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May Nissen Nets are Set Up

The long awaited, heavy duty nets are now setup at May Nissen Park in Livermore. This opens up 4 more courts for play at any time, without having to bring your own net to this fairly new facility.

Please do not attempt to move these nets as they are heavy, we don't want anyone getting hurt, and we don't want to damage the courts. If they need adjusting in the future, please let us (the board) know.

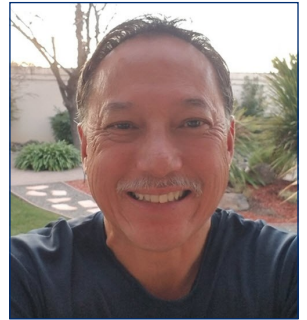
New Platinum (Lifetime) Member

We are excited to have Pia Holiday become our fifth Platinum / Lifetime member of the Tri-Valley Pickle Ball Club! Pia has been very active in many of our events last year and we look to forward to many more this year and beyond. We are so grateful for this high level of support and for her continued involvement. Other Platinum Members include: Kyle Cairel, Fred Quarterman, Becky Ann Hughes and Dan Crask.

President's Message

Hello Members,

We're into the second month of 2023 already and aren't you tired of the rain and cold weather? We need the rain but when it interferes with our ability to hit the courts, not so much. Thanks to Dave Van Lue for his squeegee prowess and everyone who sops up the water with the spare bath towels at the Downs. We are ramping up for the 2023 pickleball year and we are very excited. We have a lot of club events planned such as: Friday Night and Pickle & Pastries Socials, Intro and Skills / Drills Clinics, Inter-club play, 2nd Annual Club Doubles Championship, 2nd Annual Harvest Crush Tournament, and our 2nd Annual Holiday Party. We want you to participate so please refer to the club website often as we update the list of events.



Last year at this time, we started the club with approximately 90 members our first weekend. I'm proud to report that as of February 27, 2023, club membership now totals 324 and counting. I'm also happy to report that last year, there was only one facility available to the membership with outdoor dedicated courts in the Tri-Valley. Fast forward to today and we now have a fifth court at the Downs (Livermore) for a temporary net, six new courts at Muirwood Park (Pleasanton) and four new nets at May Nissen (Livermore).

Your Board of Directors, Robert Beanland, Paula Orrell, Lori Dorsey, Larry Bird and I, work behind the scenes to provide you with the best possible social events, places to play, competitive events and skills development. We are truly grateful that you have joined us and play the fastest growing sport in the USA.

Till next time, play on, have fun and be nice to each other.

— Kirby Wong

Pickle & Pastries Social Event (Feb 11th)



New TVPC Members

Gold Level Members:

- ◇ Sheri Baldwin
- ◇ Stephen Sohn

Silver Level Members:

- ◇ Kari Candler
- ◇ Mitch Candler
- ◇ Terri DeLima
- ◇ Trisa Kent
- ◇ Mary Ledezma
- ◇ Dora Meier Lee
- ◇ Francois Marcoux
- ◇ Ellen PiamonteCleto
- ◇ F. Marci Rochester

New TVPC Members

Bronze Level Members:

◇ Jeannette Albiez	◇ Beth Harnish	
◇ Rowena Alegre	◇ Eric Harnish	
◇ Rick Allvey	◇ Connie Hockman	◇ Jim Pierson
◇ Moustafa Aly	◇ Chad Holsen	◇ Patty Powers
◇ Kathy Anderson	◇ Greg Irwin	◇ Andrew Reyna
◇ Rabi Bala	◇ Joy Iwata	◇ Jim Rosewater
◇ Mike Baldwin	◇ Lisa Jackson	◇ Linda Rosewater
◇ Jessica Beebe	◇ Mary-Kaye Jansen	◇ Pam Santos
◇ Nancy Blom	◇ Rita Klein	◇ Kristen Schumacher
◇ Barbara Brooks	◇ Pauline Kobata	◇ Scott Seaton
◇ Rita Brown	◇ Wallace Lamb	◇ Justen Seymour
◇ Kathy Callahan	◇ Tina Lanfri	◇ Harshi Shah
◇ Karen Callahan	◇ Matthew LaRocca	◇ Shelli Shaw
◇ Maria Chamberlain	◇ Kari Larsen	◇ Jonathan Sloan
◇ Emily Cheng	◇ Julie Lauer	◇ Ali Smith
◇ Clifford Chin	◇ Alyssa Leapley	◇ Deborah Stevens
◇ Nadine Chiu	◇ Kristin Leary	◇ Matt Stine
◇ Michelle Czeszynski	◇ Ivan Lee	◇ Ricardo Tiongson
◇ Cheryl Davidson	◇ Tawny Lees	◇ Erik Tolido
◇ Phil Davis	◇ Cameron Lorentz	◇ Dan Tomczak
◇ Ava De Guzman	◇ Jill Lorentz	◇ Karen Tomczak
◇ Bryan Deaver	◇ Vickie Lyell	◇ Lynne Tomczak
◇ Michelle Decker	◇ Natalie Mangan	◇ Tara Tramayne
◇ Sue DeVera	◇ Diane McAdaragh	◇ Terence Tsai
◇ Theresa DeWalls	◇ Lori McFaull	◇ Scott Tsugita
◇ Denni Duggan	◇ Saloni Methi	◇ Alicia Utley
◇ Cathy Edwards	◇ Shailendra Methi	◇ Jonathan Vu
◇ Ira Ehrlich	◇ Karen Meyer	◇ David Weiss
◇ Mark Elgood	◇ Brenda Miller	◇ Cristina Williams
◇ Stephanie England	◇ John Mogyorodi	◇ Lisa Wilson
◇ Susan Gillaspy	◇ Suri Nellogi	◇ Andrew Yan
◇ Crystal Gu	◇ Linda Oba	◇ Christine Yory
◇ Amit Guliani	◇ Kathryn Olson	◇ Charles Yory
◇ Khou Ha	◇ Cliff Ong	
◇ Chris Hagmann	◇ Julie Parkinson	
◇ Blake Haley	◇ Michele Perry	



Picking a 1st, 2nd or 3rd Paddle (Written by Rich Hume)

I'm not proud, but I will admit to being a member of the "Paddle of the Month Club" for awhile, so I've got a bit of something to pass along. Let me assume that you've played a bit and have decided that pickleball is going to be your sport for a while and you want the next paddle. Hopefully you want the paddle that will improve your game and make you a star. Sadly, like all sports, they don't make that paddle yet, but maybe next year.

There are characteristics that define each paddle and are important to a player:

- Weight
- Handle Size
- Control Production
- Price
- Sweet Spot Size
- Spin Production
- Face Construction
- Warranty
- Shape
- Power Production
- Body Construction
- Durability

I've listed 12 items here. We don't have room for a detailed discussion of each. But let me try and weight these and find the important ones for the semi-novice player.

Weight: Most paddles are around 8 oz plus or minus an ounce. I've played with 7.5 to about 9.5 and it took no time to adjust. I would ignore this and concentrate on other parameters.

Sweet Spot Size: I've found the sweet spot on most of the paddles to be too small. We rec players don't hit the ball very well, so a lot of miss hits are going to be misses, particularly dinks and touch shots. I rate this as very important. If you are between paddle choices, go with the bigger sweet spot. Note that you can alter the sweet spot by adding lead tape to your paddle. More weight to the sides will make it sweeter.

Shape: Early in the game I decided that an elongated paddle was best. There is no substitution for additional reach on the court. Ok, there a substitution, it's called "moving your feet," but if you are not good at that, then an elongated paddle is the way to go. A longer paddle will usually have a higher swing weight and be more resistant to fast hand play.

Handles: If you have or are going to develop a two handed backhand, you'll look for a handle over five inches in length. Most of the handles are about five inches, but there are some that are fractionally longer.

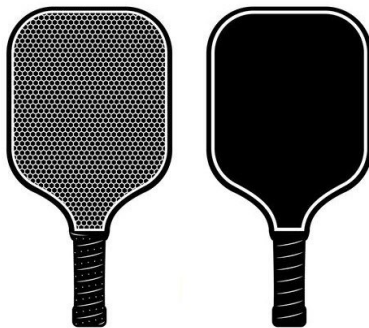


Spin, Power, Control: Kind of the big three, but I've not seen a lot of difference in paddles. I've bought control paddles and am currently playing with one of most powerful paddles and I can't see a huge difference. My two cents is that as a rec player, having more control is more important than power, but it's pretty subtle. Also the control paddles tend to feel softer and are less harsh feeling, which I like. I come from table tennis and I like to spin the ball for control, so I gravitate to a control paddle that provides above average spin. Note that spin production is about technique more than paddle face.

