



# 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 10

Fun, Friends and Fitness

October 1, 2015



## Club Announcements

By Kathy Carr  
PASCT Communications Director



- **Fall Pickleball Tournament on Halloween.** Get your costume out of the mothballs and your game in gear. The Club's 4<sup>th</sup> Annual Fall Pickleball Tournament will be held on 31 October 2015. This will be a "same skills tournament" for Beginner, Intermediate, and Advanced players with the primary goal of having fun. Registration will be conducted on line from 5 - 23 October. Additional details can be found on page 5 of this newsletter. Point of contact is [Mary Payne](#), telephone [512-921-9830](#).



- **Fall Social on Halloween.** Whether or not you participate in the pickleball tournament earlier in the day, you need to come on out to Cowan Pavilion on 31 October at 5:00 pm for some great BBQ, music, fun and prizes. This event is open to all members and their families. Registration will be online and will run from 5 - 23 October. Costumes are encouraged, but not required. Also, our Social Director, Kim Stout, needs some volunteers to help with buying desserts, and with setup and take down. If you are available, please give [Kim Stout](#) a call at [409-651-7513](#).

### • Procedures to Use Simon Simplified.

- As mentioned in last month's Kitchen Talk, only those club members, who have completed training on Simon, the pickleball throwing machine, are authorized to reserve it. To date, 61 members have completed the certification process. If you require training on Simon's setup and operation, send an email request to Lee Miller at [mtime1952@gmail.com](mailto:mtime1952@gmail.com) to register for an upcoming class. Please include your name, email, and phone number. We currently have 5 members on the waiting list, but need a few more to conduct the next class.
- If you've completed the training and would like to reserve Simon, all you have to do is send an email request to [nancygrafton@sbcglobal.net](mailto:nancygrafton@sbcglobal.net) with the date and time you would like to use the machine. You may now send your request as early as 24 hours in advance of when you would like to use Simon.
- Effective 1 October, Simon is available on Court 6 the following times:
  - Mondays from 4:00 – 5:00 pm
  - Tuesdays and Fridays from 2:00 - 5:00 pm
  - Wednesdays, Thursdays, and Sundays from 1:00 – 5:00 pm

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## From the President – Efforts to Increase Court Availability

By Nancy Grafton  
PASCT President

Dear Members,

Whether you attended the Town Hall Meeting on Friday, September 25<sup>th</sup> or watched the event on Channel 79, one thing was clear – the immediate needs of our Pickleball Club did not warrant making even the first year project list for improving existing amenities.

Never mind that we are one of the largest sports clubs in Sun City, that the six existing courts are inadequate in the face of growing membership, and that many of our players go outside of Sun City to play pickleball rather than spending more time waiting than playing. Never mind that pickleball is the fastest growing sport in the USA, and that it is just one of the amenities that attract people to Sun City in the first place.

To say that I am disappointed would be putting it mildly. Out of all the short-term needs of our Club that were presented to the Existing Amenities Committee members back in March of this year, the only need recognized at the Town Hall meeting was for shades, and only after the scheduled improvements to other Clubs was completed, and as monies allow.

We, as a Board, have had to make changes to court usage that are not always popular. To those of you who have understood the necessity of making these changes until we get more pickleball courts, which by the way, is perhaps in 2017 or 2018, I want to thank you.

Since no additional courts are expected before 2017, our most pressing need is to bring the illumination on courts 5 and 6 up to the level provided on other outdoor courts here in Sun City. Why are upgrades needed to our lights? With the fall/winter/spring sessions approaching, up to 4 hours of daily playable time will be lost for our growing membership.

What is the current status on these lights? An illumination test was conducted which revealed a range of 4-14 lumens. Illumination levels on nearby courts ranged from 20-35 lumens. Obviously, the lights on courts 5 and 6 are not providing the coverage needed for evening play. One lighting unit has been replaced and the remaining units have been readjusted with help provided by the vendor and by the Sun City Maintenance Department. After these changes were made, the vendor submitted an upgrade proposal to bring the illumination on our courts up to the higher levels at a cost of \$9,700. Since no monies were allocated toward upgrading the lighting in the short-term, at least from the responses received to my questions at the Town Hall Meeting in the Q & A period, we feel that we are back to square one.

Your Pickleball Board has made the decision to contact additional vendors to 1) **obtain more** quotes, and 2) to determine the level of funding that the Club is willing to commit **if all approvals are given**. The Club has already spent \$3700 for the current lights and the Board wants to be prudent and cautious before making any further commitment of Club funds unless we are confident that the illumination levels are acceptable.

