



**SENIORS TENNIS ASSOCIATION  
OF THE NORTHSORE INC. 1988**  
c/o Delbrook Community Centre  
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***STANS  
Christmas  
Tennis Social  
and Pot Luck***

Date: Saturday, December 8, 2018

Registration: 6:30 – 7:00 pm

Tennis Play: 7:00 – 9:00 pm

Sing-Along: 9:15 – 10:00 pm

Where: North Vancouver Tennis Centre from 6:30 pm until 10:30 pm.

Admission Cost: FREE to all STANS Members and Guests

Play Cost: Membership in STANS (\$20)

We have booked 6 courts, which gives us room for 48 people to play for two ½ hour games each, so please try to arrive by 6:30 pm so that you can be sure to get on the schedule before play starts at 7:00. Late arrivals might not get a chance to play.

If you have friends, family or neighbors who would like to come and play or just watch, please invite them along. There will be a Membership Desk where you can renew your STANS Membership for next year and where new people can join STANS.

This year we are dropping the admission fee and instead having a Pot Luck with appetizers and sweets (no main courses or salads – we assume that you will have eaten supper by 6:30). Please bring something that people can snack on while they are waiting for or recovering from tennis play (either home-made or purchased). If you make seasonal treats or ethnic specialties that you would like to share with your friends, this would be a good time. We will provide hot water for tea and coffee but if you want something else to drink, please bring it with you. No alcohol is allowed at the NV Tennis Centre. There just might also be a surprise visit from Santa Claus!

***Pari's Retirement***



Our President for the last year, Pari Koch, has retired after serving the maximum 6 years. Pari was Vice President for the first 5 years, filling in for Kutty whenever required and helping out in all aspects of running STANS. She has also been in charge of Publicity for all that time, making sure that the North Shore News knew what was going on at STANS.

You may have noticed that almost all of the Social events in the past few years had Pari at their core, arranging for the food and drinks, finding sponsors for door prizes and setting up and taking down the tables and chairs. She truly has been an exemplary volunteer for STANS, always willing to do whatever it takes to serve the STANS community with humility and kindness.

We will miss her on the Board of Directors but will be delighted to continue to enjoy jousting with her on the court.

Thank you so much, Pari, for being such a wonderful person and sharing your generosity with us at STANS.

With much love,

The STANS Board of Directors



**Françoise de Pauw** – *President, Communications, Web Site/Social Media*

**Dave Courville** – *Programs Chair*



**Denis Martell** – *Membership Chair*

**Don MacKinlay** – *VP, Treasurer and Newsletter*



**Cherrill Fleming** – *Secretary*

**Gloria Anderson** – *Social Activities, Publicity*



**Bella Tata** – *Director-at-Large*

**Tom Laughlin** – *Director-at-Large*



**Kay Sun**

Our dear friend and former STANS Director Kay Sun passed away gently on Wednesday, September 12 at Lion’s Gate Hospital. Kay had been dealing with some health issues in recent months and we were surprised and delighted when she appeared at our recent picnic and social tennis party at Murdo-Frazer in August. Kay was an amazing tennis player who became an expert at keeping the ball in play and at frustrating opponents who misread her talent, her determination and her strength, all of which she carefully hid behind a friendly smile and a great sense of humour. She got better and better at the game as she aged and it was fun to watch her running to get balls back and doing so with accuracy and great regularity.

Some readers may not know that Kay was also an accomplished table tennis player. Elizabeth Bishop ( a Life Member of STANS) remembers that Kay and the late Ruth Doole had an intense (perhaps even fierce?) competition over several years with each determined to best the other....and doing so time after time after time.

Shirley Young and her husband Bob (another STANS Life Member) remember Kay, in Shirley’s words “....Kay was always a fun gal and had so much energy. She loved STANS and everyone involved. We were lucky to have her and her family restaurant in our lives all these years”.

We extend our condolences to Kay’s family at the passing of their mother and grandmother.

John Kennedy



## STANS Tournament 2018



*"The most important thing is not winning but taking part; the essential thing in life is not conquering but fighting well." - Pierre de Coubertin*

Taking part in a tournament takes determination, courage, and a friendly fighting spirit but also the ability to lose with dignity and learn from our losses. All participants to our first STANS Tennis tournament displayed all these qualities and more. Spirit was high, and participants were friendly and courteous. Congratulations to all!

We had over 30 participants in the Men and Women and Mixed doubles categories. There were also few withdrawals due to injuries and illness. All of the teams managed to schedule their games during the summer, although it was sometimes not easy due to pre-scheduled vacations. Most of the matches were very close, requiring quite a few tiebreakers. The finals took place at Murdo Frazer on a superb autumn day on September 19. The winning teams in each category received a custom mug filled with Belgian pralines and all of the participants received a dark chocolate racquet. Don't forget to bring your mug to the Christmas party! 😊

The organization and planning of this event was a fun and rewarding experience for Denis and I and we appreciated all comments and suggestions for next year. We will canvass all participants to make sure we capture your opinion to make next year an even better experience.

