



**SENIORS TENNIS ASSOCIATION
OF THE NORTHSORE INC. 1988**
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ANNOUNCEMENT

STANS ANNUAL GENERAL MEETING
and
SPRING TENNIS SOCIAL

will take place at the North Vancouver Tennis Centre (280 Lloyd Ave) on Saturday, April 7, 2018. All STANS members are cordially invited to attend, whether or not you want to play tennis that evening.

Agenda:

Annual General Meeting: 5:30 pm

- Old Business (Director Reports)
- New Business (Discussion Forum)
- Election of New Board Members

Spring Tennis Social:

Registration for Players: 6:30 pm:

Tennis Play: 7:00 pm – 9:00 pm.

Social: 9:00 pm – 10:00 pm

Snacks and Beverages will be provided. There is no admission fee for this event, so please come and visit with old friends, meet some new ones and have some fun.

Call for STANS Director Nominees:

The STANS Board of Directors needs some fresh new members to carry on the organization of STANS events. Please consider volunteering to join us and help lead STANS into the future. Send us an e-mail or contact a Board Member to let us know that you are interested.

STANS Reserved Courts: April-October

North Vancouver

(all courts 8:00am - Noon)

Murdo Frazer –

Monday to Friday inclusive - 3 courts

Cates Park –

Tuesday & Thursday - 2 courts

Cloverly –

Monday to Friday inclusive - 2 courts

West Vancouver

Ambleside –

Monday, Wednesday, Friday
(7:00am - 9:00am) - 3 courts

Benbow –

Tuesday & Thursday
(8:00am - Noon) - courts 1 & 2

Play Rules During Reserved Courts Time:

Arriving players should note the order of player arrival and first-comers should make up foursomes to play on the unoccupied courts.

When there are players waiting, sets should be played on the short game basis.

Waiting players should choose partners from players whose sets have ended.

Choice can be made on any basis that is acceptable to the players. If there are still players waiting when all courts are occupied, they will be first in line to choose partners when a game finishes.

There may still be players arriving while the above is happening. These later arrivals must determine their positions in line and wait for their turn to play.



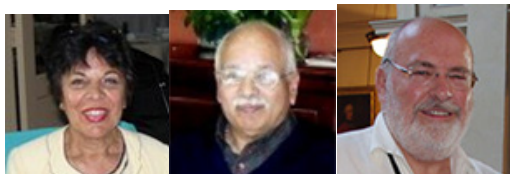
LOGO CONTEST

Our "55Plus" STANS logo has been around since the beginning of STANS in 1989, almost 30 years ago. Is it time for a new one? If you have ideas for a new Logo, we would love to hear them.

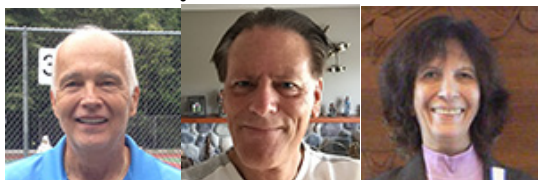
To that end, if we receive several suggestions for a new logo, we will circulate them to the members and have a contest to decide which Logo will take us forward for the next 30 years. The contest will be open to STANS members and their families, in case there are budding or accomplished artists in our extended family.

The STANS Board has agreed to sponsor a 'very expensive' prize to the winner, and, of course, the admiration and accolades of the STANS membership for decades to come.

STANS Board of Directors



Pari Koch – *President, Social Activities, Publicity*
Variath Kutty – *Past President*
Don MacKinlay – *Treasurer and Newsletter*



Denis Martell – *Membership Chair*
Dave Courville – *Programs Chair*
Bella Tata – *Director-at-Large*



Francoise de Pauw – *Web Site/Social Media*
Tom Laughlin – *Director-at-Large*

MEMBERSHIP RENEWAL

for January to December, 2018

Summer tennis will be starting soon, so now is the time to renew your STANS membership (if you have not already).

All players during STANS reserved times must be paid-up STANS members due to the Liability Insurance that STANS has in case of an accident.

A registration form for the 2018 year is included with this Newsletter. All members wishing to continue their membership are asked to complete the form, sign and mail it, together with the \$20.00 per person fee, to the address shown on the form.

There will also be a Membership Renewal desk at the Annual General Meeting on April 7th.

