



Brandon Pickleball Arborg Pickleball Club

Early in the season, the club was out on the courts for a May 24th, Learn to Play session, which was a joint venture with the City of Brandon. Sixteen people new to pickleball participated in the "Fresh Air Fitness" event.

City of Brandon also requested that the club host a **Learn to Play** event, in conjunction with the **Garden Day Celebration** on June 18th. This event garnered the participation of 12 additional new-to-pickleball folks. There is no end in sight for this club, as they have a summer commitment in mid-August, with the **Youth Activity Centre** asking them to host a one-day kid's camp (ages 9-15 yrs). The final request, on the books (... probably more that are on the way) is from the **Healthy Living Centre**, asking for the club to host a camp at their facility from Aug 29-31.

The group will continue to be active on a daily basis, at their wonderful 6 court outdoor venue, at Stanley Park, located on Lorne Ave, between 14th & 15th St. If you make the trip, stop by and compete, or watch and learn, they will welcome you and have you converted as a PBC member in no time!

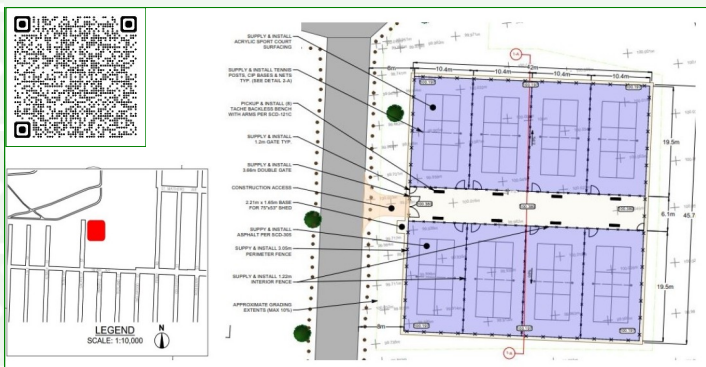
Playing with the Brandon Pickleball Club, as well as when playing in winter, at the Healthy Living Centre (HLC), you need to be a club member. As a club & venue, HLC recognizes the benefits of the insurance provided through Pickleball Canada.

Winnipeg West Pickleball Club

Kudos to our only affiliated club in Winnipeg - for their tireless efforts working with **City Councilor Scott Gillingham** on designated pickleball courts. The flooding/rain caused delays for the contractor, but the stakes are in and they've broken ground on a highly anticipated eight-court venue - **St. James Memorial Sports Park Pickleball Hub**.

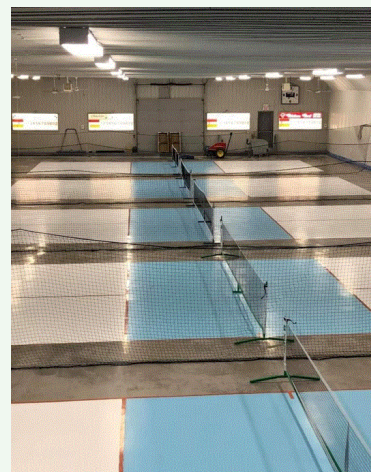
Estimated completion—Sept 2022.

WWPC president **Kevin Harrison** says "It will be a wonderful facility for the west side of Winnipeg. The new facility will give WWPC a better court to play on." Scan QR Code below or visit Pickleball Manitoba Facebook page for a better view of map!



Save the date! October 14-16, 2022 Arborg Pickleball Club will be hosting its annual **Pickle Spiel** tournament in Arborg Curling rink again. Now that we have our first annual event under our belts, we are already putting together the recipe for another memorable event.

If you attended last year, you'll know the facility was great, there was great food and great times! This year you can expect homemade soups, chili, sandwiches, and some great door prizes.



Of course, the bar will be open!

Our club loved hosting pickleball athletes and volunteers had such a great time. They can't wait to see both new and familiar faces returning this year!



