

2016

JUNE NEWSLETTER



# Mountains & Meadows Pickleball Club

## OUTDOOR PLAY NOW IN FULL SWING

**H**ere's a recap of our Summer Schedule:

### **Aspen Club** - 4 courts:

- M&M Club scheduled weekly play – Mon, Tues 6.00-8:30pm & Wed morning 9:00am-12noon.
- Pay for your Pickleball Pass at the Aspen Club office - \$45.00/ person for the season or \$80.00/couple or \$5.00/day  
Your season pass gets you unlimited play from now until the snow flies during Club business hours.
- Please sign in at the Aspen Club office each time you play. This way they can keep track of the many pickleball hours.
- If possible, park at the parking spots near the pool and walk to the court.

The Aspen Club has many classes and things going on and this helps keep parking spots available for these activities. Consider doing your stretches on the way to the court .. then you will be all warmed up and ready to play!

- The Aspen Club also has paddles and balls available for use.

Bring your friends over and play some Pickleball!  
Thanks to Robert for the beautiful sign recently installed at the Aspen Club Pickleball court. This is the result of many hours of hunched over hard work - THANK YOU ROBERT!

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## MARK YOUR CALENDAR JUNE

### 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](mailto:robwalks@ctcweb.net)
- Mountains & Meadows Pickleball Club  
e: [mandmpickleball@gmail.com](mailto:mandmpickleball@gmail.com)  
w: [www.mmpickleball.club](http://www.mmpickleball.club)



**MeadowCreek** - 4 courts:

- M&M Club scheduled weekly play – Wed 6.00-8:30 pm
- Season pass is \$25.00/person or \$40.00/couple, or \$5.00/day. Pay Robert or Tootie.

**Lutheran Church** - 3 courts:

- M&M Club scheduled weekly play – Thurs 6.00-8:30pm
- FREE! Any donations are gratefully accepted and go to local charities and for courts maintenance.
- Paddles are available for use.

**S pecial Note**

For liability purposes Mountains & Meadows Pickleball Club does not endorse play on wet courts, particularly on our type of courts which become very slippery in the rain.

**S pring CleanUp**

A Big Thanks to Paul & Kris Christensen, Dennis Edwards, Bob Stephens, Laurie Janssen & Robert Sweetgall for a total of 14 volunteer hours to power wash, scrub, repair cracks and touch paint the 4 courts at The Club at Aspen Village. Thanks to this team effort The Club's courts look really nice! And a huge advance thanks to Paul Janssen who has volunteered to head up the construction of our new hitting wall at The Club. The hitting wall is in the midst of construction and should be up and ready in a week or so. Thanks also to Paul's assistants: Art & Cynthia Peavey & wife, Laurie.

## Local News

**A Happy Return**

By mid-June we hope to see Bob & Tootie Neeves as they return to their home at MeadowCreek Golf Resort. Look for these "Delaware Blue Hens" on the **Pickleball on the 45<sup>th</sup> Parallel** play courts. By the way, Bob & Tootie Neeves will be downsizing their residence as they move several golf holes east from the 6<sup>th</sup> fairway to the 2<sup>nd</sup> fairway.

*(If you know anyone interested in buying their original home right on the 6<sup>th</sup> hole of the golf course with wide open views of Brundage Mountain, contact Tootie & Bob p: 302-540-8830.)*

**Best Wishes for the Move**

Bob & Marylee Stevens will be moving north this month from their condominium at Aspen Village to their new place residence in Post Falls, ID. We certainly want to thank Bob for all the successful work he did for us in winning support for us to play at The Club, and for his continuing efforts in coordinating Pickleball at The Club.

Bob was always out there helping in the painting, renovations, washing and grouting of the 4 courts at Aspen Village, and was the first person to volunteer in brooming / dusting off our courts. Bob & Marylee, all of us will miss you much, but hopefully we'll see you on some of your return trips. Meanwhile, Pickleball play will continue in full swing at The Club. We had 18 players

show up on Tuesday night, June 7<sup>th</sup>. See the master schedule for play times at The Club. FYI, The Club has extended its generous offer for the \$45 seasons pass covering unlimited Pickleball play all the way through spring, summer and this fall (November). Plus The Club is now offering a special spouses / partners' season pass rate for your partner. **EXAMPLE:** Couples / spouses get a couples rate of \$80 (\$45 + only \$35 for the second partner).