SAVE THE DATE:

The STANS 2018 Annual Picnic and Tennis Social will be held August 8th (9th if it rains) at the Murdo-Frazer Tennis Courts from 10:00 – 12:00, including the usual snacks and refreshments. All players must be paid-up members of STANS, due to insurance liability concerns.

Tournament!

This year, along with open (mostly mixed) random pairings for a social tournament, we will feature a competitive play doubles tournament for Women's, Men's and Mixed teams.

Depending on the number of team applications received; the tournament will be structured either as a knockout tournament or a round robin tournament. The early rounds of the tournament will be on the day or two preceding the STANS picnic and the finals will be the day of the picnic. At the end of competitive play a trophy will be presented to the winning team in each category. They will be STANS champions for the ensuing year!!!

The deadline for submissions is June 1, 2018, so that teams have a chance to work together and prepare for the tournament, and STANS has the time to organize the tournament and gather volunteers to assist in the management of the tournament.

The only qualification is that all team members must be paid up members of STANS to participate.

Although the play will be "competitive", as always the object of the tournament is to create an environment of friendly competition.

So, go out there and secure your teammate as soon as possible and get your applications in!!!

Submit applications to: denismartell@gmail.com

STANS News:

Here are some of the latest items of interest to STANS members that will be discussed at the STANS AGM, to be held April 7, 2018. There will be reports from the Board of Directors and open discussion on these and other issues with the members who are present. If you cannot attend the AGM, please send any comments to: ns.seniorstennis@gmail.com.

At the most recent Board Meetings (Feb 8 and Mar 15, 2018), the following topics were discussed:

Finances:

STANS has approximately \$6500 in our chequing account and \$5000 in a Term Deposit at Blue Shore Financial. The rates at the North Vancouver Tennis Centre go up each season but STANS has not raised our player fees for a couple of years, which means that our surplus has been less each year. STANS is also officially required to pre-pay for all of its indoor court times (Mon-Fri 0700-0900 Oct-Apr) and, last year, we did not have enough money in our account to pay for the first month, let alone the whole season. So far the Rec Commission has allowed us to pay one month in arrears after we have collected the fees from players, but this situation could change. It was decided that our Bursaries for Young Players program (\$1500/year) will be suspended (at least for this year) and that STANS should focus its resources on funding events and activities that are part of the STANS mandate of providing increased and enriched opportunities for Seniors to play tennis.

We hope that members come to the AGM with some ideas about what kinds of projects we can spend STANS money on that will promote more seniors tennis play.

Membership:

Denis Martell reported that only 89 members of an expected 150 have paid their dues for 2018. We have seen a rise in membership in the last year, probably partly because of signs that have been put up at North Shore tennis courts. We need to continue this recruitment of new members both through signage at courts and through the personal networks of existing members.

Program:

Dave Courville has signed contracts with the North Vancouver Recreation Commission to reserve the usual STANS times at the courts listed elsewhere in this newsletter. Dave has to arrange many different contracts for the court times and dates for indoor and outdoor tennis, as well as for the Christmas, Spring, AGM and Picnic Social Tennis events.

Web Site and Facebook

Francoise de Pauw has constructed and maintains an excellent Website and Facebook page that have lots of information about STANS, including Membership Application, Court Times, Coming Events and Archived Newsletters.

The link to the STANS Website and Facebook page are:

<http://www.seniorstennis.ca>

<https://www.facebook.com/stanstennis>

There is no need to have a Facebook account to view the postings. If you have an account and you like the page, click on like and/or write a comment. Francoise will be happy!

To communicate directly with us, please send your message to ns.seniorstennis@gmail.com and we will do our best to respond to you as quickly as possible. We would love to hear from you!

Christmas 2017 Tennis Social

The STANS Christmas Tennis Social was held on a very foggy December 9th, 2017 at the North Vancouver Tennis Centre. About 45 people attended and a wonderful time was had by all, according to Kutty and Pari.

Bella and Dave did an excellent job of registering everyone and scheduled the games so well that all 6 courts were full at all times. Denis and Jocelyn manned the Membership Desk and collected dues renewal forms. There was so much to eat - people had to be very strong-willed to stay away from the many sweets calling to them! Kutty's wife Prabha made two huge containers of food, along with several other people who brought seasonal treats (and the platters and drinks that were purchased), and in no time at all it was all gone! Thanks to everyone who brought food or door prizes.

