

Beth Stokes  
1/10/24

Town of River Bend  
Parks & Recreation Advisory Board  
Minutes December 6. 2023  
Meeting 6:15pm

Members present: Laurie LaMotte, Richard LaMotte, Beth Stokes, Amy Hendee, Annie Craddock

Members absent: Kathy Noonan

Others present: Liaison Jeff Weaver, Janet Nawojski, Barbara Maurer, Karen Segal, Jon Segal

Meeting called to order at 6:15pm by Laurie LaMotte.

Beth Stokes motioned to approve the meeting minutes from November. Seconded by Amy Hendee. Approved unanimously.

Before agenda items started Laurie LaMotte shared a letter from the Mayor about the success of the Christmas Lighting event. She also shared an email from the Red Caboose Community Library regarding the Christmas event. Both were very kind.

Laurie LaMotte motioned to move the nomination for the new AB Member to January. Seconded by Amy Hendee, unanimously approved.

Annie Craddock was nominated for new Vice Chair. Motion by Laurie LaMotte. Seconded by Beth Stokes. Approved by all.

Recap of the last 3 events:

Veteran's Day - Approximately 40 people attended. Next year begin planning earlier. Hopefully this will increase the turnout. We would also like to invite the Color Guard to be part of the event.

Friendsgiving - 40 to 50 people attended. Very successful event. Next year we would like to add more seating & more activities for kids.

Tree Lighting - Cookie decorating was a success. Beth Stokes shared some comments from the people that attended & how they enjoyed the cookie decorating. Need to order cookie boxes from Amazon next year.

Laurie LaMotte motioned to raise the spending limit. Currently, anything over \$50 requires a meeting & a vote. Laurie motioned to raise the limit to \$150 due to the cost of supplies. P & R does have a yearly budget. That budget is spread across all the events for the year. Amy Hendee did state there needs to be a clear dollar amount/budget for each event. The amount increase was seconded by Amy Hendee. Unanimously approved.

Friends Helping Friends - Laurie LaMotte motioned for P & R to not take this on. This would require an ordinance change. This can also cause liability for the group. We all think it is a wonderful offering for the

# What Is Pickleball? Benefits, How To Play And More

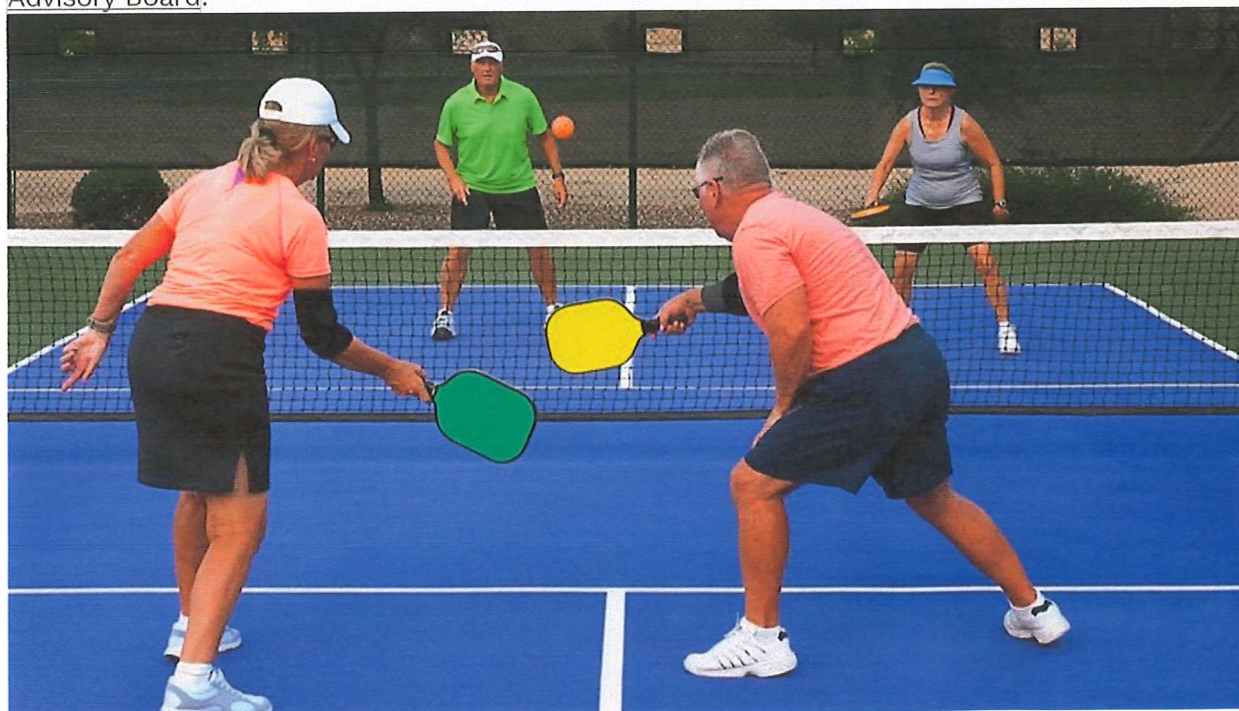
By [Kimberly Dawn Neumann](#)  
Contributor

Fact Checked

[Sabrena Jo, Ph.D.](#) Exercise And Sports Science / Fitness

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Want to try the fastest growing sport in the U.S.? Get your paddle ready.

Pickleball now has 4.8 million participants nationwide and a 39.3% growth rate over the last two years, according to the Sports and Fitness Industry Association (SFIA) 2022 Sports, Fitness and Leisure Activities Topline Participation Report. In fact, this badminton/tennis/Ping-Pong mashup volleyed itself into the top spot for fastest growing sport in the U.S. for the second year in a row<sup>[1]</sup>.

“It’s social and extremely fun and easy for the whole family to play—everyone from a young kid to a grandma,” says professional pickleball player Parris Todd, a former competitive tennis player who switched to pickleball during the pandemic and hasn’t looked back. “Plus, the health benefits are not only the exercise, but also the joy it brings.”

### **Why the Sudden Peak in Pickleball Popularity?**

What sparked the astronomical uptick in pickleball play? As a pandemic-friendly activity, COVID-19 didn’t hinder its growth at all.

“During the pandemic, many Americans were seeking ways to stay healthy and active near their homes,” says Laura Gainor, director of media relations for USA Pickleball. “Due to the pickleball court being a quarter of the size of a tennis court, it’s easy to create a court in your driveway, in a parking lot or within a gym space, so many people were introduced to the sport during those unprecedented times playing with their family of four in the driveway.”

But even before the pandemic, pickleball popularity was on the rise. In fact, the number of participants doubled in the last five years. Many players describe it as a great workout that doesn’t feel like a workout. Also, pickleball is purportedly easier on the body—especially the hips and knees—than tennis and other racquet sports.

The fact that anyone can play is a big draw, too. “The game is multi-generational, so we’re seeing grandparents playing with their grandkids and young adults in their 20s and 30s enjoying playing with their parents.”