

2020

## MARCH NEWSLETTER



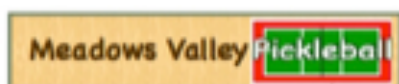
# Mountains & Meadows Pickleball Club

## PICKLEBALL IN THE NEWS ....

**P**ickleball news makes the front page of *The Star-News* (see Page 3 for details - the editorial and article were published on February 27th and printed here with permission.)



We've had a good turnout at **Elk Creek** with 12-15 players each session including beginners and many competitive players. There was a full field of 15 players for the Round Robin Tournament on Presidents Day with Todd Cook declared as the winner. Congratulations Todd! Elk Creek Celebration Center has been a huge success - play will continue at least until the end of April.



**Meadows Valley High School** gymnasium - Sunday evenings 6.00/8.30pm - we're getting a great turnout with 3

courts in play continuously. Come join the fun!!



The dedication event for the **Shiloh** courts at Donnelly was well attended with great support from M&M members. See The Star-News article on page 3. Congratulations Mike and all his team.

### **A note from the Editor:**

Some members use a **cableone.net** email address - unfortunately **cableone** declines all bulk emails (i.e. the monthly newsletter) sent from [mandmpickleball@gmail.com](mailto:mandmpickleball@gmail.com)

In an attempt to solve the problem we are requesting that members with a **cableone** email address ensure that the mandmpickleball club email address is in your contact list - hopefully this will alleviate the need to send a separate email to these members, thus decreasing the workload of your Editor!!



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## MARK YOUR CALENDAR MARCH

### Weekly Events



### Tuesday

**6.00/8.00pm** - Elk Creek Celebration Center

### Wednesday

**9.00am/11.00am** - Elk Creek Celebration Center

### Thursday

**1.00pm/3.00pm** - Elk Creek Celebration Center

### Sunday

**6.00/8.30pm** - Meadows Valley High School Gymnasium





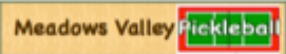
**Sunday, March 8th**

*Just to make us all a little  
envious - these pics from  
Baja Mexico.*




*Pictured above: Our Secretary/  
Treasurer/Coordinator Laurie, &  
spouse Paul,  
and the Peaveys - Art & Cynthia  
(pic. left)  
in Baja, Mexico last month.*

### **Mountains and Meadows Pickleball Club 2020 Winter Pickleball Schedule**

	<b>ELK CREEK CHURCH CELEBRATION CENTER</b> 	 <b>Meadows Valley High School Gymnasium</b>
Tuesday	6.00pm - 8.00pm	
Wednesday	9.00am - 11.00am	
Thursday	1.00 pm - 3.00pm	
Sunday		6.00pm - 8.30pm
Contact	Laurie Janssen p: 208.315.5195 e: <a href="mailto:fourpjs@frontiernet.net">fourpjs@frontiernet.net</a>	Cynthia Peavey p: 208.347.4200 e: <a href="mailto:ionebar@hotmail.com">ionebar@hotmail.com</a>
Play Fee	\$5 per person/per session	Donation to MVHS Athletic Program

### **Valley County Pickleball Club**

 <b>Donnelly</b>	SCHEDULE check with Mike Heyer p: 360.601.4518	Donation required to assist with heating the building
Contact Larry Keene - p: 661.565.5666 - e: <a href="mailto:wkeene12121@gmail.com">wkeene12121@gmail.com</a>		
<b>Beginner players and visitors are welcome at all venues</b>		

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## **Board & Coordinators**

### **Board of Directors and Venue Coordinators**

### **Officers**

#### **President**

Paul Christensen

#### **Secretary/Treasurer**

Laurie Janssen

#### **Communications/Webmaster**

Kay Clark

#### **Expert Consultant**

Jack Bonawitz

### **Venue Coordinators**

#### **The Club at Aspen Village**

Debbie Isley & Paul Christensen

#### **45th Parallel Courts**

Tootie Neeves

#### **Meadows Valley High School**

Art & Cynthia Peavey

#### **Elk Creek**

Laurie Janssen, Paul Christensen &  
Diane Dobson

### **Questions**

Laurie Janssen - Secretary/Treasurer  
p: 208.315.5195  
e: [fourpjs@frontiernet.net](mailto:fourpjs@frontiernet.net)

Kay Clark - Communications  
e: [mandmpickleball@gmail.com](mailto:mandmpickleball@gmail.com)  
w: [www.mmpickleball.club](http://www.mmpickleball.club)

### **Group Text List**

For notifications  
please contact:  
Paul

Christensen:  
208-318-4807  
or

Larry Keene:  
661-565-5666



# Pickleball people are passionate

Why put a story about pickleball on the front page of The Star-News this week? If you ask devotees of the sports, they would say it is long overdue.

The opening of the first dedicated indoor pickleball courts in the region last week near Donnelly was a watershed event for a sport that is perfectly suited for the climate and demographics of the area.

And, it is not unique to around here. Pickleball may be the fastest-growing sport in America. More than 3 million people play pickleball in the United States and that number has been growing by more than 10 percent each year over the past decade, according to the website Athletic Business.

Why are pickleball people passionate? For answers, here are some excerpts from "10 Reasons Why I Love Pickleball" by Todd Jungling on the website Pickleball Max, which advocates for the sport:

- Pickleball does not have a steep learning curve. The game can be picked up quickly by most.

- Pickleball can be enjoyed by people of all ages. "If fact, it's likely that if you partner with your grandma or grandpa you will dominate the competition," Jungling wrote.

- The pickleball court is three to four times smaller than a tennis court, meaning longer rallies and less real estate to cover.

- Pickleball is downright fun, and laughter is bound to ensue.

- In addition to the social aspect, pickleball can also quench the competitive thirst as well.