Cammi provided continuous background music of Christmas favorites while people played. Gwen had help with the Karaoke singing this year from Julie, and Peter's

organ grinding was fun as usual, but we missed the monkey!

Our new President Pari would like to thank everyone for such a fun and well run evening.



Variath Kutty, Rob Chester, Peter Scholefield, Gerry Laakman and Len Baker 'singing-along' at the STANS Christmas Tennis Social (photo by John Kennedy).

Thanks to Kutty, Our Hero!

The STANS Board of Directors would like to extend a HUGE 'THANK YOU' to our Past President Mr. Variath Kutty (known as 'Kutty' to all of us). A true gentleman, Kutty has been a thoughtful and considerate leader since he took on the position of President in 2013. His wonderfully calm and congenial manner has been an inspiration to all of us who have worked with him over the last many years. Kutty took his role very seriously, doing all of the heavy lifting for STANS in many roles, from dealing with the North Shore Parks Departments and the NV Tennis Centre to writing all of the Newsletters during his tenure. We all owe a tremendous debt of gratitude to Kutty for all that he has done for STANS and for his excellent leadership over the years. We look forward to many more years of playing tennis with him and trying (vainly) to return his sharply-angled net shots.

Insurance Requirements for STANS

A condition for being allocated courts for our Indoor and Outdoor court bookings for North and West Vancouver Municipal courts is that STANS obtains \$5 Million Third Party Liability Coverage. We obtain this

coverage from BC Sports Insurance through our Association membership in Tennis BC.

NOTE: STANS members are only covered by this insurance when they are playing during the STANS scheduled times on our reserved courts. For instance, any play by our members on the unassigned public courts or on our regular courts during unassigned STANS times is at the player's own risk just as it would be for any other member of the public. This insurance coverage is one of the many benefits available to STANS members.

PLEASE ALSO NOTE: Members must assume responsibility for their own well-being when involved in STANS programs. Members must recognize that the activity of tennis has inherent hazards to the physical well-being of participants and that by deciding to participate, member assume full responsibility for the consequences resulting from their own decision to participate. WE CAUTION YOU TO CONSIDER SUCH FACTORS AS YOUR PHYSICAL ABILITY (BALANCE, STAMINA, AGILITY, EYESIGHT, STRENGTH), THE WEATHER, THE CONDITION OF THE COURTS, ETC. BEFORE DECIDING TO PLAY.

Social Tennis Tips

Based on an article by Jim Price (STANS Newsletter #5, August 1990)

To make STANS games 'nicer' and safer, here a few tips from observations made on our courts.

- When returning a ball to your opponents between points (or stray balls from other courts) make sure that the intended recipient is aware that the ball is coming and 'bounce' it to them as close as possible. Do not just hit or roll the ball back into the other court.
- If the server's first ball is a 'fault' do NOT hit it back over the net as if playing the point but loudly call out 'Long' or 'Out' or 'Wide' before returning it.
- If there is a long delay caused by the receiving side (or by a ball interfering from other courts) it is 'nice' to call out 'Take Two'.
- It is imperative that balls be removed from the playing area to avoid tripping. If a ball strays on to your court during a rally, call LET immediately, remove the ball and replay the point in progress. Do not continue to play if there is a stray ball anywhere on your court.
- In Social Tennis it is the responsibility of the serving side

to keep the game score, and it should be called out for all to hear after each point and by the server or their partner before every serve. Everyone should agree on the score before the next ball is served.

- Do NOT EVER enter another occupied court while a point is being played to retrieve a stray ball. If a point is in progress, wait until their point is finished, then call out for its return to you or let them know that you will fetch it yourself.

- In Social Tennis, the receivers are responsible for calling balls 'IN or OUT'. If a ball is not seen to be clearly OUT, it must be considered IN and be played. Give your opponent the benefit of the doubt; if everyone complies, it will all even out in the end and it will make games 'nicer'.

GETTING BETTER

If you would like to improve your tennis skills, you can sign up for tennis lessons at the NV Tennis Centre or other locations but there is one resource that is always available and provides some of the best instruction IN THE WORLD! Here are some links to tennis instruction videos (there are thousands of them) that might get you started. Or you can just search YouTube or Google by saying: "How do I improve my ____?" and you will usually find something interesting.