To ensure you don't miss out, follow the Arborg group on FB !!

See you in Arborg!

PICKLEBALL RULE INTERPRETATION

YOU MAKE THE CALL BY REF. PAUL

It is that time of year where we are now playing a lot of outdoor pickleball. This means that we also have the elements to contend with; sun, wind, and debris on the court. We will be seeing a lot more balls bouncing into a receiving player's court with enough backspin or wind aid to cause it to return to the other side of the net.

Case Scenario

Team A hits the ball over the net with enough backspin or wind aid that the ball returns back onto Team A's side of the net. Hitting the base, horizontal bar, or getting caught between the net and the horizontal bar without team B hitting the ball. Fault or Hinder.

YOU MAKE THE CALL (See page 2 for answer)



****FEATURE ARTICLE****

Pickleball - More than a game, it’s “serious leisure”

I’m guessing many of you have been asked more than once what it is about pickleball that you find so attractive. Why *do* people play pickleball, and seem to enjoy it so much? According to Brené Brown, the famous academic and podcast host known for her research on shame, vulnerability and leadership, “it’s about connection, joy and play - and the importance of play in a world where exhaustion and workaholicism are status symbols. To use my own term, it’s a wholehearted sport.” (<https://www.nytimes.com/2022/02/18/style/pickleball-sports.html>)

Research suggests the top two reasons that people play are for fitness and socialization.¹ However, people demonstrate different levels of psychological connection to the sport, and those who exhibit more attachment and commitment to pickleball are also motivated by opportunities for skill mastery and competition.^{1,2} Leisure (free-time, non-work) activities are categorized by sociologists and psychologists as “casual” (immediate, often passive entertainment) or “serious”. Serious leisure involves the occasional need to persevere (e.g., overcome fatigue, embarrassment, injury), investing significant personal effort, developing a social world, and identifying strongly with the activity and its associated subculture.³ Individuals who engage in serious leisure often structure their lives around the activity and it takes priority over other things. Some people take on volunteering or marathon running as serious leisure pursuits. Now pickleball has been added to the list.³

Engaging in serious leisure activities is associated with increased subjective well-being for many people,^{3,4} a key indicator of health and quality of life. People tend to find activities to be meaningful if they can develop skills, improve competence, find enjoyment in the activity, socialize, and improve their health.⁵ Serious leisure can also lead to feelings of personal enrichment, positive self-expression, and enhanced self-image. And of course, participation in leisure that involves physical activity improves cognitive and physical functioning, and reduces health risks. Pickleball players’ personalities generally lean towards higher levels of agreeableness (generosity, helpfulness, willingness to compromise) and conscientiousness (ability to sustain concentration, avoid impulsive behaviour, and seek better results), and lower levels of neuroticism (anxiety, fear, anger, sadness, dissatisfaction).⁴ These characteristics also tend to be associated with well-being. Studies are not conclusive about whether people with these qualities are drawn to pickleball, or whether pickleball facilitates their development;⁴ it likely varies between people and involves a combination of factors.

The take-home message is that there is a positive relationship between playing pickleball and experiencing general well-being through self-actualization and fulfillment.^{3,4} Engaging in the

sport allows people to “conquer adversity, pursue a long-term endeavor, acquire the skills and training necessary to perform well, share practices and attitudes, and identify with their chosen pursuit.”⁴ So many reasons to keep playing... See you on the courts!

Sandra Webber, PhD

Sandra is a physiotherapist who teaches and does research in the College of Rehabilitation Sciences (Rady Faculty of Health Sciences) at the University of Manitoba. She loves her job, except for the fact that it gets in the way of playing more pickleball.