Denis & Françoise

## Results

Ladies' Doubles	
First	Linda Wong/Eiko Madsen
Second	Maria Law/Jullie Kehler
Third	Kirst Milligan/Helen Chow
Others	Elaine Selhi-Hamer/Susan Celms
	Elaine Richardson/Dana Audet
Men's Doubles	
First	Ron Ranquist/Rolson Law
Second	Denis Martell/Rob Chester
Third	Ian Shepherd/Phil Murray
Others	Phil Wolf/Tony Genest
	Pat Guay/Dave Courville
	John Kennedy/Peter Scholfield
	Gereon Laakmann/Jim Halco

Mixed Doubles	
First	Rob Chester/Eiko Madsen
Second	Denis Martell/Pari Koch
Third	Phil Murray/Carol Murray
Others	Rolson Law/Maria Law
	Ian Shepherd/Vicke Grist
	Marion Shaw/Jim Halco
	Peter Scholfield/Dana Audet
	Linda Wong/Gereon Laakmann





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## *A Lane for Dr. Peter*

As many of you know, our Tuesday/Thursday court captains, Bob and Shirley Young have been very active in the Dr. Peter Aids Foundation ([www.drpeter.org](http://www.drpeter.org)) that carries on the work of their son, the famous AIDS educator and victim who broadcast diaries (see them all at [www.cbc.ca/bc/features/drpeter](http://www.cbc.ca/bc/features/drpeter)) of his journey on CBC TV (when our John Kennedy was head of CBC in Vancouver and changed everyone's perspective on that dreaded disease for all time.

The City of Vancouver has named a lane in the West End (between Comox Street and Pendrell Street) after Dr. Peter as a tribute to his bravery and activism in supporting people with AIDS.



## *A Magical Bonus*

The District of North Vancouver informed us that a film company wanted to film for a program called "The Magicians" near the Little Cates Park tennis courts on June 19 last summer and asked if the courts could be closed for that day to avoid disturbance with the film crew. Since STANS has an agreement with the District that we have priority of use on Tuesdays, the film company contacted our Program Director, Dave Courville and asked him if we would agree not to play on that day. Dave asked for a payment of \$1,000.00 to STANS as compensation and the production company agreed. A contract was negotiated and signed, notices were put up on site, a notice was sent to STANS members and STANS reps attended the site to ensure that no members played. The production company conducted their filming without disturbance and everything turned out just great.



This is just one example of the great contributions to STANS that Dave has made during his tenure on the Board of Directors. With his considerable experience in contracting over a life-time of working with big real estate projects, Dave has improved our contracts with the North Vancouver Recreational Commission in many ways, protecting us from possible problems through better wording. Dave has an excellent (and very professional) relationship with the NVRC and even managed to convince them to give us an extra court for Indoor Morning program on Fridays this year.

We are very lucky to have Dave on our side and really appreciate his dedicated approach to the job. Thanks, Dave.

## *STANS Summer Picnic 2018*

The STANS Picnic was a great success again this year on August 8th. which was a beautiful day. People started to arrive very early and by 0800 all 6 courts were full with players warming up. Gloria did a fantastic job of arranging the Schedule of Play, Even though it was very hot and many people were away on holidays, about 40 people came out to play and visit.

It was a great team effort, with Bella greeting and registering the arrivals, Gloria doing an outstanding job of doing all the complicated Scheduling of Play, Pari taking care of the food and drinks and many others helping with set up the tables and cleaning up afterwards. There was so much food that the Pickle Ball crowd from the nearby courts were invited to come and join use.

The atmosphere was fun and friendly, with everyone having a great time and enjoying socializing, even those and their spouses who just came to see friends and not to play tennis.

Good weather, good tennis, good food, good company and a good time; that was what it was all about...

Thank you all for making it happen...

Pari Koch



## *LEVEL OF PLAY*

Do you know your ‘Level of Play’ ranking for tennis? All tennis associations around the world follow a simple ranking system that assigns a number to each player according to their ability and skill. Most tennis clubs include their members’ skill level in their directories so that players can find people of similar skill to play with.

STANS has included a spot in our new Membership Application/Renewal form to indicate your ranking, if you know it. If you don’t, we have included below a ‘Self-Assessment’ guide from Tennis Canada that will give you an indication of what your ranking might be. Most STANS members will rank between a 2.0 and a 4.0, so we have only included those levels.

However, the best way to find out your ranking is to have a tennis pro give you a test. The North Vancouver Tennis Centre offers FREE ‘level of play’ assessments as a requirement for applying for clinics, workshops and leagues at the Centre. The test only takes a few minutes and is quite fun (the Pros are really nice), so call the NVTC (604-983-6483) to book a test. There is also some great information regarding the skill level required to achieve the various levels of play posted on the wall inside the entrance to the NVTC and on their website ([nvrc.ca/tennis](http://nvrc.ca/tennis)). We encourage all STANS players to review this information and include it in your STANS Membership Form. We also encourage you to get assessed by the professionals at the Tennis Centre, to help you arrange for fun games with players of similar skill to yours.

### *Self-Rating Guide*

Level	Groundstrokes	Return of Serve	Net Play	Serve
<b>2.0</b>	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses.	In doubles, I understand the basic positions and am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
<b>2.5</b>	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first service, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.

<p><b>3.0</b></p>	<p>I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.</p>	<p>I can control the direction of the ball when receiving moderately paced serves.</p>	<p>I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.</p>	<p>I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.</p>
<p><b>3.5</b></p>	<p>I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.</p>	<p>I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.</p>	<p>I'm becoming consistent on volleys &amp; overhands requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.</p>	<p>I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.</p>
<p><b>4.0</b></p>	<p>I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.</p>	<p>I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.</p>	<p>I can follow an approach shot to net, poach on weak returns and put away easy overhands. In doubles, I can receive a variety of balls and volley offensively.</p>	<p>I can vary the speed and direction of the first serve and I can use spin.</p>