Rules:

- Etiquette - <https://youtu.be/ZfJ9DshCqmY>
- Scoring – https://youtu.be/1P_Das6OjAk
- Beginning Tennis: <https://youtu.be/LvImaDuse00>

Equipment:

- Grip - <https://youtu.be/cJCyMldkGM8>
- Racquet selection - <https://youtu.be/lu9yJ85f5o0>

Strokes:

- Basic Three - <https://youtu.be/1ZSDIK23T7o>
- Forehand - <https://youtu.be/eR4ie0MUOx4>
- Backhand - https://youtu.be/GKWxX_cQImQ
- Serve - <https://youtu.be/zhAktYDMHmc>
- Lob - <https://youtu.be/1PAIFx-wKI>
- Volley - <https://youtu.be/7zsWoOOWUbc>
- Overhead - https://youtu.be/_Qt6Fw7mrGY
- Drop Shot - https://youtu.be/P_SmPzWXfk8
- Between Legs – <https://youtu.be/ZvEEgXxfULM>

Doubles Strategy:

- Court Position - <https://youtu.be/3PIv903a3Dc>
- Serving - <https://youtu.be/gIEir3IJXNM>

- Returning Serve - <https://youtu.be/n1DfuAWxkyE>
- Poaching - <https://youtu.be/a8qgSBqmnik>

New Signs:

The District of North Vancouver has kindly adapted the small laminated-paper signs that we created last year into large, professional metal signs placed at the Murdo-Frazier courts (see photo).

We have requested that the North Shore Parks Departments put similar signs up at other North Shore courts but so far they have refused and have also prohibited STANS from putting up our own signs notifying seniors of times and places where they can meet and play with other seniors. STANS may have to start a letter-writing campaign to gain support from the senior powers in the Parks Departments to include STANS signs at their courts.



STANS Indoor Early-Morning Groups: Winter/Spring 2018

STANS has courts booked for 0700-0900 each weekday morning (except holidays, and sometimes tournaments) in Oct-Dec and Jan-Apr. These groups pre-pay for the entire season and must find spares for themselves for the days they miss. Below are the groups from the current season:



Monday STANS Indoor Group Spring 2018: (L-R) Denis Martel, Rolson Law, Siegfried Roschat, Ron Ranquist, Kirsty Milligan, Alf Orr, Variath Kutty, Ian Shepherd, Karen Scheuermeyer, Frank Scheuermeyer, Pari Koch, John Kennedy (Court Captain) – Missing: Bob Hardman. (Photo: John Kennedy)



Tuesday STANS Indoor Group Spring 2018: (L-R) John Kennedy, Gwen Gouchee, Variath Kutty, Elaine Richardson, Dave Mellor, Peter Scholefield, Helen Chow, Phil Wolf, Shirley Young (Court Captain), Tony Genest, Cathy Still, Heidi Juergens – Missing: Dana Audet, Pat Edgar, Judi jSommer. (Photo: Francoise de Pauw)



Wednesday STANS Indoor Group Spring 2018: (L-R) Don MacKinlay, Rolson Law, Lynne Gardner, Bob Hardman, Cammi MacKinlay, Siegfried Roschat, Will Phillips (Court Captain), Janet Sieb, Maria Law, Pari Koch, Variath Kutty – Missing: Mick Matheusik, Tom Laughlin. (Photo: Syd Nash)



Thursday STANS Indoor Group Spring 2018: (L-R) Pat Edgar, Nelly Van Egmond, Phil Murray, Variath Kutty, Shirley Young (Court Captain), Gwen Gouchee, John Gannon, Annemarie Muringer, Kirsty Milligan, John Kennedy, Elaine Richardson, Cathy Still, Peter Scholefield, Syd Nash, Cammi MacKinlay – Missing: Dana Audet, Janet Sieb, Dave Mellor. (Photo: Tony Genest)



Friday STANS Indoor Group Spring 2018: (L-R) Dave Courville, Barbara Rebagliati, Mick Matheusik, Elaine Seli-Hamer, Cathy Still, Cammi MacKinlay, Alex Pawlovich, Susan Celms, Wendy Meakin, Denys Meakin, Don MacKinlay (Court Captain) – Missing: Tom Laughlin. (Photo: Joseph Kadi)