Face Construction: There are a lot of carbon fiber faced paddles out there. It seems to be a pretty good surface for spin and some of the newer ones seem to be wearing well. Rumor has it that there are three factories making all of these paddles for all of the companies and there is a lot of rebranding going on. Other faces are fiberglass (rare, old school) and painted. I think this parameter is not very important.

Body Construction: There are three: The carbon tubes, the poly core, and the illegal for tournament, EVA foam. The carbon tube construction is pretty much unbreakable, the poly cores are used in almost all other paddles. I don't worry about this too much, but if you want to keep the paddle for a number of years, the carbon tube stuff is probably not going to break.

Price, Warranty, Life Span: Costs are about \$100 to \$330 right now. You can get a very nice, spinney, carbon fiber faced paddle for about \$150. Take a look at the Legacy Pro, a recent arrival. Warranties are usually six months -- there are exceptions. Paddles can be damaged with paddle to paddle contact. Edges gets scrapped, the poly cores can wear out. Certainly faces will lose their grit over time and get scratched. Paddles are not multi-year investments in my opinion. If you got a year out of a paddle that amounts to less than \$15 a month or so, still making this a pretty cheap sport.



Where to Buy them and more information: There are paddle reviewers on YouTube. A lot of the online companies will let you try and return paddles. Occasionally they will have returns for sale, so you can save a couple of bucks, or find a backup paddle if you've found one you like. I've dealt with about four different sources for paddles and have been treated well by all of them. Frequently there are discount codes available. There are also local reps for the paddle companies who will let you demo paddles, so ask around.

Finally, **Lead Tape:** I think there is a blog post about this, but you can make a paddle more comfortable to your style by weighting it. Lead tape is found at golf shops and instructions are on YouTube. This can really make a difference. If you are fighting your paddle a bit, try some tape.

— Rich Hume enjoys thinking about playing great pickleball

Club Championship Results (November 2022)

Women's Doubles

- 2.5 (18-54) G: T Dorsey & B Pastrnak S: A Smith & D Smith
2.5 (55+) G: M Lee & D Lenz S: PJ Bayless & K Tereo
3.0 (55+) G: D Rosengarth & C Holsen S: K Threats & D Costa B: T Rohm & D Wood
3.5 (18-54) G: S Watts & S Reid
3.5 (55+) G: L Dorsey & M Keller S: W Kramm & B Bernhoft
4.0 (18-54) G: A Cowan & M McKay

Mixed Doubles

- 2.5 (18-54) G: T Dorsey & D Schwantes
2.5 (55+) G: J Lubeck & J Lubeck S: PJ Bayless & R Bayless
3.0 (18-54) G: K O'Loughlin & E Sher S: B Bernhoft & E Vega B: D Smith & A Kalra
3.0 (55+) G: D Rosengarth & P Kline S: K Tereo & L Bird B: R Scher & M Rom
3.5 (18-54) G: S Almeida & P Khurana S: L Dorsey & P Hendrickson B: M Keller & B Ortiz
3.5 (55+) G: W Kramm & R Munoz
4.0 (18-54) G: M McElfresh & J McKay S: D Schord & M Wilson B: S Gergeo & M Aubel
4.0 (55+) G: A Cowan & R Ruhlen

Men's Doubles

- 3.0 (18-54) G: A Kalra & K Cairel S: A Reyna & A Yan
3.0 (55+) G: D Van Lue & D Rosario S: M Cooke & D Schwantes
3.5 (18-54) G: P Khurana & R Singh S: R Lee & J McKay B: S Methi & A Andreatta
3.5 (55+) G: L Bird & P Hendrickson
4.0 (18-54) G: J Dang & M Wilson S: V Petrilli & R Erfanian
4.0 (55+) G: Todd Walberg & Rich Ruhlen

Your Board Members:

President: Kirby Wong VP: Robert Beanland Treasurer: Paula Orrell
Secretary: Lori Dorsey Merch & PR: Larry Bird info@trivalleypickleballclub.com

Member Profile: Dave Hickman

Member Profile: This will be a regular feature in our Newsletter, so that we can all get to know some of the members in a more personal way.

