



# Kitchen Talk

*Sun City Texas Pickleball Club Newsletter*

## June

## FROM THE PRESIDENT



Summer seems to be on us with the warmer weather around the corner (August). I have heard from several of you that the new courts are really nice, and very convenient for several members who live out in the new area. But, as usual, we haven't been given the courts with lights, bathroom facilities, and chilled water officially. I have heard that all of those things seem to be working ...sorta. In fact, a couple of our members live very close to the new courts telling me that the lights were on all night recently. David Hahn did tell me that the courts will be totally finished in the next couple of weeks (he did not say which month or which year). Nevertheless, I will let the club know when we have officially been given the courts with working amenities and new pads for the wall.

On another note, something that I'm sure is spreading through the club already, but the Property and Grounds have now given our club permission to set up cameras on our courts. NOTE, everyone has to THANK Mike Hausman the next time you see him as Mike is the reason this all happened. Mike was on the Property & Grounds Committee and helped the committee members understand that the club respects others privacy and will maintain the equipment. So YAY, we will be working on getting that up and running and again, we will let y'all know when it's functional.

See you on the courts

Hutch

P.S. The Big Bopper Charity Tournament will be happening June 26 & 27. After last year's success and despite the initial hesitancy by some, there was just too much fun had by all. So go to the Sun City Tickets (\$5) and become a participant before the spots are all gone. The tournament is only allowing 48 participants, although anyone can purchase the pot luck tickets (\$3).

**“Win or lose.....  
Do it fairly.”  
Knute Rockne**



# CLUB ANNOUNCEMENTS

## FROM OUR TREASURER



The fund balance as of April 30th is \$12,394. Year to date Revenues are \$6,970 and Expenses are \$3,381 resulting in Net Income of \$3,589. Membership dues are \$5,430 and revenue from Spring BBQ tickets sales are \$1,540. Expenses were Printing & Reproduction \$96, Supplies \$636, Equipment \$404, Special Events \$2,031 (primarily Dickey's BBQ \$1,778) and Member relations \$214.

## BIG BOPPER TOURNAMENT

Get your tickets now....

Tickets are on sale now for the 2018 Big Bopper Charity Tournament benefiting the Georgetown Animal Shelter and The Caring Place through the "Tickets" link on the Sun City website. Here are the facts:

***This is a charitable fundraising tournament for Georgetown Animal Shelter & The Caring Place.***

Limited to 48 tournament players and a total of 150 people for the social.

Cost \$5.00 – player+social. \$3.00 – social only

Awards for 1st, 2nd, 3rd place for both men and women. Multiple door prizes will be distributed to lucky winners! Multiple events will be held over 2 days:

Tuesday June 26th – Pickleball 9:00 A.M., 9-hole Putting Contest 1:00 P.M.

Wednesday June 27th – Bocce Ball and Horseshoes 11:00 A.M., Water Volleyball 1:00 P.M.

Wednesday June 27th – Potluck Social – BYOB – Cowan Creek Pavilion 5:30 – 9:00 P.M.

*(BYOB and bring your favorite dish to share to our Big Bopper Pot Luck dinner on Wednesday, June 27 at the Cowan Creek Pavilion. Happy Hour begins at 5:30 with dinner to follow at 6:00. Only 150 tickets available for the pot luck dinner reservation so be sure to purchase your ticket now!)*



Click [BIG BOPPER CHARITY TOURNAMENT RULES-2018](#) to read the official rules for the tournament.



# CLUB ANNOUNCEMENTS CONT'D.

## SOCIAL COMMITTEE EVENTS



**Dinks, Chow and Chat** - Tuesday, June 5th, at Wriggley's from 2:00 pm - 5:00 pm. Come join your SCTPC friends and enjoy discounts on house drinks and pitchers!

