



SENIORS TENNIS ASSOCIATION OF THE NORTHSORE INC. 1988

*North Vancouver Tennis Centre
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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 6, 2019. All STANS members are cordially invited to attend, whether or not you want to play tennis that evening.

Agenda:

Annual General Meeting: 6:30 pm

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

Spring Tennis Social:

Registration for Players: 7:30 pm:

Tennis Play: 8:00 pm – 10:00 pm.

Social: 10:00 pm – 11:00 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.

SAVE THE DATE:

The STANS 2019 Annual Picnic and Tennis Social will be held August 7th (8th 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.

STANS Reserved Courts: April-October

North Vancouver

(all courts 8:00am - Noon)

Murdo Frazer –

Monday to Friday inclusive - 3 courts

(*Murdo-Frazer courts will be resurfaced until June 30. Until then STANS has reserved two courts each at Old Delbrook Comm Ctr and at Delbrook Park for the same times: Mon-Fri. We are looking forward to the new courts. Yippee!!)

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 or no-ad basis, where the first point after 40-40 wins.

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.



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*

MEMBERSHIP RENEWAL
for January to December, 2019

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 2019 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 6th.

Tournament!

STANS will be sponsoring another Member’s Tennis Tournament throughout the summer this year, featuring a competitive play doubles tournament for Women’s, Men’s and Mixed teams.

We had over 30 players enter the tournament last year and hope for even more this year. This will give a chance for the 2018 Champions to re-gain their titles: Linda Wong and Eiko Madsen in Ladies’ Doubles, Ron Ranquist and Rolson Law in Men’s Doubles, and Rob Chester and Eiko Madsen in Mixed Doubles.

At summer’s end and the end of competitive play (likely early September), we will have a Tournament Social where the Championship games will be played and trophies presented to the winning team in each category. They will be STANS 2019 Champions, benefiting from all the commercial endorsements and hero worship deserving of such a lofty status!!!

The details about team selection, registration deadlines and other aspects will be unveiled at the STANS AGM on April 6th. A committee is currently working on organizing the event and would love to hear your input and feedback about how last year’s event went and how you think this year’s event should be organized.

Please send your suggestions/comments to Francois and Denis at: ns.seniorstennis@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 6, 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 the STANS BOD at: ns.seniorstennis@gmail.com.

At the most recent Board Meetings (Mar 7, 2019), the following topics were discussed:

Finances:

STANS has over \$6000 in our chequing account and \$5000 in a Term Deposit at Blue Shore Financial. The rates at the North Vancouver Tennis Centre go up a bit most years but STANS has not raised our player fees for a couple of years, which means that our surplus has been less each year.

It should be noted that we have almost the same amount of money in our accounts this year as last year, even though we did not pay out the \$1500 in Bursaries that we have in the past, focusing instead on funding events and activities that are part of the STANS mandate of providing increased and enriched opportunities for Seniors to play tennis, such as more frequent Social-Tennis events and the STANS Tournament. This means that we are running a fairly tight ship with respect to balancing income with expenses.

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 so far 92 members of an expected 158 have paid their dues for 2018. We have seen a slight rise in membership in the last year (7 so far). We need to continue the recruitment of new members both through signage at courts and through the personal networks of existing members, so recommend STANS to your friends and get them out playing during STANS times at local courts.

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 diligently arranged 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.

Directors

Due to term limits of 6 years, four of the STANS Directors will be retiring this year, which leaves several spaces open for new members. Please consider running for the STANS Board and helping organize and coordinate STANS activities.

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!

Sponsors:

Our most loyal and long-term Corporate Sponsor is our dear friend Alf Orr:



Alf Orr
604-961-5851

*Experience you need
Integrity you can trust*

YOUR Northshore
Real Estate Specialist

We have a new Sponsor this year, Marcin, who will give a 10% discount for racquet restringing at the AGM on April 6th: www.restringthatthing.com



RESTRING THAT THING
WE PICK UP. WE RESTRING. WE DELIVER.

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.

STANS Liability Insurance does not cover personal loss or injury, but is simply protection for STANS, its Executive or its members in case someone sues the Association for some reason.

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, members 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 more enjoyable.

Early Morning Tennis

(Please enjoy this little ditty by our own lyricist Patricia Edgar on the difference between men and women tennis players; to the tune of: "Onward Christian Soldiers").

*Thank you, morning captains, for senior tennis fun.
We hackers do appreciate the sessions that you run.
Have you any feedback: how mixed match-ups play out?
Some players exuding energy and some just "jiggered out"!*

REFRAIN:
*We're senior morning tennis types, committed and we care.
We love the challenge of the game and friendships we all share.*

*Observers have reported, when men and women play,
Though keen and crafty with their shots, they play a different way!*

*It's hard to think of tennis skills as "sexually defined".
Step back and watch our seniors play! You'll maybe change your mind!*

REFRAIN:
*Sometimes ladies tremble, seeing what they get!
Two strong men opposing, grinning at the net!
Sporty and resourceful, the ladies hatch a plan:
"Use all wiles and dodges, against the power of man!"*
REFRAIN:

*When four men are playing: watch the fun begin!
Ground stroke speed increasing, determined for a win!
Net shots turn to smashes, spins are fast and low!
Run and turn and pound and bash, the pace is never slow!*
REFRAIN:

*Ladies like a challenge: rallies long and slow,
Taking turns at hitting, always on the go!
Net shots, unkilld, get returned. No one is concerned
Tennis played cooperatively's a female skill that's learned!*
REFRAIN:

*We're senior morning tennis types, committed and we care.
We love the challenge of the game and friendships we all share*



Tennis Scoring:

You may wonder why tennis games are scored Love, 15, 30, 40 and Deuce, rather than just Zero, 1, 2, 3 and Tied? There are other theories but saying 'Love' instead of zero probably derives from the round shape of an egg, and l'oeuf (French for egg) sounds like 'love.' For the other scores, it seems that a clock face, like that illustrated, was used in olden times to keep score, such that a score marker for each side (person or team) was moved around the face as games were won.