Any questions, ideas, suggestions pertaining to Pickleball @ The Club, contact :

Robert Sweetgall p: 634-1491 or e: [robwalks@ctcweb.net](mailto:robwalks@ctcweb.net).

Deb Easley, Manager of The Club, will continue to manage our Pickleball program there.

**Footnote:** *If you have any friends or relatives interested in a great 3 bedroom / 3 bathroom Condo backing up to the golf course at Aspen Village, contact Bob & Marylee Stevens p: 208-634-7022.*

**Medical Updates**

We're happy to see Kris Christiansen back playing. Other injury updates: too many to mention!



**THINK  
DINK** 

## 2015/2016 Winter Season Wrap-Up

JUNE

2016/2017  
Membership Drive

### **Donnelly Bible Church**

All indoor play has come to a conclusion for the year. Thank you all for your support and generous donations. Total Donnelly Bible Church donations for the youth group amounted to \$680.00. We raised over \$300.00 to go towards changing out the lights at the church. Donnelly Bible Church thanks you all for your donations!

### **Meadows Valley High School**

On behalf of the entire Mountains & Meadows Pickleball Club, we thank Meadows Valley School for their kindness in letting us play Pickleball at MVHS on Sunday and Thursday nights through the fall of 2015, winter and Spring of 2016. We really appreciate the willingness of MVHS in blending us into

their busy intramural / gym schedule.

In total, our voluntary donations to MVHS's athletic program amounted to \$1,622 for this past Pickleball season. In total we played approximately 1,500 hours of fun Pickleball indoors at MVHS this past season...not to mention our hugely successful Snowball Blast Clinic / Tourney in January. To all M&M Pickleball Club members and others who played at MVHS, thank you for your generous donations to the MVHS athletic program. And we should also give a big Thank You to our leader Robert Sweetgall for keeping this program going...without MVHS we would not have much of an indoor program for the winter months.



Membership dues for the 2016/2017 Season commence July 1st. Don't forget to renew your membership! Membership Forms can be found on the website: [www.mmpickleball.club](http://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. We have special shirt prices for folks if they want to purchase an extra shirt and take advantage of the early join special, or already have joined!!

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JUNE

# Tip of the Month

## ***Self-Help is on the Way***

Okay, who among us doesn't have some kind of nagging or recurring or chronic issue? Back pain? Muscle tightness? Flexibility issues? Foot, ankle, knee, hip issues? Shoulder, wrist, neck issues? Whatever? It's obvious we are not getting any younger? And as a group overall, Pickleball players are a bit like aging cars that require mechanical analysis, maintenance and sometimes repair. Summarized below is a 5-step approach you can follow to tune-up and improve your aging or overstressed Pickleball body.

### ***Step 1: Analysis.***

This involves discovery of the real issue at hand. Sometimes you just know exactly what muscles or parts of the body are in trouble. Other times, you may need professional help from a physical therapist, orthopedic specialist, physician, chiropractor or some specialist. But whatever it takes, pinpoint the real problem in your body!

### ***Step 2: Initial Action.***

Using the advice and/or services of your health-care professional, start taking action. This may involve corrective adjustments, exercises, etc.

## Welcome New Members

A big warm welcome to the following new members:

Robyn Armstrong  
Mike Bolopue  
Linda Corder  
Lynne Haspedis  
Linda Sundstrom

### ***Step 3: Self-Help.***

This is the **Help-Yourself-Part**. Get on the internet and type in your condition, injury or the specific issue affecting you ..... Low back pain? Plantar Fasciitis? Knee Pain? Core Strength Weakness? Imbalance? You may be amazed at how much useful information is available on the internet including dozens of stretching and strengthening exercises, basic info regarding symptoms, causes and solutions, videos of most helpful exercises, etc. Select one professional's approach and try it! You will need to be selective here because often there are so many different approaches to choose from. Doing multiple approaches can lead to burnout and dropout and confusion. So try to pinpoint on one set of exercises. If you feel your professional's exercise / corrective strategy is working better, follow it!