**Dinner Cruise** - Last chance to buy your Pickleball Club Dinner Cruise ticket for June 2! Call Shaz at 203-733-5854 to carpool. Follow the directions below to purchase your ticket(s):

1. Go to website: [www.vtrc.com](http://www.vtrc.com)
2. Tap on Cruises
3. Scroll to Sunset Cruises
4. Tap Buy Tickets Now
5. Tap Sunset Cruises with Optional Dinner
6. Scroll to June
7. Tap June 2
8. Tap Cruise with Dinner and fill in Qty
9. Fill out name and credit card info
10. Print Ticket

## WELCOME MAY NEW MEMBERS!

First Name	Last Name
Donna	Cahill
Dee	Marks
Pete	Marks
Pam	McLean
Sherry	Nogle

First Name	Last Name
Corinna	Oliver
Doug	Oliver
Kobus	Pieters
Mary	Siska
Charlie	Welch



# LEAGUES & TRAINING

## BEGINNER MENTORING PROGRAM

Kudos to these eight members of Beginner Mentoring Program - Class 13, who braved the extreme heat to attend a Saturday, 1:00 - 3:00 pm class!



Pictured: Rick Richman, Sunny Schultz, Paul Fisch, Robin Thomas, James Adams, Karen Adams, Jim Tompkins, Sally Tompkins.

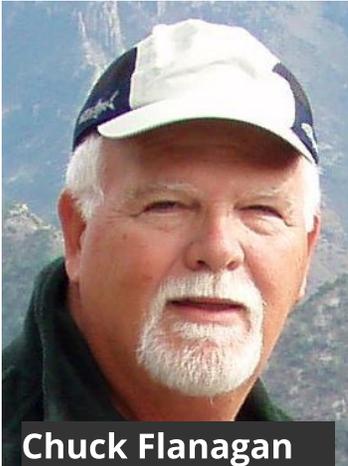
## FOR MORE INFO OR TO SIGN UP

If you are interested in any of the training classes, please send an email to Peg O'Toole, Director of Player Development, at [jgmlo@yahoo.com](mailto:jgmlo@yahoo.com).

***For all training and leagues, except the Introduction to Pickleball Class, you need to be a member of the Sun City Texas Pickleball Club.***



# FROM OUR DISTRICT AMBASSADOR



**Chuck Flanagan**

## SCTPC Members Excel in Tournament Play

Sun City picklers have been making a big impact on the tournament circuit. If you look at medal counts, you'll discover

that our club usually brings home more medals than any three or four other clubs combined. I believe that these results can be directly attributed to the efforts of our outstanding club training program and the dedicated members of that training team.

### **EXCELLENT!**

One of my ambassadorial jobs (by default) is to be the go to guy for rules questions. The most interesting one recently was from a player contending that a serve hitting the non-volley-zone line was legal. In his argument, he referenced rule 6.A., "A served ball that clears the non-volley zone and lands in the correct service court or on any correct service court line is in." While I applaud him for actually taking the time to read (some) of the rules, he failed to note the qualifying words, "... correct service court line ...". That definition is covered in Section 2.B.4. "Service Court. The area on either side of the centerline, including the centerline, sideline, and baseline, **excluding the NVZ.**" In other words, the devil is in the detail.

I've recently been contacted by a couple of

groups who are working with city officials in planing pickleball facilities for their communities. Whenever I get requests like these, I always suggest that they start at the USAPA web site. There are references there for court layout and dimensions as well as a new court construction manual. I also direct them to a YouTube video that shows how Naples, Florida, became a major pickleball hub and home to the US Open. Here's the link to that video...

## **US Open - The Quest to Become the Pickleball Capital of the World**

I also send them links to these three Sun City videos. These have been around a while but I'll wager that many of our newer members haven't seen them yet.

## **Sun City Pickleball - Georgetown, TX Part 2**

## **Pickleball in Sun City Georgetown**

## **Pickleball Austin**

Here's the link to the latest issue of "Pickleball Magazine in case you haven't read it yet -

## **May/June Pickleball Magazine**



# PICKLEBALL COURT BEAUTIFICATION



Many thanks to our "Court Beautification" team who spent an afternoon working on making the common area around courts 1-6 even more beautiful! The team included: Ron Longino, Charles Desa, Donna Duffy, Jack Warner, Shaz Douglas, Dare Plantz and Hutch (who claims he was only there to supervise and take photos!)

