



November 2023

Newsletter Contest Results

The people have spoken. Welcome to the Prickly Pickle, the name for the Highlands Pickleball Association's newsletter.

Congratulations to Yvette Schwartzberg, who submitted the last, and winning, suggestion for the newsletter. All told, there were 63 submissions, and it was a challenge to get to the final 8, but here they are again, with a shoutout to those who submitted them.

The Prickly Pickle - Yvette Schwartzberg
Zero Zero Two - Sue Cook
The Kitchen Report - Rod Raasch
The Briny Side - Kate Geiser
The Erne Report - Rod Raasch
Paddle Up Periodical - Tom Harris
Dove Mountain Dropshots - Dennis Dougherty
HPA Baseline News - Katri Noid

And here's the final vote total:

The Prickly Pickle - 21
Dove Mountain Dropshots - 12
The Kitchen Report - 12
Zero Zero Two - 6
Paddle Up Periodical - 7
The Briny Side - 4
HPA Baseline News - 3
The Erne Report - 0

Now onto the valuable prize.

Let me quote Carl Spackler from Caddyshack:

"There won't be any money, but when you die, on your deathbed, you will receive total consciousness."

Of course there's no money. Money is such a grubby thing that shouldn't intrude on something as elevated as pickleball. I'm sure none of our members considered money as a reward for even a second.

And Carl might have gotten total consciousness, but he settled for less. So, if there's no money and no total consciousness, what is the valuable prize?

Yvette, your prize is the thanks and admiration of your fellow Highlands pickleball players. Pickleball is a social game, and whenever you go to the courts, you'll know there are people pointing and saying, "There's Yvette. She's the one who named our newsletter. She's one of the cool kids."

But there's more - you also get to see your handiwork each month that we publish The Prickly Pickle, however often that is.

Two prizes for one contest. That's pretty good. Thanks for winning.

From The Committees

Competition Committee

The Highlands Hotties have plans again this winter to play in the Arizona Pickleball Players League (APPL) and have expanded from one to three separate women's teams. Play starts up in January. We look forward to cheering them.



Hotties being hot in the hot sun!

Once the new courts are up and running we are planning on adding some fun and competitive league play to the Highlands, with ongoing weekly events, and monthly tournaments. If you have recently played in a tournament, or event, and would like to see a similar event happen here in

the Highlands, let the competition committee know, and we'll see if we can make it happen.

Social Committee

HPA Social Committee Events

- November (TBD) Potluck for all HPA members to celebrate the return of Snowbirds
- January (TBD) Annual event for New Members (2022 - 2023)
- February 18, 2024 - HPA Annual Meeting/Voting of new Officers
- April (TBD) annual Pizza party for members leaving for the summer
- July 4th celebration - Member breakfast potluck to celebrate the holiday



Margaritavillains in the spirit of the Halloween Season

Resident Profile

November's player profile is of Gary and Cindy Thalman.

Gary and Cindy have been Highlands residents for 6 Years, but have only been snowbirds for the past 3. Originally from Fort Collins, CO, they followed Cindy's parents to the Highlands. Before living here, Gary and Cindy had never heard of pickleball. The courts were new, and they decided to check into it. Cindy's parents were golfers who disapproved of pickleball because money was being spent outside of golf. So naturally, if the parents disapprove, the children are intrigued.

Some things are better left undiscovered, because both got hooked on the sport. They've played in Costa Rica, have had lessons from Kyle Yates, and are planning on a pickleball cruise to caribbean . Gary said his children saw their parents' addiction to the sport and considered an intervention, until they realized it kept them in one reliable place and out of trouble.

You'll look at the picture of Gary and Cindy and easily recognize them, since they are at the courts nearly all the time. Both are very accomplished players and first rate people. Look forward to hearing more from Gary, since he has agreed to contribute to the Prickly Pickle, focusing on rules of the game. I'm excited to read his future contributions.

Strategy and Tactics

By Gary Thalman

Rally scoring overview:

In rally scoring, a point is awarded after each rally. Points accumulate more quickly and match lengths are more predictable.