### ***Step #4: Maintenance & Patience.***

Keep following your corrective strategy. Chances are you're not going to fix your issue overnight. So be patient. Very patient! Look for even the slightest signs of improvement. But don't give up. If a particular strategy appears to not be working at all, you may want to switch to a different corrective strategy. **But keep striving for improvement.**

### ***Step #5: The Long Haul.***

Always keep thinking ... how can I keep on target, improving my condition, stability, posture, balance, muscles, etc.? Again, none of us are getting any younger, but by showing a dedicated interest in our personal bodies and health, we can feel younger as we dedicate just a few extra minutes a day to self-maintenance. And who doesn't want to play MORE Pickleball with LESS pain?



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# Revised Mountains & Meadows Pickleball Club 2016 Regional Group Play Schedule (note new start times for evening Pickleball)



## Regional Pickleball Group Play Schedule

- The time blocks listed below are reserved for **GROUP PICKLEBALL PLAY**.
- Feel free to schedule play with friends and fellow players in smaller groups as your schedule permits.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUN.
<b>The Club @ Aspen Village, McCall</b> <b>6:00 pm to 8:30pm</b> Contact: The Club 634-5838 Fees : \$45 season pass for unlimited play June thru October \$5 day pass 4 courts available	<b>The Club @ Aspen Village, McCall</b> <b>6:00 pm to 8:30pm</b> Contact: The Club 634-5838 Fees : \$45 season pass for unlimited play June thru October \$5 day pass 4 courts available	<b>The Club @ Aspen Village, McCall</b> <b>9am to 12</b> Contact: The Club 634-5838  <b>Meadow Creek Golf Resort</b> <b>New Meadows 6:00-8:30pm</b> Contact: Robert Sweetgall 634-1491 Season Pass \$25.00 per person, \$40.00 per couple. \$5.00 day pass. 4 courts available	<b>Lutheran Church</b> Dienhard/Mission, McCall <b>6:00 pm to 8:30pm</b> Contact: Laurie Janssen 315-5195 Fees: None 3 courts available	<b>No organized group play on the weekend</b>	<b>No organized group play on the weekend</b>	<b>No organized group play on the weekend</b>



Please refer to the following link for more pickleball information – [www.mmpickleball.club](http://www.mmpickleball.club)

Note: In addition to the above venues, there is one public dual-use pickleball/tennis court at McCall High School & one City of Donnelly dual-use pickleball court located off highway 55 South of Donnelly.

DON'T FORGET TO RENEW YOUR MEMBERSHIP AND RECEIVE A LONG-SLEEVE SHIRT AND/OR A 'HOODIE' FOR THOSE COOLER DAYS (SEE PAGE 3) FOR ALL MEMBERSHIP/SHIRT OPTIONS



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McCall Area

# 2016 Dink Around



July 8th-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!

To help with our advanced summer planning, Mountains & Meadows Pickleball Club have laid out a tentative schedule for Pickleball play during the weekend of July 8<sup>th</sup> through July 10<sup>th</sup>:

- **Friday, July 8<sup>th</sup>** 6-9pm (for early arrivals who cannot wait until Saturday morning):  
Evening Twilight Pickleball play at The Club at Aspen Village - 4 courts
- **Saturday, July 9<sup>th</sup>** 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 Suzie & Scott Christie
- **Sunday, July 10<sup>th</sup>**  
9am-12noon - Morning Pickleball play at The Club at Aspen Village - 4 courts  
1-5pm - Afternoon Pickleball play at Meadow Creek Golf Resort (2 miles north of New Meadows off Hwy 95) - 4 courts

#### Questions - Housing - Details

**Contacts:** Laurie Janssen 1-208-315-5195 [fourpjs@frontiernet.net](mailto:fourpjs@frontiernet.net)  
Susie Christie 1-208-957-3809 [pickleballsusie@gmail.com](mailto:pickleballsusie@gmail.com)  
Robert Sweetgall 1-208-634-1491 [rob@creativewalking.com](mailto:rob@creativewalking.com)

**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

For further information on

Mountains & Meadows Pickleball Club go to:

[www.mmpickleball.club](http://www.mmpickleball.club)