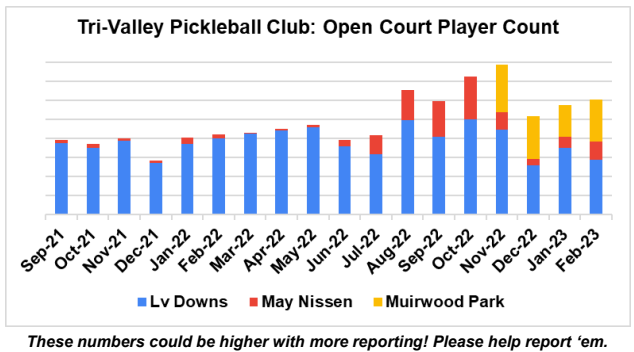
Many of you may recognize Dave's name, as he is the person who has been recording the number of players at Livermore Downs, May Nissen and Muirwood courts since Sept. 2022. Dave's work is vital to our club's success, as without accurate player counts, most municipalities won't expand or improve their pickleball facilities. This work allows us to justify requests from the local parks and recreation departments and also helps us to maintain our position as a trusted advisor and authority about the continued growth of the game in the Bay Area. The board is extremely grateful to Dave for taking on this important task for us, and in the long term, for all members of the club. When you see him on the courts, please thank him for his efforts.

Dave was born in Bakersfield, CA, but has lived practically everywhere else in the U.S. at some time. He is a retired Physicist, with a Bachelor's degree in Zoology, Masters in Radiology & Radiobiology and a PhD in Environmental Medicine. This broad education helps one to understand his experimental approach to Pickleball.

Dave was introduced to the game by Rich Hume, (member and author of the "Pickleball Thoughts" blog) about 5 years ago. He tries to play everyday, but says that life sometimes gets in the way. What he loves about pickleball is the ability to talk to, and have playful banter with, both partners and opponents. Tournaments are a bit too serious for him, as he likes to learn about other players and make meaningful relationships through the game.

Dave values his membership with TVPC because it provides a great opportunity for both socialization and skill development. Club socials have allowed him to bond with other players outside of an actual game, and he appreciates the work that the club has done to expand the game and likes being part of that process.

Outside of pickleball, Dave likes to take long walks (2-5 miles) and enjoys talking with neighbors and new people he meets. He recently acquired a new dog, who accompanies him on his walks and they both hope to run into TVPC members outside of the courts, so keep your eyes out for him!



Upcoming Events

Social Events (Members Only - [Register](#))

- Friday Evening Potluck Socials: Apr 28, Jun 30, Jul 28, Aug 25, Sep 29
- **2nd Annual Holiday Party:** Save the Date – Dec 6th, 2023

Player Development

Introduction to Pickleball: Mar 11, May 6 ([Register](#))

- Limit of 24 people per session, held at May Nissen Park, 9 - 11 AM
- Tell any friends, family or co-workers who are interested in learning the basics
- Open to Members and Non-Members - \$15 for Non-Members
- Held at May Nissen Park from 9:AM - 11:AM

Pickleball 101: Register through LARPD ([Register](#) - Click on Adult Pickleball)

- Feb 25, Mar 18, Apr 15, May 13, Jun 24, Jul 22, Aug 19, Sep 30
- Introduction to Pickleball through LARPD, held at May Nissen Park, 9:AM - 11:AM
- Same instruction and information as 'Introduction to Pickleball'

Skills and Drills: Members Only ([Register](#))

- Saturday March 4th and June 3rd
- Time: 8:30 AM -10:30 at May Nissen Park in Livermore
- Hone and improve your skills while learning new and fun ways to do it

Tournaments

Spring Tournament (Members Only): Save the Date – May 20 & 21

2nd Annual Harvest Crush: Save the Date – Sept 16 & 17

2nd Annual TVPC Doubles Championships: Save the Date – Oct 28 & 29