1. Casper JM, Jeon JH. Psychological connection to pickleball: Assessing motives and participation in older adults. *J Aging Phys Act.* 2019;27(2):28-33.
2. Buzzelli AA, Draper JA. Examining the motivation and perceived benefits of pickleball participation in older adults. *J Aging Phys Act.* 2020;28(2):180-186.
3. Heo J, Ryu J, Yang H, et al. Importance of playing pickleball for older adults' subjective well-being: A serious leisure perspective. *J Posit Psychol.* 2018;13(1):67-77.
4. Ryu J, Heo J, Lee S. Pickleball, personality, and eudaimonic well-being in middle-aged and older adults. *J Aging Phys Act.* 2022:1-8.
5. Heo J, Culp B, Yamada N, et al. Promoting successful aging through competitive sports participation: insights from older adults. *Qual Health Res.* 2013;23(1):105-113.

***DID YOU MAKE THE CALL?**

ANSWER: In this case scenario a replay shall occur since the receiving team is unable to complete the shot because of the ball hitting the horizontal bar, base or getting caught between the net and the horizontal bar.

3.A.15 - Hinder- any transient element or occurrence not caused by a player that adversely impacts a player's ability to make a play on the ball.

Rules of the month

11.L.5.b. - Except on the serve, if the ball goes over the net and hits the centre base or any part of the horizontal bar or, the ball gets caught between the net and the horizontal bar a replay will be called. Also, other than on the serve, if the ball goes over the net and bounces on the court and then performs any of the three above listed actions a replay shall occur.

11.L.1 - If the ball bounces into a receiving player's court with enough backspin or wind aid to cause it to return to the other side of the net the receiving player may cross the plane of the net (over, under or around the net post) to hit the ball.



Manitoba 55+ Summer Games

195 teams registered to compete at Selkirk and the resulting rankings were as follows: (Those heading to Kamloops to compete in the Canada 55+ summer games...are in **BOLD**.) GOOD LUCK to all

WOMEN

Women 55+ / 3.0

Gold: **Heather Campbell & Christina McDonald**

Silver: **Connie Johannson & Susan Gigliotti**

Bronze: Lisa Vasconcelos & Marilyn Hardy

Women 55+ / 3.5

Gold: Lisa Warkentine & Laurie Siemens
Silver: **Karen Schellenberg & Shelly Waddell**

Bronze: Gloria Kropla & Denise Lemoine

Women 60+ / 3.0

Gold: Sue Armstrong & Beth Curtis
Silver: **Carlotta St. Godard & Karen Steel**

Bronze: **Katrina Hotel & Kathy Fierce - Fortier**

Women 60+ / 3.5

Gold: **Brenda Granger & Beth Last**
Silver: Susan Nemeč & Lori Gullivan
Bronze Susan Thurmeier & Lori Skinner

Women 60+ / 4.0

Gold: **Lisa Bergson & Patti St. Goddard**

Women 65+ / 3.0

Gold: Clara Prokopchuk & Carol Bush
Silver: Bonnie Arbez & Wendy Miller
Bronze: Judith Lamb & Yvonne Oxer

Women 65+ / 3.5

Gold: **Jan McNarry & Helen Nantais**
Silver: Linda Marshall & Jo Ann Whalen
Bronze: Mary Kellner - Sommers & Pat Chawla

Women 65+ / 4.0

Gold: **Mary Beth Shields & Judi Reid**

Women 70+ / 3.0

Gold: Jan Weedon & Mary Chalmers

Women 70+ / 3.5

Gold: **Lynda Bennett & Viola Labun**
Silver: Terry Wiebe & Janet Squarie
Bronze: Ann Sisler & Carol Gabrielle

