



Berkshire Mountain Pickleball Mission Statement

BMP provides an inclusive, welcoming environment for Berkshire residents and visitors to actively participate in the sport of Pickleball that is easy to learn, fun to play, socially oriented, and promotes wellness and vitality among adult players of all ages and backgrounds.



Winter (it's coming?) Play

As we wind down outdoor play, remember to keep a close eye on Sign Up Genius for OPEN PLAY indoors at the Boys and Girls Club. We do not play when there is no school. We also occasionally are subject to maintenance requirements of the club. Play is from 9AM to 12 Noon. It's \$5 for the 3 hours. All proceeds go directly to the Boys and Girls Club.

Thank you to the City of Pittsfield

We sent a thank you to Mayor Marchetti and the City Council for the wonderful new courts that they built for the community. What a great use of funds. We all appreciate the positive energy and well-being that comes from playing Pickleball (more on that later), and we wanted to let them know we appreciate their support.



BMP Code of Conduct

We had some difficult conversations this past season. We decided it would be helpful to create a code of conduct for our members so that we are all on the same page. We also posted this on our website:
<https://www.berkshiremountainpickleball.com/news>

*The BMP Steering Committee has adopted the following Code of Conduct. All participants are encouraged to be familiar with this code and comply with its parameters. **Failure to do so will result in membership cancellation:***

- 1.** *I will treat others with respect and exhibit fairness and honesty in my dealings with others*
- 2.** *I will be a positive influence on members and others to encourage teamwork and fair play.*
- 3.** *I will be respectful of those players on the court and will accept responsibility for family members or guests that I bring to the courts.*
- 4.** *I will do my best not to engage in the use of profanity on the court or near the court areas.*
- 5.** *I will not engage in unacceptable behavior, arguing, threatening or otherwise, or encourage others to do so.*
- 6.** *I will not criticize my partner, referees, or other members and /or fault them for mistakes.*



Winners Circle

I'll get better at this as we move forward but here's a few photos of some tournament winners. Various tournaments were held this fall and congrats to those who travelled and won! We have lots of Gold, Silver and Bronze medalists. We're proud of you! Ron Wojcik, Maureen Krejci, Kim Madden, Dina Abderhalden, Kell Maginnis, Tom Gelb, Paul Rodhouse, Micky Ostrowski, Sai Reddy and many more that we don't know about!



So Long Snow Birds Social

It was a great informal gathering at Antimony! Let's do this more often!
Stay tuned for upcoming events in 2025!



Welcome New Members

A warm WELCOME to our newest members!!!

Mary	Agolia
Wendy	Armstrong
Tracy	Baillargeon
Kanokwan	De Sanctis
Brennan	Dempsey
Evelyn	Gonzalez
Lise	Gottwald
Ellen	Halstead
Nicole	Harrington
Leslie	Hogue
John	Kowalski
David	Martin
Anne	Martin
Scottie	Mills
Maureen	Monteleone
Sharon	Mozzi
Michael	Mullen
Karen	Rowe
Beatrice	Rozon
Carole	Terlik
Jim	Troy
Lisa	Tully
Mark	Tully
Laurie	Ulmen
Charlene	Wehry
Thomas	Wehry
Jerry	Weil
Rich	Woller
Pamela	Zachritz





The Pickle Corner: *Pickleball for your Health (I loved this one)*

Staying active can be tough, especially with our busy lives. Pickleball is a fun game that's catching on for good reason—it's packed with health perks! Pickleball is a fun and exciting way to boost your physical and mental wellness.

Cardiovascular Health: Pickleball's beneficial effects on cardiovascular health rank among its most important advantages. The continuous action of the sport helps to raise heart rate and enhance blood circulation. This increased cardiovascular activity plays a major role in lowering blood pressure, reducing cholesterol levels, increasing heart health in general, and lowering the risk of heart disease. Swinging that paddle and chasing after the ball involves moderate intensity exercise that helps regulate blood sugar levels; this is particularly beneficial for those managing diabetes or at risk of developing it.

