



Evergreen Squash Club Newsletter

August 2007

Message from the Pres...

With the completion of the Annual General Meeting on May 24, 2007, I want to thank those directors who served the Club for many years and did not seek re-election. Alan Foster as the Junior Director contributed countless hours and was instrumental in the development of the successful junior program at the Club. Oleh Ilnyckyj served as the Clubs Secretary and was always a source of guidance for the Board members. Janusz Kaczmarek served as Men's' League Director.

Joining the Board are Lynn Dustan as Membership Director, David James as Junior Director, Cam Bennett as Men's' League Director, Charles Bristow as Special Event/Social Director, Kevin Gillett as Secretary and Maurice Goulet as Maintenance Director. I welcome these members and look forward to the energy they bring to the Board.

With the installation of a budget/cash flow management plan two years ago, the Board committed to operate the Club in a cash flow positive format with the objective of eliminating the use of the line of credit with Van City Credit Union as an operating source and creating unallocated funds in contingency for unforeseen costs that may arise in the future. I am proud to report that this objective has made great progress and the Club is now able to operate on its own cash flow and monies are being set aside for contingencies.

The Board is committed to continue to operate on this format. The membership fees for 2007/2008 have been increased by approximately 6%.

In the fall of 2006, the membership committee recommended to the Board that coaching be expanded at the Club to include all months of the year and hours before noon and on Saturday. In May 2007 the Club welcomed Alicia Haneine as the second teaching squash professional at the Club. Alicia has a significant history in the sport of squash and is a great complement to our current professional, Phil Arthur. We look forward to Alicia introducing a multiple of different coaching opportunities to both singles and doubles members.

Once again, I encourage all members to contact anyone of the Board members with regard to volunteering at the Club. There is a continual need for help in all areas of the club e.g. court cleaning, stuffing envelopes, tournament operation, painting days, new member mentors. Notices of specific volunteer days and needs will be posted on the Club website and sent out by bulk e-mail.

The continuance of the "dual" booking system at the Club is meeting the needs of all members and gives us the ability to use the computer or the telephone to book courts. I encourage all members to use the ranking system in Gigasports and get involved in the ladders that are displayed in the system.

I want to thank all those that participated in the Membership Survey conducted in the spring of 2007. The responses are valuable to the Board in setting objectives for the operation of the Club.

Of particular importance this September, when you renew your memberships, is the need for each individual member to sign a "liability waiver" and return for our records. The waiver will be included with the renewal forms. For those of you who overlook this, a member of the membership committee will be contacting you to get the form completed.

Lastly, I once again emphasize that each of us, as squash players, have to encourage participation in the sport. It is never too early or late to start or return to the sport. We all know the physical and social benefits of playing squash and being members of the Club. Along with continued membership marketing to the public, the individual involvement of each member will continue to be the major source of our new members.

**Bruce Jamieson
President
Evergreen Squash Club**



2008 COMFORT INN OPEN JANUARY 15 – 20, 2008

I know it's hard to believe but this will be the 4th consecutive year that our Evergreen Squash Club will host a PSA event. And what's harder to believe is that this event is just around the corner.

Doesn't it seem like yesterday when we had the defending Comfort Open Champion, Renan Lavigne, pitted against the reigning Canadian Champion, Shahier Razik and see Razik win in his typical grinding style to defeat the already fatigued Lavigne in 4 games.

The 2007 event was our biggest & most successful event ever. We raised the prize money to US\$20,000.00 and this attracted a stronger caliber of PSA player throughout the draw. And the amateur draw approximated 150 players, which was a nice increase over the past year.

But the icing on the cake last year was the Saturday night tournament dinner, which was held at the Capilano Golf & Country Club. It was an outstanding event and we will return this year. Please make a note that all Evergreen members are invited, regardless of whether they play in the tournament or not, so please make plans to attend this year.

There have been a couple of changes as we prepare for the 2008 event:

- Paul Stevenson, who has chaired the tournament for the past three years is stepping down as Chair due to business & family commitments but will still remain very involved in all activities. Yours truly, Paul Marley, will assume the role of Chair and I am pleased to report that all key committee members, who play such a huge part in the success of the event, have agreed to participate again.
- We are committed to continue building our tournament and are pleased to confirm that we will raise the prize money, from last year's US\$20,000, to US\$25,000. This will earn the tournament a 2 ½ star designation, vs last year's 2 star designation, and should ensure that our draw improves accordingly.