I know that you understand that the approval process we have to follow benefits and protects you as a resident of Sun City, and that all the chartered clubs must comply with these requirements. But we need more than recognition of our needs, or an understanding of our “growing pains” from those who make the final decisions. We need consideration of the value we bring to Sun City, and a commitment to help resolve some of our needs in the short-term.

Nancy Grafton  
President, PASCT



Nancy Grafton

## Fall Ladder League Is Up and Running

Richard Bradley, League Director

Photos by Mary Payne and Kathy Carr

So far the leagues are right on schedule. Three weeks of the eight week season are completed. The results and court assignments are posted weekly, so keep your eye on the bulletin board to keep up with what's happening on the courts. If you would like to see some exciting matches, come to the courts to see the women on Monday, men on Tuesday and the mixed team doubles league play on Friday starting at 1:00 pm.



Debbie Einman demonstrates her stretching moves before playing.



Peg O'Toole serves up a winner to her competition.



Elaine Brogden working to win substitute of the season.



Grant Leslie practices his discus throw in between games.



Clark and Nancy Grafton return from vacation to earn a perfect score in mixed team doubles.

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Joe and Peg O'Toole face off against Don Hayes and June Sewell in mixed team doubles.



Tony and Jannine Grant take on Diane Johnson and Jerry Blair.



Teen Roberts and Dan Dick battle their opponents in mixed team doubles.



Sharon Campbell and Maggie Manley wait for opponent to make a call on a line shot.



Don Hayes provides expert advice to Peg O'toole before her next game.



Chuck Flanagan and Dorinda Williams dink their way to a win.

## 4<sup>th</sup> Annual Pickleball Fall Team Tournament and Dinner

*Halloween Theme...everyone encouraged to dress up!*



***Saturday, October 31, 2015 – 9:00 am check-in***

**Objective: gain tournament like experience; have fun, and make new member friends**

***Parking will be at a premium; carpool and/or drive your golf cart if you have one!***

**Coffee, juice, fruit & lunch will be provided.**

**Bring your own drinks and lawn chairs (water and ice will be available)**

### **Tournament and Dinner Details:**

**15 teams, 3 mini tournaments, one for each of the three skill levels**

**Each team consists of 4 members selected by random draw. Round robin format: each team plays 4 matches**

**Best two out of three games to 11 points, win by 2 points.**

**Each team member plays in one game per round. Team decides who plays if 3<sup>rd</sup> game is needed.**

**Total points won will determine winners.**

**All club members (players and non-players) are welcome to a dinner social where awards will be presented to winners for each of the three skill levels. Dinner social will be held at Cowan Creek Pavilion @ 5pm. BYOB...water and ice will be provided.**

**Cost to play in the tournament, this includes dinner: \$6**

**Cost for those attending dinner only: \$6**

**Open registration runs from October 5<sup>th</sup> - 23<sup>rd</sup>. Sign up online using Sun City Ticketing.**

**Tournament questions, contact Mary Payne, Tournament Director: 512.921.9830 or [1marypayne@gmail.com](mailto:1marypayne@gmail.com)**

## Does the Front Entrance to Your Home Look Like This?

By Kathy Carr, Communications Director  
Headline and photo by Nancy and Clark Grafton



How is it possible that the same people who subscribe to the high standards of Sun City living have no problem overloading a trash can with empty water and sports drink bottles? How is it possible that these same people can maintain meticulous landscaping around their homes, but at the same time look the other way when they enter or exit the pickleball courts and see the pile of trash outside the gate? How is it possible that these same people have the energy to play pickleball for two hours, yet are unable to walk 10 feet from the full trash bin to the huge garbage can by the water fountain to dispose of their trash? Kinda makes you go “hmmmm.”

## It Doesn't Get Cooler than This

Photos submitted by Dayna Straube

Next time you're traveling through Alaska, set your Garmin to Longitude: 64.829956 and Latitude -147.745316. Put your cruise control on a comfortable speed; keep a lookout for the bear and moose, and in no time you'll be playing with members of the northernmost pickleball club in America at the University of Alaska – Fairbanks Student Recreation Center. That's exactly what our own Sun City pickleballers, Paul and Dayna Straube and Dave and Cathy Stateler, did this summer while on an RV Club sponsored trip through the Yukon Territory, British Columbia and Alaska.