According to a study performed by Western Colorado University, people who played pickleball for over an hour and a half had 14% higher heart rates, with the average heart rate being 109 beats per minute. The structure of the game, gives a healthy balance of exertion, making it appropriate for players of all fitness levels.

Weight Management: Pickleball is a fantastic calorie-burner. Playing pickleball requires you to have quick reflexes, agility, and endurance, all of which burn calories and help with weight loss and control. Pickleball can be a fun and healthful addition to a workout routine for anyone trying to lose weight or maintain a healthy weight. It is estimated that you can burn up to 422 calories per hour playing pickleball.

Better Hand-Eye Coordination and Reflexes: The game's fast-paced style demands precise hand-eye coordination and rapid reflexes. Pickleball is a great way to improve these skills, which are useful for both everyday life and other sports. Because it can help maintain and enhance motor skills, balance, and agility, this improvement is especially helpful for older persons as it lowers their risk of falls and accidents.

Benefits for Mental Health: Pickleball is a physical sport that releases endorphins, which are the body's natural mood enhancers. After playing a game, this release can help people feel less stressed and anxious, which can boost their mood and promote relaxation. Since playing pickleball outside has been found to reduce stress hormone levels, the outside environment can further amplify this stress-relieving impact

Strategic thought and focus are also necessary when playing pickleball, which might enhance cognitive abilities. Furthermore, the social aspect of the game—which is frequently played in doubles and in public settings—promotes social interaction and lessens depressive and lonely sensations. It is impossible to overestimate the importance of community and friendship in terms of general mental and emotional health that the game of pickleball provides.

Joint-Friendly Exercise: Pickleball is a great choice for anybody seeking a low-impact exercise. Since there is less territory for players to cover than in tennis, the impact on knees, ankles, and hips is lessened due to the smaller court size. For older players who may be more susceptible to joint pain and injuries, or for those with joint problems, this makes it a safer and more pleasant option.

Overall, pickleball is much more than just a recreational sport. It's a great option for anyone trying to improve their physical and mental health in a fun, social, and approachable way because of its wide range of health benefits, which include cardiovascular health improvement and mental well-being enhancement. Pickleball offers a special combination of health benefits that can improve your life in many ways, regardless of your level of experience as an athlete or your desire to just stay active.



The Holiday Party!!!

Here are the details! See you there!



**COME ONE COME ALL TO THE
HOLIDAY DINNER DANCE CELEBRATION - DECEMBER 13TH**

ITALIAN AMERICAN CLUB, 203 NEWELL STREET, PITTSFIELD

**COCKTAILS AT 5:30, DINNER AT 6:30
DOOR PRIZES AND DANCING UNTIL 10:00**

BUFFET MENU

**TOSSED SALAD, PASTA, CHICKEN, SLICED ROAST BEEF WITH GRAVY,
ROASTED POTATOES, MEATBALLS, ROLLS AND COFFEE
VEGETARIAN OPTION AVAILABLE UPON REQUEST**

\$25 PER PERSON

**SEND PAYMENT VIA VENMO TO @JANICE-ULIASZ OR MAIL A
CHECK PAYABLE TO BMP TO BMP, PO BOX 66, DALTON, MA 01227**

**NO PAYMENT REQUIRED IF JOINING US FOR COCKTAILS ONLY
BEFORE OR AFTER DINNER**

THIS CELEBRATION IS FOR BMP MEMBERS AND THEIR PLUS ONE

HOLIDAY CASUAL DRESS RECOMMENDED

PLEASE RSVP AND REMIT BY DECEMBER 6TH



We Would Appreciate Some Help!

As you know we are a committee of 7. We manage a club with over 400 members. It's fun and we all love what we do, but we sure could use some help.

We would like to create a sub committee of volunteers that could help with some of the following:

- Planning and Coordinating Social Events
- Planning and Coordinating Tournaments
- Photo takers
- Excel and App proficient members to help with Sign Up Genius
- Court Coordination when we can't be there

Please let us know if you would like to be on our subcommittee. Send an email to carol.cushenette@gmail.com

Be Well Picklers and Happy Thanksgiving!



Your Steering Committee Members

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