Having said all of the above, the key element of making this event so successful is that the Evergreen membership continues to be extremely generous through both their financial and volunteer efforts. We welcome your participation at all levels, but if you have a few hours to spare during the event please let one of the following committee members know as soon as possible – Paul Marley, Bruce Jamieson, Paul Stevenson, Kim Wilson, Blair Maclean, Phil Arthur, Sue Foster, Ross Genge, Phil Beaty, Paddy Gooderham, Jim Miller, Stewart Marshall, Adam Radziminski or Mike Tooley.

Call anyone of us at any time for further updates.

Paul Marley
Tournament Chair

Scott Sibley
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Announcement:

Wireless Access the Internet at the Club

We now have a router at the Club so our members can have a wireless access to the Internet.

**The code that you require to open up
the network is: "1234567890".**

THANK-YOU URSULA & ROLAND Haertl for Twenty-Five Years of Great Service!



**Roland and Ursula Haertl
Celebrating Twenty Five Years
with Evergreen Squash Club**

INTERVIEWED BY JIM MILLER

Q: You have been doing a super job at Evergreen for 25 years – does it seem like 25 years to you?

A: Definitely not – The time has just flown by!

Q: You both always seem happy and cheerful – What is your secret to working so well together?

A: We have pretty well defined, separate responsibilities...and we respect each other so it works well...and Ursula does the Quality Control, she lets me know what might need a second look.

Q: From your perspective has much changed in this job over the 25 years?

A: Well...the club expanded so the workload increased but the important thing, the good, friendly atmosphere did not change.

Q: What do you enjoy most about working at Evergreen?

A: Well we enjoy the work, however it is the members that make the difference. People who play here are kind, respectful and they care about the appearance of their club. The club is also close to our house, which is an added benefit.

Q: What presents the biggest challenge?

A: Well there really are no big challenges per sec.... Thing works very well. We are happy to be part of this Evergreen Family.

2008 Roster Book

Roster Book for 2008 goes to print at the end of October please make sure all your personal information is updated. The changes can be done by e-mail to evrgreensquash@yahoo.com (spelling correct) or checking the Roster Book proofs that will be in a binder on the front table of the club in September. Simply write in it your changes.

If any of our members wish to support the roster book by running an ad please contact Kim Wilson at kim.wilson.sheldon@shaw.ca or call 604-922-6567 to receive rates and deadlines.

MEMBERSHIP UPDATE

As a new addition to the "seasoned" Board of Directors I have been experiencing the usual "teething" stages as to who does what, where can I find certain information and what goes on behind the scenes. What I have noticed during this process is the commitment of the Board and those individuals who help "run" Evergreen to ensure that we the membership enjoy the benefits.

While we currently have an active membership of 386 players with our senior membership at 249 and the balance in other membership categories, it has become apparent that we have been experiencing a slow but steady decline in membership over a number of years, we no longer have the much coveted "waiting list". This decline prompted the board into action, to determine and ascertain what we needed to do to promote our club and to look at ways in which we can "attract" new members.

New Membership recruitment is and will continue to be a priority and a constant work in progress. For the fall we plan to make Evergreen more visible by posting banners in locations on the North Shore; to meet with schools to promote the benefits of being fit and healthy and with The Federal Government's Children Fitness Tax credit (children under 16) aimed at promoting fitness, we hope that this will be the catalyst in encouraging young children to be involved in daily activity and establish a lifelong love of an active lifestyle.

We have had success with our Trial Membership with individuals signing up as full members at the end of their trial period. We will continue to promote the Trial Membership program and having added Alicia Haneine as a coach to the club she will be there at the beginning with our Trial Members to help them get started, analyze and improve their game.