**It looks terrific! Well done team!**



# TOURNAMENT RESULTS

## Rowlett Rumble

2018

SCTPC Players' Results - Rowlett, TX 5/4/18 - 5/6/18

Event	Level	Age Group	Players	Medal
Men's Doubles	3.0	50-59	Dare-Plantz-John Hurlbert	Silver
	4.5	60-64	Jim Brown-Steve Timmons	Silver
Men's Singles	3.0	60-64	Dare Plantz	Silver
	4.5	60-64	Jim Brown	Gold
Mixed Doubles	3.5	50-59	Sandy Piland-Mat Omerik	Silver
	3.0	60-64	Cheryl Janssen-Dare Plantz	Gold
	4.0	60-64	Barb Patterson-Donnie Gibson	Gold
	4.5	60-64	Kathy Carr-Jim Brown	Silver
	4.5	60-64	Shaz Douglas-Steve Timmons	Bronze
	4.0	70-74	Betty Allcom-Will Seunders	Gold
	4.0	70-74	Pocket D'Haeseleer-Chris Thomas	Silver
Women's Doubles	3.0	55-59	Cheryl Janssen-Susan Long	Gold
	4.0	60-64	Kathy Carr-Barb Patterson	Gold
	4.0	70-74	Pocket D'Haeseleer-Anne Lewis	Silver
Women's Singles	3.5	60-64	Shaz Douglas	Gold
	4.0	60-64	Kathy Carr	Gold

## Quad States Senior Open

2018

SCTPC Players' Results - Robson Ranch, TX 5/8/18 - 5/10/18

Event	Level	Age Group	Players	Medal
Men's Doubles	3.5	60+	Bob Cleaver-John Carter	Gold
	4.5	60+	Jim Brown-Dave Stout	Gold
	3.5	70+	Ron Longino-Ti Luttrell	Silver
Men's Singles	4.5	60+	Jim Brown	Silver
	3.5	70+	Bill Ireadway	Silver
	3.5	70+	Ron Longino	Bronze
Mixed Doubles	3.5	60+	Diane Cleaver-Bob Cleaver	Silver
	4.5	60+	Sharon Elkhouri-Dave Stout	Bronze
	4.0	70+	Pocket D'Haeseleer-Tom Burkhart	Silver
Women's Doubles	3.0	60+	Cheryl Janssen-Diane Cleaver	Gold
	4.0	60+	Kathy Carr-Char Thompson	Gold
	4.0	70+	Pocket D'Haeseleer-Anne Lewis	Gold
Women's Singles	4.0	60+	Kathy Carr	Gold



# ROWLETT RUMBLE PHOTOS

Click [HERE](#) to see the individual photos on our website.





# QUAD CITIES PHOTOS

*Please remember that we can only post tournament photos if they are sent into us! We only received a couple pictures from Robson Ranch this time.*





# CEDAR PARK PADDLE BATTLE

## Cedar Park Paddle Battle

## 2018

SCTPC Players' Results - Cedar Park, TX 5/17/18 - 5/20/18

Event	Level	Players	Medal
Men's Doubles	3.0	Dare Plantz - Ron Franke	Gold
	3.5	John Carter - Bob Cleaver	Silver
Mixed Doubles	3.0	Vicki Jones - Ron Franke	Bronze



# GUESS THE MEMBER

We have one member who as a young man worked in a zoo for 14 years. And what did he do? He worked with elephants for 8 years as their daily keeper and trainer. They knew over 40 spoken commands and he did daily educational shows for the school kids, taking them through their paces. He also hand raised a baby Gorilla, took care of Orangutans, Chimpanzees, Birds of Prey and managed a rare horse breeding farm for Przewalski's horses. ( Google it.) Can you guess who it is?



*From "Scoop" (your friendly reporter - thanks Clark!)*

*Last month's "Guess the Member" was Colin Murphy, circus performer!*

# LINE CALLS



We recently overheard players telling each other "when in doubt, call it out!" That's a catchy little phrase, but it is definitely NOT TRUE in pickleball.