- Games are played to 21, win by 2
- Teams switch ends at 11
- A point is awarded to the winner of each rally
- If you serve and lose the rally the serve moves to the other team. If you serve and win the rally the serve moves to your partner
- The serve is made from the right side of the court when the score is even and the left side of the court when the score is odd
- Players don't switch sides of the court with their partners, except if they choose to during end changes and time-outs
- Game point must be won on the serve; once a team reaches 20, they no longer receive a point on a sideout. This is called a "freeze"

Rally scoring is used in the Major League Pickleball, and may find it's way into the Highlands once the new courts are available, and we have our own Highlands Major League Pickleball tournaments.

More information on MPL. <https://www.majorleaguepickleball.net/>

Safety Tip

- **Avoid Backpedaling** - Backpedaling is one of the most common causes of injury on the pickleball court. This is because backpedaling often results in pickleball players losing their balance and falling (likely falling backward and hurting their head). Avoid backpedaling! Instead, opt to drop step so that your chest is facing the direction that your feet are moving.

Marketplace

I'm not sure what to call this section of the newsletter, so right now I'm calling it the Marketplace. I see it as a free form section that doesn't fit anywhere else. For example, where people looking for other people to play with can post their request. There's none of that here yet, so pretty much anything that is sort of related to pickleball could fit here.

I will have to exercise editorial discretion, so keep it pickleball related. Send your submissions to newsletter@highlandspickleball.com.

Welcome Back Potluck Monday 11/13 4:00 pm.

It's a potluck, and it starts under the ramada at 4 on Monday, November 13. BYOB. See Non Mineral Electrolytes below.

Also, bring your own chairs.

Electrolyte Recipes

Proper hydration is important when playing pickleball. It's easy to get dehydrated, even during the winter when the temperatures feel moderate to cool.

Mineral Electrolyte

Electrolytes can be sugar based or mineral based. The best electrolytes are mineral based and expensive. If you're cheap like me and want a good, mineral based electrolyte that you can make yourself and save money, here's a recipe given to my wife by a local doctor.

1/2 cup sea salt. Can you use table salt? Sure. But sea salt, or Himalayan salt supposedly retains more trace minerals, so I'd stick with that. But you do you.

1 3/4 teaspoon of potassium chloride. You can get this in the spice aisle at the grocery store.

1/2 teaspoon magnesium taurate. That's about 3 capsules.

Mix.

Take about 1/2 teaspoon and mix with about 16-20 ounces of water. This is pretty salty, so add some lemon juice, monk fruit or your other favorite sweetener. It's kind of like a margarita without the alcohol, which is nice and it will help prevent dehydration.

Non Mineral Electrolyte (Bootleg Cocktail)

OK, maybe calling this an electrolyte is a bit much, but it's sugar based. Kind of. Drinking this will most definitely make you feel better.

1 can frozen limeade
1 can frozen lemonade
2 bunches mint
1/4 cup simple syrup
8 ounces vodka
Water
Club soda

Combine lemonade, limeade, vodka, simple syrup and chopped mint in a blender and puree. Fill the blender 3/4 with water.
Fill a tall glass with ice and pour a glass.
Sip. Maybe we had this at Margaritaville and maybe it was great. Thanks Amy Haugen.

Postcards From The Edge

First, from last month, the answers no one wanted to the questions no one asked.

Q. "What do you think about Hannibal's decision not to besiege Rome after the battle of Cannae"?

A. I'll let one of his generals, Maharbal, answer the question. "You know how to gain a victory, Hannibal, but you do not know how to make use of it."

Q. "Do you think Augustus could have become emperor without Marcus Agrippa?"

A. No.

Q. "How do you think the Antonine plague affected the Empire's long term viability"?

A. Not well. An estimated 10% of the empire's population died, and population levels apparently never recovered to pre pandemic levels. By comparison, per Johns Hopkins, Covid killed an estimated 1.1% of those infected in the US. Rome's ability to adapt to this and other repeated catastrophes might be one reason men think a lot about Rome.

OK, moving on. This month we're going to find out a bit more about some of our current HPA members. Origin stories are always intriguing - think Batman and Godzilla for example.

