



News BLAST

Port Townsend Pickleball Club

Sequim Mixer Tournament Update

Thanks to everyone who is participating in the mixer tournament with Sequim on Saturday, August 19th. Everyone is invited to trek to the courts at Carrie Blake Park in Sequim to support the PTPC team! We hope this will be an annual event with a perpetual trophy, going to the winning team each year. Take a picnic lunch, chairs, water, and whatever else might make you comfortable as you watch the matches. Each of the Port Townsend teams will play each of the Sequim teams. If you want to add your name as a substitute in case someone gets ill or injured, please contact Jeannie Ramsey through the club website. Our team will be led by team captain Craig Walls and our team members are:

- Craig Walls and Steve Stratton
- Erica and Brandon Mack
- Don and Diane Bryson
- Steve Smolinski and Libbey Lincoln
- Roxy Suzuki and Hope Borsato
- Kim Wilding and Dale Fountain
- Jim and Jane Dow
- Mike Everitt and Jenny Rieger
- Dave Sterritt and Mark Laviolette
- Annette Joyce and Carol Gartlan

PTPC Advanced Mixed Doubles Tournament

Twelve teams of advanced players will be playing for medals on Saturday, August 26 beginning at 8 am at the Mountain View courts. The teams will be divided into two groups for round robin play, followed by the top two teams

from each group competing for gold, silver and bronze medals. This is a great opportunity to see some good play and socialize with other community members. The teams competing are:

- Craig Walls and Susan Green
- Weston Pratt and Heidi Lappetito
- Don and Diane Bryson
- Mary Critchlow and Keith Hitchcock
- John (Gilly) Gilmore and Jeannie Ramsey
- Steve Stratton and Libbey Lincoln
- Wayne Levine and Sherri Hanke
- Josh Sage and Ann McClure
- Erica and Brandon Mack
- Rick Kelley and Hope Borsato
- Sharlene Shiroma and Steve Smolinski
- Libby and Robert Hartman

Thank you from the PTPC Board (and lots of members too!)

The PTPC board would like to acknowledge the contributions to the Port Townsend pickleball community by four of our club members. If you have played in Port Townsend for any length of time, you will know how many many activities Jeannie Ramsey helps coordinate. In addition to Jeannie, Stan Jonasson has consistently helped us all by coordinating the Social Saturday play at the high school. New this year, the board would like to thank Patricia Dombrowski and Jennie Hoskins for coordinating Monday and Wednesday round robin play, also at the high school. Thank you all for helping to build our club and community and hosting such fun events.

Pickleball and your health

There seems to be no end to news articles about pickleball these days! Some of the articles are not-so-glowing (mostly those about the paddle noise and play-related injuries), but most of the articles are about the positive physical and mental health effects of the game. The following web articles came across the

board of director's emails. We found them interesting and thought we would share them with you.

- [Pickleball for Longevity](#) (from Inside Hook)
- [Physical and mental benefits](#) (from Psychology Today)
- [How to play safely](#) (from WebMD)
- [10 Health Benefits of Pickleball](#) (from Space Coast Daily)



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