In our last newsletter Lynn Broman indicated that we have a "Mentoring Program" in place for existing members to support those Trial Members throughout their 3-month period. We will be working on a format for mentors to follow so that the trial member can benefit from the experience as much as possible. I am looking for a member to "step up to the plate" and take on the task of setting up a Mentoring committee to ensure that the Trial members are "connected" to Evergreen and have as much information, support and inclusion possible. You will of course have the support of the Membership Sub-Committee is assisting you with format.

We will also be planning an "Open House" for non-members to come to our club, see some great singles and doubles; tour the club and talk with members. I would like to encourage the membership to share your ideas and/or suggestions with myself or any Board Member because the success of our club must have the support of all of its members, each of you are our best ambassadors to the game and to Evergreen.

Lynn Dustan
Director of Membership

DOUBLES & SINGLES SQUASH CLINIC

Saturday September 22 at 12:00 p.m.

Doubles is such a fun and social game; you will love it!

Learn how to combine your singles and doubles skills to make the most of squash!

Two coaches:
Ruth Castellino
and Alicia Haneine

45 min. doubles
45 min. singles
plus an exhibition match
2 hours \$25

Please sign up by sending an e-mail to
Alicia.haneine@shaw.ca or call **604-617-9997**

ROUND ROBIN every MONDAY NIGHT until CITY LEAGUE in OCTOBER then, after City League starts...EVERY SUNDAY at 11:00 am through to the end of City League Playoffs next spring.

The Round Robin is on every Monday through September, including holidays. Staging Area: Court 4 @ 6:00 pm, 7:00 pm and 8:00 pm and Courts 1, 2 & 3 @ 6:00 pm & 6:45 pm. All levels of play: it's American scoring, handicapped, to 21. To ensure we're not overbooked, when you first want to start participating, please contact: **David O'Brien 604 987 6657** or dobrien@WITmarketing.bc.ca. The times in the 'winter' season are Court 4 @ 11:00 am, 12:00 pm and 1:00 pm and Courts 1, 2 & 3 @ 11:15 am & 12:00 pm.

David O'Brien
Round Robin Coordinator

Juniors

Its time to dig deep into that pile of stuff on the bedroom floor and find the squash bag!

Evergreen is now accepting registrations for the 2007/8 Junior Program and it promises to be a great year. We are pleased to announce that Alicia Haneine has joined the coaching staff and will add depth, talent and new ideas to what is already the most successful junior program in British Columbia.

Registration forms were mailed out recently with the membership renewals; please return those as soon as possible. If you do not have a form, you can download one from the web site at:<http://www.evergreensquash.com/membership.html>

For any juniors or parents who are considering participating in the Evergreen Junior Program and would like to find out more about it, please contact either:

David James 604-230-7633 djames@panthermanagement.com
or
Phil Arthur 604-671-2881 phil_arthur@telus.net

The program will kick off on Friday 7th of September. We will have a brief meeting of the parents at the first session so that we can all meet each other and the coaches.

Times will be as follows:

Friday	6:00 – 7:00	Beginners
	7:00 – 8:30	Advanced
Sunday	4:30 – 5:30	Beginners
	5:30 – 7:00	Advanced

The Junior Program coaching session will not be held on the following dates:

Thanksgiving	Sunday 7 th October
Remembrance Day	Sunday 11 th November

There will be a wrap up party before the Christmas break on Sunday 16th December.

If you would like to assist in any way with the Junior Program, please contact Phil or David at the numbers above. No experience is necessary.

Tournaments

There are a number of tournaments coming up in our region between now and Christmas. The best one is of course ours! If you would like to be a part of the special group of people who organize The Evergreen Junior Tournament, please contact either Phil or David at the numbers above.

Besides the list below, you can find more information on tournament at: <http://www.squashbc.com/>

September

21 – 23 2007 Pacific Rim Junior Championship Victoria Squash Club, Victoria B.C.

October

12 – 14 Calgary Winter Club Jr. Open Calgary AB
26-28 EVERGREEN JUNIOR OPEN Evergreen, North Vancouver, B.C.

November

16 – 18 Alberta Jesters Junior Open Royal Glenora Club, Edmonton, AB
30 – 02 VLTBC Junior Novice and B Vancouver Lawn Tennis....

December

8 – 11 Canadian Junior Open Niagara on the Lake, Ont.

