL FOR GRANDMA

Submitted by Bob Bartz

The doctor that had been seeing an 80-year-old woman for most of her life finally retired.

For her first checkup with the new Doctor she was told to bring a list of all the medicines that had been prescribed for her.

As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realize these are BIRTH CONTROL Pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that that could possibly help you sleep!"

She reached out and patted the young Doctor's knee...."Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old Granddaughter drinks. and believe me, it definitely helps me sleep at night."

You gotta Love Grandmas



The main contributors to this newsletter are headed to the National Senior Games in Minneapolis, Minnesota to represent the great state of Texas in Pickleball. Since our focus will be on playing pickleball from 9 – 15 July, and not writing about it, we will not have an August issue of Kitchen Talk. We'll be back in September with lots of stories and tales of our exploits.



Kitchen Talk Staff