Here is the actual rule:

*6.D.3. The opponent gets the benefit of the doubt on line calls made. Any ball that cannot be called "out" will be considered "in." A player cannot claim a "let" because the ball was not seen or there is uncertainty.*

**So really, the phrase should be - "When in doubt, the ball's NOT out!"**



# DEHYDRATION....

## IT WON'T BE YOUR THIRD SHOT THAT DROPS

*By Diane Cleaver*

In 1984, following a long battle for inclusion, the women's marathon took place in the Los Angeles summer Olympics. It was a warm and muggy day which ranged from the high 60's to the low 90's. One image from the finish of that marathon still lingers in my mind as Gabriela Andersen age 39 entered the stadium with just a few hundred meters to go. Her muscles were cramping, and she began to stumble and weave. She appeared to be stiff and one arm was limp. She did not want anyone to touch her because it would disqualify her. She did finish and after a brief hospitalization was okay. Unbelievably, this was a case of simple dehydration.

Now pickleball is not a marathon, but most of us in Sun City are not 39 and the Texas heat is intense. So, what do we need to do to prevent dehydration during our vigorous pickleball games?

### **Adverse Effects of Dehydration**

About 80% of the energy released during exercise is heat. To keep the internal body temperature at levels compatible with life, you need to sweat. Evaporation from sweat is what cools the body. On normal days, a person may sweat about 1 quart per hour. With intense activity this could rise to as much as 3 quarts per hour on hot and humid days. What if you do not replace this loss???

In the earlier stages of dehydration, the symptoms are excessive sweating, dry mouth, clumsiness, headache, dizziness, nausea, and difficulty concentrating. Blood volume decreases which is what delivers energy sources to the brain and muscle. The heart then must beat faster to distribute energy and oxygen at the same levels.

Although thirst is also a symptom, it only occurs after dehydration has begun. In the middle of a game, you may not want to address this symptom and stop to drink. As you round the corner towards the paddle rack, friends beg you to continue and again you haven't really taken more than a sip. You certainly do not want to use the bathroom at the billiard building or anywhere. You might lose your spot!

### **How much water do we need to drink?**

The body can absorb about a cup every 15 minutes or 4 cups per hour. Consuming that amount would help with most active days on the courts where continuous play occurs. If you are only going to play an hour and have come to the courts hydrated, your body can probably make the deficit up later and you can get away with drinking just a cup of water. Remember you lost about 4 cups of water during that hour. Most of us are out there far more than an hour. Three hours of hard play on the courts could result in 3 or more quarts of fluid lost through sweat.

Cold water, about refrigerator temperature (40-50 degrees F), will help to keep your core body temperature down preventing heat related disorders. (Don't ask where the thermometer goes to measure this in the lab.) Water on the skin, over the head or in a cool towel helps you feel better but does little to cool the internal temperature.

### **Just Plain Water?**

While water is the most important thing, electrolyte drinks have some benefit. Sodium is the most common electrolyte found in sweat, while other electrolytes are found in very trace amounts if at all.



## DEHYDRATION...CONT'D.

Electrolytes become a problem with more than 4 hours of play. They are often blamed for cramping; however, the real culprit is probably abuse or overuse of a muscle group. All muscles are exposed to dehydration and slight changes in electrolytes but note that the cramping muscle is the one you just worked till it was overly fatigued in your 9th straight game. Often this involves the calves or hamstrings in Pickleball. Some people are more susceptible to cramps. Stretching during play may be the best short-term solution for this. Sport drinks may help prevent cramps.

Some fluid replacement drinks contain carbohydrate/glucose. If you will be on the courts for 2 or more hours, then the carbohydrate can be helpful. It is not a replacement for food or fuel. Most sport drinks contain between 30 to 70 Calories per 8 fluid ounces. The small amount of glucose is ideal to replace or supplement the glucose that travels in your bloodstream to supply working muscles and the brain. The brain has a barrier that only allows energy in the form of glucose to enter across that barrier. When glucose levels are depleted rapidly during exercise, the brain often suffers. Thus, the confusion, apathy, mental fatigue, and poor shot selection in your game (smiling now).

### **Key Hydration Tips for Pickleball**

- Drink at least 2 cups of water 2-3 hours before play
- Drink for performance even if not thirsty
- Bring cold water to the courts. Use a 2-quart thermos container with ice. You may want to freeze blocks of ice in little margarine, cream cheese or other plastic containers that will fit in the mouth of your thermos to keep the water at a cool temperature longer.
- Consume 1 cup of water/fluid every 15 to 30 minutes, based on your body size, sweat rate and exercise intensity.
- When playing for more than an hour, a sports drink is beneficial. A 20-ounce bottle should contain >100 mg sodium and 50- 120 Kcal. Sports drinks include Gatorade, Powerade, Exceed, Store brands. Powders can be bought and mixed at home or dry packets for 20 oz bottles are readily available to store in your bag.
- Drink before, during and after play. During hot months, hydrating with water after play can assure that you do not start tomorrow a quart down.