Juniors Box Ladder Matches

On behalf of all of us involved in the Evergreen Junior Program, we would like to express our appreciation for the Senior Privileges granted to those juniors playing on the Box Ladder. It is a very valuable part of the development program and allows us to gain experience we would no otherwise have. Adam has told us that his favourite suggestion offered by members during the recent survey, was that Juniors be required to wear weight belts when playing on the ladder to bring them up to the same weight as their opponent!

Junior Donations

The evergreen Junior Program has benefited over the years from the generosity of members making financial donations in support of the program. The money is well used and has helped to produce some fine young ambassadors of our sport. If you would like to make a donation, you can either include a check with your membership payment, (mark it clearly as a junior donation) or put it in the Juniors Donation Box in the office.

See you all on the 7th.

David James
Director, Juniors

Singles City League begins first week of October are you signed up?

Ladies League

If you are interested in playing ladies league please contact Cathy Sullivan at **604-290-5980** or e-mail her at: csullivan@ralphsradio.com

Men's League

If you are interest in playing men's league please contact Cam Bennett at **604-925-8390** or e-mail him at: camtravel@gmail.com



More Coaching at Evergreen!

**Alicia Haneine has
joined forces with
Phil Arthur!**

Phil and Alicia will provide coaching that covers most hours and all days of the week for everyone's convenience.

"Coaching is more than helping improve skills," says Alicia, "it's an important role to help determine your squash goals and to motivate you to stay on track to achieve them." " For example you might want to train for a certain tournament, train for city league, get to the next level, get fitter/stronger, cross train for other sports or just add crafty and effective shots" continues Alicia. "Coaching can provide you with the self discipline and structure to attain your goals".

If you are a new member, coaching will be a good way to get started and as a regular member, coaching can give you a different positive perspective to your game.

Alicia's coaching hours: Monday – Saturday 9 am – 12 pm
Contact Alicia Haneine at Alicia.haneine@shaw.ca or call 604-617-9997.

Phil's coaching hours: Monday - Friday 12-9 pm and Sunday 2-9 pm
Contact Phil Arthur at 604-671-2881

Ask the pro....

How do you counter a player with great touch in the front court?

You should attempt to start the rally on the offence if possible so you can deny them time to use their touch. Try and have your serve hit the side-wall and force them into the rear court. Also try and always volley their serve so they have to move under pressure. During the rally only boast if you **KNOW** not think they are too deep on the **T**. Focus on winning the battle for length.

Phil Arthur
Evergreen Squash Professional

SUPPORT THE CLUB & BUY A BUMPER STICKER \$5

Profits go to the Juniors & we get free advertising. Call Jim Miller 604-716-4850.

Doubles

Evergreen Summer Doubles Tournament

Over 70 people participated in the Summer Doubles Squash Tournament this year at Evergreen Squash Club July 20th – 22nd attracting competitors from as far away as Mexico City, New York and Toronto.

Though the weather was a little wet it did not put a damper on things. Squash was not the only event as we also had the Grouse Grind Challenge for CHILD (raising over \$340.00) and, new this year, a golf challenge on the 20th. The results were:

Mens Open	Winners	Viktor Berg/ Marv Mizinski
	R/Ups	Ingus Silgailus/ Jason Guiffre
	Consolation	Doug Buchanan/ Pepe Martinez
Womens Open	Winners	Alicia Haneine/ Karen Levine
	R/Ups	Susan Dale/ Kelsey Parsons
	Consolation	Annette Henwood/Jacqui Smith
Mixed Open	Winners	Alicia Haneine/ Doug Buchanan
	R/Ups	Tim Martin/ Cathy Covernton
	Consolation	Susan Dale/ Denis Fontaine
Mixed Div 2	Winners	Carol Stockwell / Lynn Broman
	R/ups	Lynn Dustan / Troy Brown
Division 1/2	Winners	Greg Desaulnier/ Don Smerch
	R/Ups	Greg Charalambous/ Mike Charalambous
	Consolation	TBA
Mens' Vets	Winners	Kevin Gillett / Jim Miller
	R/Ups	Mike Charalambous / Keith Jolly
	Consolation	Patrick Au / Costa Penn
Grouse Grind – Closest to predicted time		Will Stiphout
Blazing fastest time up the mountain		Alex Goldstein

I would like to thank Hollyburn Country Club and The Vancouver Lawn Tennis and Badminton Club for the use of their court. Also the following sponsors/ contributors: Freybe Sausage, Happy Planet Juices, Black Knight, DaKine Sport Packs, Ryders Sunglasses and Evergreen Squash Club.

