

2016

JULY NEWSLETTER



Mountains & Meadows Pickleball Club

THINK DINK

The **McCall Area Dink Around** is just around the corner - July 9th-10th (see Flyer Page 3).

SCHEDULE

- **Friday, July 8th** 6-9pm The Club at Aspen Village - 4 courts are available for early arrivals who cannot wait until Saturday morning
- **Saturday, July 9th** 9am-12noon and 1-4pm
Morning / Afternoon Pickleball play at Lutheran Church (Mission & Deinhard) - 6 courts
Lunch on your own
Evening potluck dinner at the home of Susie & Scott Christie
- **Sunday, July 10th**
9am-12noon - *Morning* Pickleball play at The Club at Aspen Village - 4 courts
1-3pm - *Afternoon* Pickleball play at The Club at Aspen Village - 4 courts

Note: \$5 Day Pass required at The Club at Aspen Village

THINK DINK



Continued Page 2

MARK YOUR CALENDAR
JULY

Weekly Events



Mondays

6.00/8.30pm - The Club at Aspen Village

Tuesdays

6.00/8.30pm - The Club at Aspen Village

Wednesday

9am/12noon - The Club at Aspen Village

6.00/8.30pm - 45th Parallel Courts MeadowCreek

Thursdays

6.00/8.30pm - Lutheran Church

Questions

CONTACT

- Robert Sweetgall
p: 634.1491
e: robwalks@ctcweb.net
- Mountains & Meadows Pickleball Club
e: mandmpickleball@gmail.com
w: www.mmpickleball.club



PICKLEBALL AT THE CLUB

Members to Patent Pickleball Gizmo

Genius's at Work

Eric Welander and Laurie came up with a new invention to easily paint Pickleball Court Lines (see photos at right). They are planning to Patent this invention and make a fortune! Thanks to Eric for donating materials, time, and even a couple cans of spray paint, and Paul and Laurie for repainting one court at Lutheran Church. Thanks to great Pickleball Player turnouts on Thursday nights at the Church, we are going to use the template and paint a 4th court!



Hitting Wall

The hitting wall at The Club is complete thanks to project leader Paul Janssen and his helpers, Laurie, Art and Cynthia. Thanks to all the "Monday night muscle" that helped hang the wall on the fence, and thanks to Robert for gathering together all the supplies and arranging this to happen. We are looking for volunteers to touch up the wall and paint the net line. Paint and brushes provided.

Welcome New Members

Clarence Stark all the way from Weiser, Jane Gunter of Boise, and Lou Blas, a returning member.

Other Events

2016 Huckleberry Tournament - August 13
To download Flyer & Entry Form
go to: www.mmpickleball.club/tournaments

Welcome to "the Club"

From an injury standpoint, who of us hasn't had a recent or recurring injury or ailment?

So what can we learn from our history of injuries? First, don't feel alone and don't take too much pity on yourself. We're all human, and we have plenty of company when it comes to injuries and ailments. Second, don't be afraid or ashamed to take a "timeout" from Pickleball play or your normal sports-activity routine to rest, relax, recover or rehab. There's no need to act like a hero, playing hurt and hindering your recovery.

Finally, take care of yourself as best as you can, with professional help if necessary, and most importantly by keeping a positive, optimistic attitude which is so important in the healing process.



Don't forget to renew your membership!
Our membership is presently at 46, and growing!!

2016/2017 Membership Drive

Membership dues for the 2016/2017 Season commence July 1st.

Membership Forms can be found on the website: www.mmpickleball.club (Membership tab), or

Contact Laurie Janssen p: 315.5195

The shirts (pictured at left) are samples of the long sleeve T (\$15.00 with regular membership) and sweatshirt (\$20.00 with membership). There are limited short sleeve T-shirts and tank tops for those who do not want long sleeves, or for members who'd like an extra shirt.

Any shirt can be substituted with the membership cost, but the sweat shirt is an additional \$5.00. Shirts are available at special prices for members who require an additional shirt.

Continued Page 3

McCall Area

2016 Dink Around



July 9th-10th in the mountains at elev. 5,000ft.

where the air is thin, cool, crisp and dry



Join the
Fun in
McCall
Area in
July!!

RSVP

Although formal RSVP's are not required, it would be helpful to know roughly how many players might be coming to the McCall area Dink Around. So, if it's not too much trouble, please call or e-mail the contacts listed at right, to give us a rough idea of your plans. Hoping to see you in the mountains in July!

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Questions - Housing - Details

Contacts: Laurie Janssen 208-315-5195
Susie Christie 208-957-3809
Robert Sweetgall 208-634-1491

Other Recreational opportunities:
For Pickleball players wishing to diversify their fun activities beyond just Pickleball, we have a wide variety of other recreational opportunities including ...

- trail hiking & biking
- golf & disc golf
- canoeing, swimming, water skiing
- fishing
- camping
- indoor fitness training
- extreme shopping

fourpjs@frontiernet.net
pickleballsusie@gmail.com
rob@creativewalking.com

For further information on

Mountains & Meadows Pickleball Club go to:

www.mmpickleball.club