Here are a couple of pictures Dayna took of the courts in Fairbanks. It's not business as usual, however. While the club plays outdoors in the summer, when it gets cold, they head inside, and the pickleball court surface is used as an outdoor ice hockey rink throughout the winter.

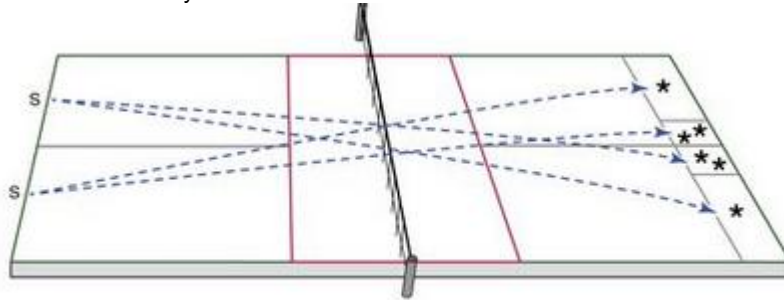


In the first photo, Dave and Cathy stand at the ready, while Paul Straube and his partner dish up a serve. In the second picture, Dave and Cathy work to control the net.

## Having Problems with Your Serve?

There are few things more painful than giving up an opportunity to score a point by missing the serve. You ask yourself, how hard can it be? All you have to do is stand behind the baseline and hit the ball with an underhand motion to get it over the net and into the diagonal court. While it may sound simple, we've all seen players of varied ability groups from beginners to league competitors struggle with their serve.

Mary Littlewood, author of *Pickleball Fundamentals*, offers some sound advice about the serve. The goal should be to serve the ball to the back 3 – 4 feet of your opponent's service court. Because of the double bounce rule, your opponent has to wait for the ball to contact the ground before returning it. By serving the ball deep, you put your opponent in a defensive posture and slow down his efforts to get to the non-volley zone line.



Serves landing in good (\*) and excellent (\*\*) target zones.

The most common serve is the forehand drive serve. You start with your body in a forward stride position, weight on your back foot and left shoulder pointing toward the target. Hold the ball in your left hand, with that arm extended toward the net. Bend at the waist, draw your paddle arm back, drop the ball between you and the target, swing your paddle arm forward in an underhand motion, and contact the ball below your waist. After contacting the ball, follow through by bringing your arm up and through the target. After mastering the forehand drive serve, you can try the short cross-court serve that lands right outside the non-volley zone line and the lob serve. The key is to start with the basics and work to perfect one shot at a time.



Ed Note: The mechanics and photos on how to execute the forehand drive serve were obtained from *Pickleball Fundamentals*, the first pickleball book endorsed by the USAPA. It is available at [www.usapa.org](http://www.usapa.org) to non-members for \$19.95 plus shipping; to USAPA members for \$13.72 plus shipping; or you can get the Kindle edition for \$11.49. My opinion – it is a great book that I'd highly recommend to any player wishing to improve his/her game.

## Letters to the Editor

Submitted by Club Members

**Dear Editor,**

I saw that you sometimes ask for input into your terrific newsletter. I used to run the Facebook Kalamazoo, Michigan Pickleball, and was thinking that maybe a couple things I posted enjoyed by our club members:

1. A YouTube video of "The Pickleball Blues" can be found at [http://youtu.be/Atazp\\_5lJJQ](http://youtu.be/Atazp_5lJJQ). It's pretty funny, and it provides a pickleball perspective anyone who has played with a partner can appreciate.
2. "A Successful Doubles Partner" at <http://tennis-mind-training.com/tennis-biomechanics/tennis-partner.html> provides great tips for being an encouraging and supportive partner, whether it's in tennis or pickleball. I know for myself, that I fall apart big time if/when I sense my partner's disgust with my play. Actually, these tips probably could apply to many aspects of life. Being a positive partner is always a good thing!
3. I saw this one other video today about pickleball paddles and thought it was cool - <http://toledopickleball.com/2015/09/20/paddle-cores-what-is-the-difference/>.



**Barb Patterson**

**Barb,**

Thanks for sharing the info. I think we should all learn the words to Pickleball Blues and sing it at the next club social. It is great tune – fun, infectious and totally relatable. There's one more video that's been referred by several of our club members. It will have you rolling on the floor - <http://captiongenerator.com/53830/HITLER-RANTS-ABOUT-PICKLE-BALL>.