Women 75+ / 3.5

Gold: Nina Constable & Dianne Dunsford

MIXED

Mixed 55+ / 3.0

Gold: Peter Hildebrand & **Martha Bergen**

Silver: Lisa Vasconcelos & David Vasconcelos

Bronze: Randy Fender & Lynelle Fender

Mixed 55+ / 3.5

Gold: **Maureen Bonar & Claude Pellerin**

Silver: **Brad Chase & Robin Chase**

Bronze: Ted Fardoe & Suzanne Davidson

Mixed 55+ / 4.0

Gold: **Neal Hastings & Michelle Hastings**

Silver: **Paul Aquin & Lisa Walsh**

Bronze: Gary Warkentine & Lisa Warkentine

Mixed 60+ / 3.0

Gold: Sue Armstrong & Al Armstrong

Silver: Beth Curtis & Frank Hyndman

Bronze: **Claude Fortier & Cathy Fierce - Fortier**

Mixed 60+ / 3.5

Gold: Mary Beth Shields & Joel Hogue

Silver: Louise Vermette & Gerald Cyr

Bronze: Eleanore Schlamb & Ron Chekosky

Mixed 60+ / 4.0

Gold: Lionel Piche & Lisa Bergson

Silver: Thomas McMahon & Patti St. Goddard

Mixed 65+ / 3.0

Gold: Denny Quigley & Betty Lodewyck

Silver: **Vicki Hallock & Gregory Chan**

Bronze: Jacob Neufeld & Cathy Lovegrove

Mixed 65+ / 3.5

Gold: Isobel Kemp & Laurie Guderyan

Silver: Archie Chawla & Pat Chawla

Bronze: Leo Boiteau & Del Briscuso

Mixed 65+ / 4.0

Gold: Dave Henry & Judi Reid

Mixed 70+ / 3.0

Gold: Len Victor & Cherlyn Cain

Mixed 70+ / 3.5

Gold: Hannu Maki & Terry Wiebe

Silver: Bob Schlamp & Janet Squarie

Mixed 70+ 4.0

Gold: Pat Bothe & Chris Bothe

Silver: Tom Richmond & Lynda Marshall

Mixed 75+ / 3.5

Gold: Nina Constable & Jim Vincent

Silver: Carol Gabrielle & Terry Gabrielle

Bronze: Marilyn Redekop & Ron Munro

MEN

Men 55+ / 3.0

Gold: **Ron Rogowsky & David King**

Silver: Ken Fulmore & Ken Wai

Men 55+ / 3.5

Gold: Dave Holder & Jim Howarth

Silver: Brad Chase & **Greg Blanchard**

Bronze: Gerald Cyr & Arnie Bazin

Men 55+ / 4.0

Gold: **Lyle Brennan & Matt de la Lande**

Silver: **Daniel Yeo & Darren Sinclair**

Bronze: Lionel Piche & Brian Rychlicki

Men 60+ / 3.0

Gold: **Ron Tough & Paul Phangureh**

Silver: Harold Isfeld & Dave Kein

Bronze: Denny Quigley & Alan Armstrong-

Men 60+ / 3.5

Gold: Tom McMahon & Joel Hogue

Silver: Brian Kletke & Brad Dubuc

Bronze: David Stachowich & Rob Fiola

Men 60+ / 4.0

Gold: **Paul Aquin & Randy Mandelik**

Silver: **Claude Pellerin & Wayne Skibo**

Bronze: Alex Parobec & **Darren Maginel**

Men 65+ / 4.0

Gold: Dave Henry & Dave Goertzen

Men 65+ / 3.0

Gold: Larry Kooistra & Timothy Jersak

Silver: **Dan Hotel & Claude Fortier**

Bronze: Richard Spack & Gregory Chan

Men 65+ / 3.5

Gold: **Ted Fardoe & Don Flatt**

Silver: Roger Manaire & John Hiebert

Bronze: Laurie Guderyan & Ian Matson

Men 70+ / 3.0

Gold: Len Victor & Peter Hildebrand

Silver: Dennis Bowles & Elmer Friesen

Bronze: John Wassenaar & Edwin Reichert

Men 70+ / 3.5

Gold: Greg Prokopchuk & Blair Heaps

Silver: Andy Neale & Bob Schlamp

Bronze: **Jim Nein & Ron Chekosky**

Men 70+ / 4.0

Gold: Archie Chawla & Elgin Zelinski

Silver: Tom Richmond & Chris Bothe

Men 75+ / 3.0

Gold: Terry Ladyman & Marcel Mollot

Silver: Charles Stevens & Ron Dunsford

Men 75+ / 3.5

Gold: Jim Vincent & Don Brennan

Silver: Dave Ezzard & Ron Munro

Bronze: Hannu Maki & Bruce Rand



Disclaimer: Please contact us 1pickleballmb@gmail.com to report any errors or omissions. We apologize for any inconvenience and we commit to posting timely corrections that are brought to our attention, on our FB page. Like & Follow us, to ensure you get those notifications.

The Portage Pickleball club grew organically within the last six years from a few people to a Pre-Covid 19 membership of 80 members. Participation dropped off during the pandemic but our club has now rebound to 59 members for the 2021-2022 season. Members hail from the neighboring communities of Oakville, rural Portage RM, MacGregor as well as the City of Portage la Prairie. We play 4 to 5 times per week both indoors and outdoors depending on the season.