- Pickleball can lower blood pressure, boost the immune system, reduce stress and improve mental acuity. "It sure beats getting on the treadmill for an hour!" Jungling wrote.

So, step aside, Midas Gold, Wilks brothers and wake boats. Make way for real news - pickleball in Valley and Adams counties is a big deal.

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## Pickleball in the News (i.e. The Star-News)

### Three regulation courts dedicated for growing sport

BY DREW DODSON  
for The Star-News

Joy washed over Mike Heyer as he watched about 60 guests scamper after rogue pickleballs and share laughs with one another.

Heyer presided over the dedication of three new indoor regulation pickleball courts last Thursday night at the Shiloh Bible Conference camp west of Donnelly.

"Honestly, the thing that kept coming to mind was 'build it and they will come,'" said Heyer, 57, of Donnelly.

The new courts are the results of a collaboration among the church camp, the Valley County Pickleball Club and the Mountain Meadows Pickleball Club.

The two clubs had long been seeking an indoor facility with regulation courts that would allow them to consistently play pickleball throughout the winter.

It was not until Heyer attended a recent Sunday service at the Donnelly Bible Church that he learned that the Shiloh Camp's multi-use facility was open for other community uses.

Now, the clubs have access to the courts during dedicated time slots for public use of the 6,000 square foot heated facility, which is located at 13165 Gestrin Rd.

Heyer and about 10 volunteers spent about 100 hours and \$5,000 installing the new textured floor with regulation pickleball lines over the concrete slab originally installed with the facility.

"One night I was literally here from 8 p.m. until 9 a.m. the next morning on a machine grinding because had to get the sealer off before (the new floor) would bond," Heyer said.

The end result is a quality trio of pickleball courts that should last a minimum of 30 to 40 years and continue to accommodate the sport's growing popularity in Valley County, he said.

"The goal for this building is to use it for the camps and we want the community to use it when we're not using it," said Mike Crase, executive director for the Shiloh Bible Conference.

"So, pickleball coming in and using it is just awesome," Crase said, noting he has since become a pickleball player.

#### Public Hours

The courts are open for public use Monday through Friday from 8 a.m. to 11 a.m. and Monday through Thursday from 3 p.m. to 6 p.m. Monday nights from 6 p.m. to 9 p.m. are designated specifically for basketball.

The camp suggests a \$5 donation for each use to help pay for maintenance and utilities. The camp also requires minors to be accompanied by an adult and urges guests to wear non-marking shoes.

"If you're somewhat of a purist, this is it," Heyer said of the quality of the courts. "It's good enough that we can draw the best Boise players for tournaments."

Heyer moved to the area recently and has seen the number of his friends quickly grow thanks to the 150-plus members of the two pickleball clubs.

"I moved here and met everyone instantly through pickleball, so the social atmosphere is therapeutic," he said.

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Several other attendees spoke to the social aspect of the game, including Terri Duggan of Denver, who attended the dedication as part of her quest to play pickleball in all 50 states.

"You'll either fall in love with the sport or the people, one or the other," Duggan said.

Donnelly resident Doug Dvorak, who served as host of the celebration, said he introduces new players to

pickleball through free clinics as a way to enrich the lives of others like it did for him.

"We know we've got to give back because this game has given us so much," Dvorak said.

Other attendees credited pickleball for allowing them to stay active despite aging joints from decades of chasing tennis balls around courts nearly four times the size of a pickleball court.

## Jammin' In Jamaica Pickleball 2020

We are members of Members of the PebbleCreek Pickleball Club in Goodyear, AZ are hosting their 4th Annual pickleball vacation trip to Jamaica in December. Pickleball players from throughout the U.S. and Canada are invited to the **"2020 Jammin' In Jamaica Pickleball"** vacation trip which will take place from December 9 - 16, 2020. This exciting adventure will again be held at **Sandals South Coast Resort** in Whitehouse, Jamaica.

The trip is designed for pickleball players and non-players alike. The week will include pickleball tournaments, clinics and fun events for players at all skill levels. Players as well as non-players will also have plenty of time to enjoy all the included luxury amenities only a Sandals Resort can offer.

Joining again this year will be Gigi LeMaster, 4-time U.S. Open Gold Medalist and IPTPA Instructor. Gigi will be organizing clinics as well as overseeing other pickleball activities and fun events. She will also be available to help you improve your game.

If you would like more information about the **Jammin' In Jamaica Pickleball vacation trip**, please see the flyer at right, check out the tournament on [PickleballTournaments.com](http://PickleballTournaments.com), or go to the sponsor's website; <http://www.alfrescotravel.com/jammin-in->

## Jammin' In Jamaica Pickleball 2020



**Wednesday, Dec. 9 – 16, 2020**

You've finished carving the turkey and need a break before the holidays arrive. It's time to spend some quality time with your special someone. Treat yourselves to a week of Jamaican sun, fun and rum at the luxurious adult only, all-inclusive **Sandals South Coast Resort**. For the fourth year we're offering pickleball tournaments, instruction, activities and more. Joining us again as our professional instructor is Gigi LeMaster, IPTPA and Engage Pro Team of instructors.

Along with pickleball tournaments, free play, and clinics there are unlimited water sports, land activities, dining, cocktails, entertainment and luxury amenities **ONLY Sandals can offer**. Whether you're a 5.0 rated player or don't care to even play the game, there will be plenty to keep you occupied throughout your stay.



Sandals South Coast, Jamaica

**Oceanfront all-inclusive rooms from \$3402/couple/week**

Organized by Alfresco Travel (<http://www.alfrescotravel.com/jamaica-jammin-pickleball-2020.html>)

For more information about the resort and/or to reserve your room contact Cindy Watty

[cindy@alfrescotravel.com](mailto:cindy@alfrescotravel.com) (775)750-7851