### **Mix your own Sport Drink**

Any flavor Dry beverage mix (like Kool-Aid packet)

2 quarts water

½ cup sugar (packet calls for 1 cup, but that is too concentrated for the best absorption during exercise)

½ teaspoon salt (sodium) or ¾ teaspoon salt substitute (sodium and potassium) (i.e. Morton's lite salt)

Hope to see many of you on the courts this summer with lots of water. Let's make sure that the third shot is the only thing dropping.

## JOKES AND FUN STUFF!

### Car Trouble

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

"Well... Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"



### Thanks for your service

I was in a restaurant having lunch when I noticed four men dressed in camouflage uniforms seated nearby. I'm proud of the men and women who serve our country so I walked over to the group and said: " I just want to thank you for your service and I would be honored to buy your lunch."

One man put his fork down looked up and said: "We appreciate that man; thank you. But we're not in the military. We're on a hunting trip."



## MORE JOKES AND FUN STUFF!

### Birthday Gift

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like as a gift.

"I'd like to be eight again," she replied, still looking in the mirror.

On the morning of her birthday, he rose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, with popcorn, a soda pop, and her favorite candy, M&Ms. What a fabulous adventure!

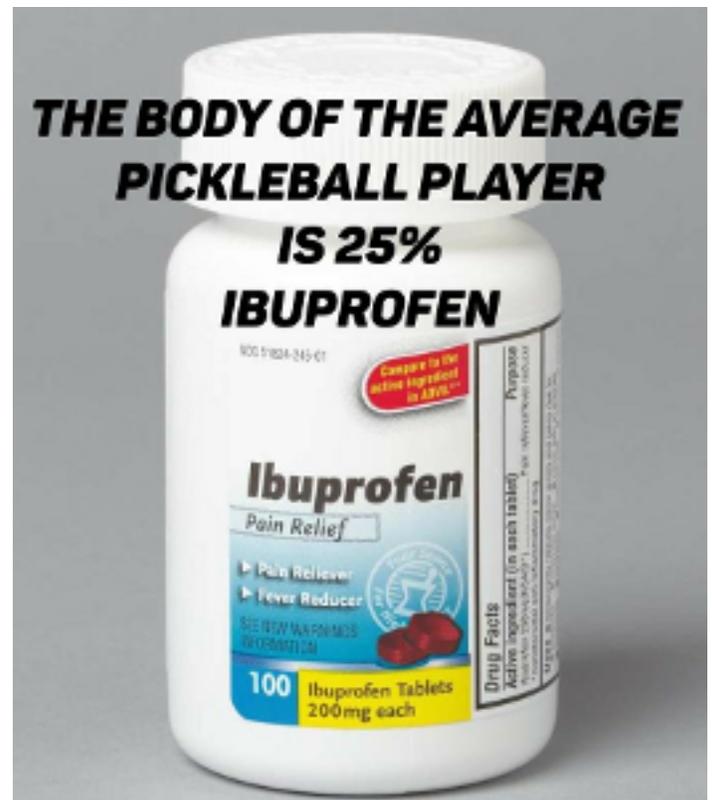
Finally she wobbled home with her husband and collapsed into bed, exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well dear, what was it like being eight again?"

Her eyes slowly opened and her expression suddenly changed.

"I meant my dress size, you idiot!!!!"

The moral of the story: Even when a man is listening, he is gonna get it wrong.



## 2018 SCTPC BOARD MEMBERS AND MANAGERS

President - Hutch

Vice President - Charles Desa

Secretary - Judy Blackman

Treasurer - Kathy Goodall

Player Development Director - Peg O'Toole

Communications Director - Barb Patterson

Maintenance Director - Bob Cleaver

Pball Machine Coordinator - Wayne Schaefer

Social Committee Chair - Sharon Douglas

Sunshine Ambassador - Pat Hall