The club executive decided to join Pickleball Manitoba/Canada in 2021, and set up our website shortly after on the national platform. We are excited to be part of the movement towards greater national and provincial organization of our sport.

On a local level our club has fundraised approximately \$83,000.00 towards the refurbishment of two tennis courts to six permanent outdoor pickleball courts on Island Park in Portage la Prairie. Plans are in place for barrier fencing between courts as well as the addition of wind screens and lighting if funds allow. This fundraising effort has been through the very generous contributions of club members, Portage and area businesses as well as the Portage Community Foundation and the MB provincial Building Sustainable Communities Grant.

These courts will be open to the public, so anyone may use them once they are finished and the club along with a local sports store will be providing paddles and balls to be signed out at Stride Place so anyone may try the sport. We hope to be playing there by mid to late July and plans are already in the works, to host an outdoor tournament!

Recently our club received a ParticipAction grant which has been utilized to bring new people to the game. We have hosted a series of clinics in June, partnering with the Portage Local Immigration Partnership to introduce newcomers to Canada to Pickleball as well as a Big Brothers, Big Sisters Youth night and an Open Learn to play clinic. It has been a delight to see our club members show up and engage with others to convey their love for this great game!



We also held skills clinics in April 2022 with Rose Sawatsky which was well attended, and really helped our members know more about the game. Feedback was very positive for this event and we will plan another for certain next year.

Portage Club competitive players have had some success at local tournaments in the past year with medals at the two tournaments in Brandon, Gimli and the 55+ games in Selkirk.

Portage Regional Recreation Authority has been named host for the next 55+ Games in Manitoba, scheduled for June 20-22, 2023. Of course, that means we will have the chance to showcase our community and our new pickleball venue. Mark your calendars and reach out to the Regional Authority, if you'll be available to volunteer.



Scan QR code and save the link – for updates to the 2023 Games.

This summer, however, you are welcome to drop by Island Park and play with us! Please contact us at portage.pickleball.club@gmail.com

We would love to see you!

Congratulations!!

Despite the pandemic interrupting most everything... three of our PMI members continued training and have now completed another level in their referee training. They are now accredited as Level 2 Referees. Please join us in congratulating:

- Paul Aquin
- Lisa Bergson
- Judi Reid

Please consider reaching out to these newly accredited members, when you have refereeing needs, so they can obtain their refereeing experience/hours needed to continue their accreditation journey.

I recently borrowed equipment from Pickleball Manitoba for my physical education classes and my students loved it! We got a class set of rackets, nets and balls to use. My students practiced some of the skills related to pickleball: forehand, backhand, volleying and serving. The first day was a little rocky but we stuck with it and within a couple of days they knew the rules and were playing games and had competitive rallies. Pickleball was enjoyed by all my grade 6-8 students. Most students found quick success with it and developed their confidence as the week went on. Thanks Pickleball Manitoba for the awesome experience! Thank You, Jamie O