**Editor**

**Dear Editor,**

It is hard to make the break from the Beginner Courts to open play during Club Time. I ventured over there awhile back and had the feeling that I was not welcome. It has left a lasting feeling of intimidation for Courts 1-4.

This past Wednesday no women were playing on Courts 5 and 6 during Ladies Time because it has been discontinued. I went over to Courts 1 – 4 and everyone was very nice and encouraging so I cannot complain. However, I was talking to another beginning player yesterday who went to Courts 1-4 last week, and was asked derogatorily why he didn't play on Courts 5 - 6, instead of 1 - 4. He said he ignored this and continued playing. I think if the better players are just mindful that their reception of newer players is so important; that they can help others to improve, and the courts are for all.

Do you think you could mention in the newsletter about beginners coming over to Courts 1-4 and playing with everyone and that the attitude of better players makes a big difference to the not so good players? But by playing with the better players we will improve.

**Club Member**

**Hey Club Members:**

Somebody took the time to teach us the game, and had the patience to keep playing with us when we were learning. Let's remember to pay it forward. As participants in one of the most inclusive sports in the world, and members of a club whose motto includes "Fun" and "Friends", we have an obligation to welcome and coach our less experienced players. A little bit of patience and a touch of positive reinforcement will go a long way toward improving player skills and promoting the social aspects of this game we all love.



## Volunteer Spotlight – Joe O’Toole

It’s a bit more than a coincidence that we have two consecutive Volunteers of the Month with the same last name. The O’Tooles absolutely love pickleball, and will do what it takes to introduce the game to everyone in their path. Joe O’Toole is this month’s VOM, husband to Peg, and the other half of a dynamic duo who consistently volunteers and supports our Club.

Not yet a resident of Sun City for a year, Joe’s list of contributions continues to grow. If you don’t see him educating newcomers at the “Introduction to Pickleball” classes, check your calendar. He could be helping beginners during the Club’s Mentoring Program on Mondays and Thursdays. If you can’t find him there, there’s the possibility that he’s assisting players with Simon, the Pickleball Machine, in his capacity as Equipment Manager. If you don’t locate him after checking all those venues, watch for him on the courts. He’s participating in both the Men’s Individual Doubles and the Mixed Team Doubles with Peg.

This is a man who lives and breathes pickleball. Way to go, Joe. Congratulations on your earned selection as VOM.



Joe O’Toole, PASCT October 2015  
Volunteer of the Month

### A Bit about Joe by Joe

I am originally from the Cleveland, OH area. I retired from a small software company in 1997. Peg and I moved to Atlanta in 1999 and to Sun City last year.

We were introduced to pickleball by Peg’s sister about 4 years ago. I pretty much gave up tennis (after 40+ years) to play pickleball—more fun, more friends!

My goal was to introduce the game to players in the Northeast Atlanta region and I became a USAPA Ambassador. I served on the Board for the Gwinnett County Senior Golden Games and introduced pickleball to the senior games in Gwinnett County, GA. I petitioned Gwinnett and Fulton counties to introduce pickleball to the rec centers and parks. I worked with YMCAs of Greater Atlanta to introduce the sport to their senior players. My efforts were well rewarded as we had over 200 people playing when we left Atlanta and the game continues to spread in the Atlanta area.

Peg’s sister, Judy introduced us to pickleball and that is what ultimately brought us to Sun City. We are now very excited because we are now bringing Judy and Billy to Sun City.

Can’t beat Sun City and Sun City pickleball!

## Upcoming Tournaments Outside Sun City

By Kathy Carr  
PASCT Communications Director

### Doubles Tournament at Georgetown Recreation Center on 24 October 2015

Georgetown Rec Center will host a doubles tournament for ages 18+ on Saturday, 24 October beginning at 9:00 am. The tournament is limited to the first 16 teams to register. Cost is \$25.00 per team, and includes awards for the top teams. Teams can be all male, all female, or mixed. If enough teams register, there will be a Compass Draw to maximize the number of matches each team gets to play. Registration for the tournament is now open, and can be done over the phone (512-930-3596) with a credit card or in person at the Georgetown Rec Center if paying with cash or check. Questions should be directed to Robert Staton, Senior Program Coordinator, telephone 512-930-1367.

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### Cedar Park Texas Athletic Amateur Federation Pickleball Championships

Cedar Park hosts the Texas Athletic Amateur Federation Pickleball Championships 15-18 October 2015. It is touted as the second largest pickleball tournament in Texas. While all slots are filled, this is a great opportunity to get out and watch some really competitive pickleball.