I asked several HPA members to write down how they came to play pickleball and got several responses. Every single person said their story was boring, a nothing burger, stuff like that.

I disagree. Nobody started playing pickleball after saving the world or as the result of a spiritual journey, but I found their stories pretty interesting. I'd like to make this an occasional but regular part of this newsletter. This article will run a bit long, but it's worth the read.

De Hamman

Approximately 28 years ago in Fall City, Washington we put a pickleball court on our blacktop to play for fun with our kids and neighbors. Scott, my husband played racquetball & squash with the then general manager of Pickle-Ball Inc. Doug Smith whose uncle was one of the founders of the game. Pickleball Central as he used to call it was run from a building under the Ballard Bridge in Seattle, it was then mostly marketed to schools, so we bought a starter kit from him, sank poles in 5 gallon buckets of concrete so that we could make the net portable and painted lines on the blacktop. We used fishing nets along 2 sides of our arbor to catch balls so they wouldn't end up in the woods. For me I really sank my teeth into playing Pickleball when we retired here at the Highlands 6 years ago...and have loved it ever since.

Dennis Dougherty

I was invited to play Pickleball by a 75 year old friend in Colorado who knew I played Racquetball. He told me it was a good time for us "old" guys so I thought I would drop in and enjoy a bit of really light exercise and show off my skills! Little did I know that I was going to get schooled by him and a 70 year old lady with a knee brace. So being a

slightly competitive person I came back the next day and got another lesson. So after a week I had almost figured out the scoring.

Then we moved to the Highlands right at two years ago and we were invited to take the beginners Pickleball class with coach Dave. What a great time we had and it really improved my game. Like most of the players who play, I found the more I played, the better I get.

I went back to Colorado a couple weeks ago and played with some folks who go around the country taking lessons and playing 5-6 hours a day and got further schooled. So to anyone that wants to improve their game, I'll just say keep playing. Remember that out of every game you'll get that one great shot, sometimes two or three great shots or returns and be able to say "Man I love this game!"

Marissa Buell

I first heard the word pickleball while visitingdrumroll..... the Highlands! But there were no Courts 1,2,3, or 4 back then, just a parking lot in their place.

Bill and I struck up a conversation with a Highlands resident who told us about the great community amenities. We could hardly wait to move here and fill our days with golf, tennis, hiking, biking, and more!

At the end of the conversation the resident said, "oh, and soon we'll have pickleball. Not having any idea what that word meant, we could only answer a brief "oh." Pickleball. With a goofy name like that, I imagined a parlor game for the silver haired set where everyone gets together and tosses a funny ball around while giggling about it. When we finally moved here, there were two shiny new pickleball courts waiting. We took lessons from Bob Hassett and bought a couple of the great paddles that he had sourced for the club.

As you know, pickleball is addictive almost right from the get-go. Soon my first thought every morning was "what time do I play pb today?"

Since then we've played in tournaments, traveled out of town to take pro clinics, been active in the pickleball club and promoted building more courts. An amazing circle of pb friends keeps expanding. Pickleball is still a goofy name for a sport, but that word has become music to my ears.

Lonnie Leifer

I met a guy volunteering in a coffee shop at a local church who encouraged us to move to the Highlands. He made it sound heavenly, so we did. It was Summer, and things were a bit slow around the compound. So my new friend invited me to a special gathering of friends to play Pickleball. A weird name for a sport, and even weirder, the explanation of how it was played ... combo of tennis, ping pong, and badminton. Needless to say, I was hooked and immediately bought a paddle, even though I had no idea what I was doing. I think it was the cool Pickleball terms that kept me in the game .. dink, drop, ernie, nelson, kitchen, and poach. And the funny Pickleball names for each other. It was like being back on the neighborhood sandlot. A secret society. And forget about keeping track of the score! Of course, the main reason I still play Pickleball is the friends I've made and the fun I'm having. Oh, and they created a Margaritaville ... who wouldn't want to be a part of that!

Shots from the Sidelines



Relax, she won't bite



That look!



One of our own, Laurie Grossman after shoulder surgery, Since she couldn't come to the players, they came to her!



Another power drive from Amy! Tom's the unfortunate recipient!