



President's Report - January 2025

Nolan Ahn, PAK President



HOPE FOR A NEW YEAR

Recently, I re-connected with a friend from work. Since I have been “willfully unemployed” (aka retired) for 11 years, we had a lot of catching up to do. I learned that he retired a year ago and that he spends 3-4 days a week golfing. I told him that I had given up golf completely, and that I play pickleball about the same number of days as he goes golfing. He also told me about an exercise regimen he has been doing called Move Mobility, on YouTube. I looked it up and tried the routine he started with. I failed miserably. The movements all start from a free squatting position, with your feet flat on the ground. To my surprise, I was unable to hold a flat-footed squat and had to incline my heels just to balance. If I forced my heels down, I needed to hold on to something to keep from falling over. So many of my leg and back muscles screamed in protest, I lost count of how many. The woman on YouTube started talking to me. “If you are unable to hold a free squat position, you have been robbed. Robbed by your chair, your lifestyle, your choices.” Indeed. As far as free squats went, I was penniless. I have made the free squat exercise my goal for the year. My first attempts were one-minute sessions, assisted by my sofa. My feet were flat, my butt was down, but to keep from falling backwards, I used my sofa as a stabilizer. That was today. I was sharing on the pickleball court, demonstrating the free squat, and promptly fell over backward. Tomorrow we’ll see if the regimen and the resolve continue.

This past December Jennie and I were blessed to spend time with our children, their spouse and significant other, and grandchildren in Yucca Desert outside of Palm Springs. This was a follow-up to our 50th anniversary get-together

two years ago. Our kids did all the planning and coordination, and chose a VRBO near Joshua Tree National Park that had enough bedrooms, a heated swimming pool, and a pickleball court! Flying in from Kauai, Honolulu, and Virginia, everyone met in pre-wildfires Los Angeles to trek to the site 5 hours away. It is always a treat for us that our kids even want to spend time with us, and the grandkids are always our focus and joy. We are so lucky. Aside from consuming almost a case of wine and eating great meals, we played a lot of pickleball, even having a blind-draw double elimination tournament set up by my 11-year-old grandson Koa. My team was three rather than two, with my son's girlfriend and her 6-year-old daughter. We did not win, but had a great time playing in the desert wind. Pickleball is a great family bonding activity. On vacation or not. I am so glad that I started playing this great sport. Now, if only I could squat.

Until next month,

Nolan



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