Location – Cedar Park Recreation Center

Format – Double Elimination

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



### Halloween Humor

1. Why was the skeleton afraid to cross the road?  
It had no guts.
2. How do monsters tell their futures?  
They read their horrorscope.
3. Do zombies eat popcorn with their fingers?  
No, they eat their fingers separately.
4. What do ghosts add to their morning cereal?  
Booberries.
5. Why don't skeletons ever go out on the town?  
Because they don't have any body to go out with...
6. What does a ghost get when he falls and scrapes his knee?  
A boo boo.

Hope to see you all at the 4<sup>th</sup> Annual Fall Pickleball Tournament and Dinner.

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## Outsmart a Woman?

Submitted by VA Miller, Club Secretary

A man calls home to his wife and says, "Honey, I have been asked to fly to Canada with my boss and several of his friends for fishing.

We'll be gone for a long weekend. This is a good opportunity for me to get that promotion I've been wanting so could you please pack enough clothes for a 3 day weekend.

And also would you get out my rod and tackle box from the attic?

We're leaving at 4:30 pm from the office and I will swing by the house to pick my things up.

Oh! And please pack my new navy blue silk pajamas.

The wife thinks this sounds a bit odd, but, being the good wife, she does exactly what her husband asks.

Following the long weekend he came home a little tired, but, otherwise, looking good. The wife welcomes him home and asks if he caught many fish.

He says, Yes! Lots of Walleyes, some Bass, and a few Pike.

But, he asked, why didn't you pack my new blue silk pajamas like I asked you to do?

The wife replies, "I did, they're in your tackle box".

Never, Never, Never try to out-deceive a woman!!!

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## Welcome New Picklers (Members)

Judy Swain  
PASCT Vice President

Holy Moly – we now have 479 active members in the Pickleball Club. Here is a list of the 23 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



Lynn Kantaris Anderson	Betty Fredrickson	James Milchen
James Baker	Bob Furan	Marvin Nebrat
Scott Brady	Donna Furan	Laurie Snyder
Linda Curfs	Ed Hull	John Steele
Wendy D'Entremont	Ellen Levitt	Lucy Steele
Ronald D'Entremont	Stephen Lycan	Thomas Werlin
Bruce Elliot	David McCormick	Suzanne Wietting
Earle Forbes	Bryan McGill	

## Isn't He Adorable...

Submitted by Bob and Janie Bartz

Little Bruce and Jenny are only 10 years old, but they know they are in love. One day they decide that they want to get married, so Bruce goes to Jenny's father to ask him for her hand.

Bruce bravely walks up to him and says, "Mr. Smith, me and Jenny are in love, and I want to ask you for her hand in marriage."

Thinking that this was just the cutest thing, Mr. Smith replies, "Well Bruce, you are only 10. Where will you two live?"

Without even taking a moment to think about it, Bruce replies, "In Jenny's room. It's bigger than mine and we can both fit there nicely."

Mr. Smith says with a huge grin, "Okay, then how will you live? You're not old enough to get a job. You'll need to support Jenny."

Again, Bruce instantly replies, "Our allowance, Jenny makes five bucks a week and I make 10 bucks a week. That's about 60 bucks a month, so that should do us just fine."

Mr. Smith is impressed Bruce has put so much thought into this. "Well Bruce, it seems like you have everything figured out. I just have one more question. What will you do if the two of you should have little children of your own?"

Bruce just shrugs his shoulders and says, "Well, we've been lucky so far."

Mr. Smith no longer thinks the little ##### is adorable.



## Introduction to Pickleball Class Dates

By Richard Bradley  
Player Development Director

Class dates for the remainder of this quarter are listed to the right and have been posted to the Club's website.

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 [rbradley1963@aol.com](mailto:rbradley1963@aol.com) to schedule a class.

Those members interested in helping to teach this class should also contact Richard. He will appreciate your assistance.



Introduction to Pickleball Class Schedule		
October 17, 2015	Saturday	4:00 – 5:30 pm
October 24, 2015	Saturday	4:00 – 5:30 pm
December 5, 2015	Saturday	4:00 – 5:30 pm
December 12, 2015	Saturday	4:00 – 5:30 pm
Classes are held on Courts 5 and 6. Paddles, balls and instruction are provided by the club.		