I would also like to thank those individuals that come out every year to help – Marv Mizinski, Kevin Johnson, Richard Dustan, Lynn Dustan, Lynn Broman and Tim Martin.

See you all next year.
Thanks,

Mark Heaney
Tournament Chair

Summer Doubles Golf Day

As part of the doubles tournament this year we had our inaugural Golf Challenge at the Northlands Golf Course. Sixteen hardy souls braved the Scottish Highlands like weather for a great round of golf. Despite a respectable low round of 75 from Ryan Herden, the pros don't need to be concerned.

The famous golfer O'Brien (that's O.B. - Outta Bounds Dave) won our putting contest with a miraculous 100 foot put to 8 inches and he came away with a Harrow squash racquet for the effort. We also raised 75 dollars for CHILD from the contest. Most players came away with a prize with the donations coming from Black Knight, Evergreen and Ivanhoe Cambridge (Doug MacDougall provided a dozen balls). Notably, Mike Charalambous came away with the Long Drive, Cathy Brown with the Woman's closest to the pin, and Hamish Jackson took the Most Honest Golfer winning the box of balls donated by Doug, all picking up their prizes at the BBQ put on by Northlands.

Many thought Hamish would be the ringer coming from the birth place of the game, but we took a quick look at his clubs a saw that they were probably as old as the game itself so those worries were gone. I'm sure those balls will be needed for his next round. Thanks to everyone who played and toughed out the wet weather. Next year I guarantee sunshine.

Doug Buchanan
Summer Doubles Golf Director

EVERGREEN SQUASH Club Security

In the month of July one of our members' car was stolen from our parking lot by obtaining the key from the locker room while the player was on court.

The following is a reminder of some of the easier things we can all do to avoid becoming victims of property crimes:

- ❑ **In the parking lot**, lock your vehicle, and ensure that nothing is visible in the interior. Items of value should be locked in the trunk, preferably before you arrive at the club (stowing your briefcase, laptop computer or other potentially valuable items in the trunk after you are parked only advertises to any onlooker that there is something of value there).
- ❑ **Don't leave your valuables in your bag in the change room.** Either use one of the lockers to store them while you are on court or take them on court with you (but remember to take them with you when you finish your game).
- ❑ **Don't prop open the front door.** This allows access to the club to anyone who may be passing by (and with the use of the adjacent fields for soccer, rugby, softball etc. there are often significant numbers of people in the area). If you are on court or even in the lounge area between courts 5 and 6, you cannot see anyone who might be entering the club.
- ❑ **Don't automatically allow strangers who come to the door to have access to the club.** If you don't recognize them and they are not obviously here to play squash, inquire why they want in and use your judgment as to whether or not they should be allowed in.
- ❑ **The side doors near court 4 and courts 5 and 6 should preferably be kept closed.** If, however, you must open them, please be very sure they are closed when you leave the area.

Are you web savvy? Can you help us keep our web site looking polished and up to date?

If you can help Evergreen out please contact Adam Radziminski at 778-893-2575
or e-mail aradziminski@gmail.com

Messages from Evergreen Friends and Members

Shannon McJanet and husband have had a wonderful summer on the boat and cottage on Gambier. She is also expecting another grandchild about Christmas time.

Nicole Dionne...sends her regards from South Africa where she has given a pass on squash and ventured out onto the tennis courts in the glorious sun. She hopes to return with a tan sometime in the spring-summer 2008 to resume squash at Evergreen.

Help us Advertise Ourselves in your neighbourhood's Starbucks or Library...put up a poster. You'll find them on the left wall as you enter the club.