A document in the year 1435 mentions '45' as a score, but that seems to have been changed to '40' in later times to leave some room for the markers to move towards the '60' (or '0') without reaching it on the first 'Advantage' score, then back to '40' if the other team won a point back to 'Deuce.'

Some players and clubs use other terms in scoring, such as using '5' or 'Fif' for 'fifteen,' saying '3' or '4' instead of '30' or '40' (even though the actual point score is '2' and '3') and saying 'wide,' 'long,' 'short' or 'back' when a ball is 'out,' or saying 'net' rather than 'let' when a serve touches the net. These are all casual terms but are not accepted in formal tennis.

In the usual 'advantage' scoring system, players have to win by two points, but in 'no-ad' scoring, the first point after 40-40 wins. This is more common in mixed doubles tournaments (such as WTT matches) which can see-saw back and forth between teams for a very long time if the 'advantage' system is used. Another way to resolve 'Deuce' is to play a tie-breaker, of which there are many varieties with arcane rules for the order, number and location of serves for each player and point limits.

Some Tennis Lingo:

Alley: the area of the court between the singles and doubles sidelines, also known as the tramlines

Bagel (or Donut): is the losing score in a 6-0 match. A 6-0, 6-1 score is "A bagel and a breadstick"

Buggy Hit: hitting the ball with no follow-through but a short whip-like motion.

Bunt: To use the power of the opponents shot and hit it back with a short swing

Cannonball: lingo for a hard serve usually on a flat trajectory

Chip: a shot with under-spin that is typically a block.

Chop: jargon for tennis shot struck with a rapid downward action, having plenty of backspin.

Dink shot: a soft dipping shot that just clears the net

Double/treble bagel: winning two/three sets to love

Drag Volley: tennis shot with back-spin

Hail Mary: an extremely high lob, used for defensive purposes when out of position

Jam: to hit the ball straight into the opponent's body, forcing an awkward or weak return

Moonball: a high, looping top-spin shot

Paint the lines: to hit shots that land as close to the lines as possible

Puddler: an inexperienced player who hits plenty of chip and drop shots

Shank: a hit where the ball hits the handle or frame of the racquet, usually resulting in a missed shot.

Taped: when you hit a good, hard shot but it hits the white net tape and drops on your side.

STANS

**Christmas Party,
Dec 8, 2018 –
What a party it was!**

The set-up went quickly since there were already enough tables set up when we arrived. Gloria and Michael put the tablecloths that Don brought on three



tables for the food and Cherrill and Don added some lovely Christmas decorations. Tom and Don looped a giant string of multi-colored lights around and over the food table while Gloria and her team set up the registration desk and Schedule of Play. Don provided a huge selection of Christmas songs that Gwen played throughout the evening on her PA system. As people arrived, they added their food contributions to the table and registered to play.



Gloria and Michael, Mick and Dave

The Pot Luck was a smash hit, with a large variety of treats both savory (including hot Swedish meatballs and sausage rolls, samosas, chips, veggies and dip and other snacks) and sweet (cakes, squares, brownies, cookies, cupcakes, shortbread, a big fruit tray). Hot water was provided along with instant coffee (regular and decaf), tea bags and hot chocolate mix for all to enjoy.



Gloria and Paula handled the arrivals and registrations for play, then Gloria organized everyone into mixed double teams and wrote the schedule up on her posters so that everything was ready to go at 7:00. When each round was over (at half hour intervals) Gloria had the next round all organized, so the evening of play went off without a hitch. Well, almost. We had Courts 1-6 booked but the Tennis Centre gave Courts 4-6 to children's lessons, so they were still fully occupied when we were to start at 7:00. Dave cleared up the mix-up and we were shunted over to Courts

7-9, which we accepted with grace and started our games apace after some momentary confusion. Since no one had booked after us on Court 6, a group of enthusiasts (Rob, Kyle, Phil and Maria) kept playing for another half hour after the rest of us had started our sing-a-long.

Denis and Jocelyn provided new Membership forms and accepted membership applications and fees for next year. There was some discussion about the new 'Level of Play' boxes, but everyone tried to fill out the form as best they could.

The contributions of canned goods and other items to the Food Bank were very generous and Dave and his team carted many boxes out to his car to make up the STANS donation. Sincere thanks to all who contributed. Even Santa Claus paid us a visit and joined in on the tennis play. All of the little children present (zero) were delighted with Santa's presence and the many presents he forgot to bring but the adults seemed a little skeptical that he was the real deal (even with a real white beard and big belly).



Santa and John, his helper?

After the tennis play was over, Gwen hosted us in a rousing Karaoke Christmas Carol Sing-Along. About 20 people gathered in a big circle of chairs and really got into the spirit of things, belting out songs from lyric sheets that Gwen provided. It was the best Caroling session that STANS has done in years, and broke down into hilarity when Gwen assigned teams of two or three to separate parts to sing in 'Twelve Days of Christmas', especially when we randomized the location of the parts, which resulted in chaos. Tony and Ralston were especially enthusiastic in team spirit, choreography and vocal production. Thanks so much to everyone who helped make this Christmas Social happen, including everyone who came and participated. It was really a great party!