Up and Coming Tournaments

DATES	EVENT	LOCATION	Rank
Sept 12 - 15	Denman No Frills	Denman Fitness Company, Vancouver	A
Sept 21 - 23	2008 Pacific Rim Junior Championships	Victoria Squash Club, Victoria	JJ
Sept 25 - 30	Earlybird Singles & Doubles	Vancouver Racquets Club, Vancouver	A
Sept 27 - 30	Pro Club Fall Classic	Pro Sports Club, Bellevue, WA	
Oct 4 - 8	Pacific Rim Racketlon Open	Cedar Hill Recreation Centre, Victoria	
Oct 10 - 14	Let's Squash Leukemia	River Club, Richmond	AAA
Oct 12 - 14	Calgary Winter Club Junior Open	Calgary, AB	
Oct 19 - 21	Vancouver Island Open	Cedar Hill Squash Club, Victoria	AA
Oct 19 - 21	Wrightson Cup (Doubles)	Multnomah Club, Portland	
Oct 24 - 28	Magellan Management Halloween Open	Bentall Centre Athletic Club, Vancouver	AAA
Oct 26 - 28	Evergreen Junior Tournament	Evergreen Squash Club, North Van	JJ
Oct 26 - 28	OctoberQuest Squash Tournament	IQuest Performance Centre	AA
Nov 2 - 4	Fraser Valley Championships	Apollo Athletic Club, Abbotsford	AA
Nov 2 - 4	Oaken Noggin Open	Pasadena Fitness Centre, Penticton	A
Nov 9 - 11	Costal Contacts Open,	Jericho Tennis Club, Vancouver	AAA
Nov 9 - 11	Washington State Open	Seattle Athletic Club	
Nov 16 - 18	Campbell River Open	Campbell River Sportsplex	AA

Nov 16 - 18	Nelson Fall Classic	Swingers Squash Club, Nelson	AA
Nov 16 - 18	Alberta Jesters Junior Open	The Royal Glenora Edmonton	
Nov 22	Squash Republic Turkey Shoot	Denman Fitness Company, Vancouver	A
Nov 23 - 25	2007 Women's Weekend	Victoria Squash Club, Victoria	AA
Nov 23 - 25	Western Canadian Doubles	Evergreen Squash Club, North Van	
Nov 23 - 25	Victoria Men's Weekend	Quadra Sports Club 24 Hours	AA
Nov 29 - 2	BC OPEN CHAMPIONSHIPS	SquashWorks, Kamloops	AAAA
Nov 30 - 2	VLTBC Jr. Novice & B Tournament	Vancouver Lawn Tennis & Badminton Club	JJ
Nov 30 - 2	Gamble 100 Doubles	Vancouver Racquets Club, Vancouver	
Dec 6 - 9	Vancouver ISDA Pro/Am Doubles	Hollyburn Country Club, Vancouver	
Dec 8 - 11	Canadian Junior Open	White Oaks, Niagara on the Lake, On.	
Dec 15 - 18	US Junior Open	Hartford, CT. USA	
Jan 5 - 5	Squash BC Semi AGM	Vancouver	
Jan 11 - 13	Victoria Squash Club Junior B/Novice	Victoria Squash Club, Victoria	JJ
Jan 11 - 13	Women's Canadian Teams	Moncton, NB	
Jan 11 - 13	Men's Canadian Teams	Winnipeg, MB	
Jan 15 - 20	2008 Comfort Inn Open, PSA	Evergreen Squash Club, North Van	AA
Jan 18 - 20	Western Canadian Masters	Winnipeg, MB	
Jan 18 - 20	Bayside Racquets Club Open	Parksville Bayside Quality Inn	AA
Jan 19 - 20	Pacific Coast Doubles	Vancouver Lawn Tennis	
Jan 18 - 20	Seattle Open	Seattle, WA	
Jan 23 - 27	BC Jesters Doubles	Vancouver Racquets Club, Vancouver	

Are you handy with the computer?

Can you help Evergreen set up text and photos?
If you can help please give Jim Miller a call at 604-716-4850.

Reminder:
No Pets in the club.
Thank-you.

Newsletter Contributions:
Next Publication December 2007
Deadline: November 23rd

If you would like squash related news story covered in our Newsletter please contact Kim Wilson at 604-922-6567 or e-mail kim.wilson@shaw.ca