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Life

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to grow the game of
squash



**a weekend of sand and sea
and...doubles? at the B&R**

**ontario university squash
champions crowned**

**masters team reminisces on
first western foray**

...and much more

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SQUASH ONTARIO



SQUASH *Life*

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NUMBER 2

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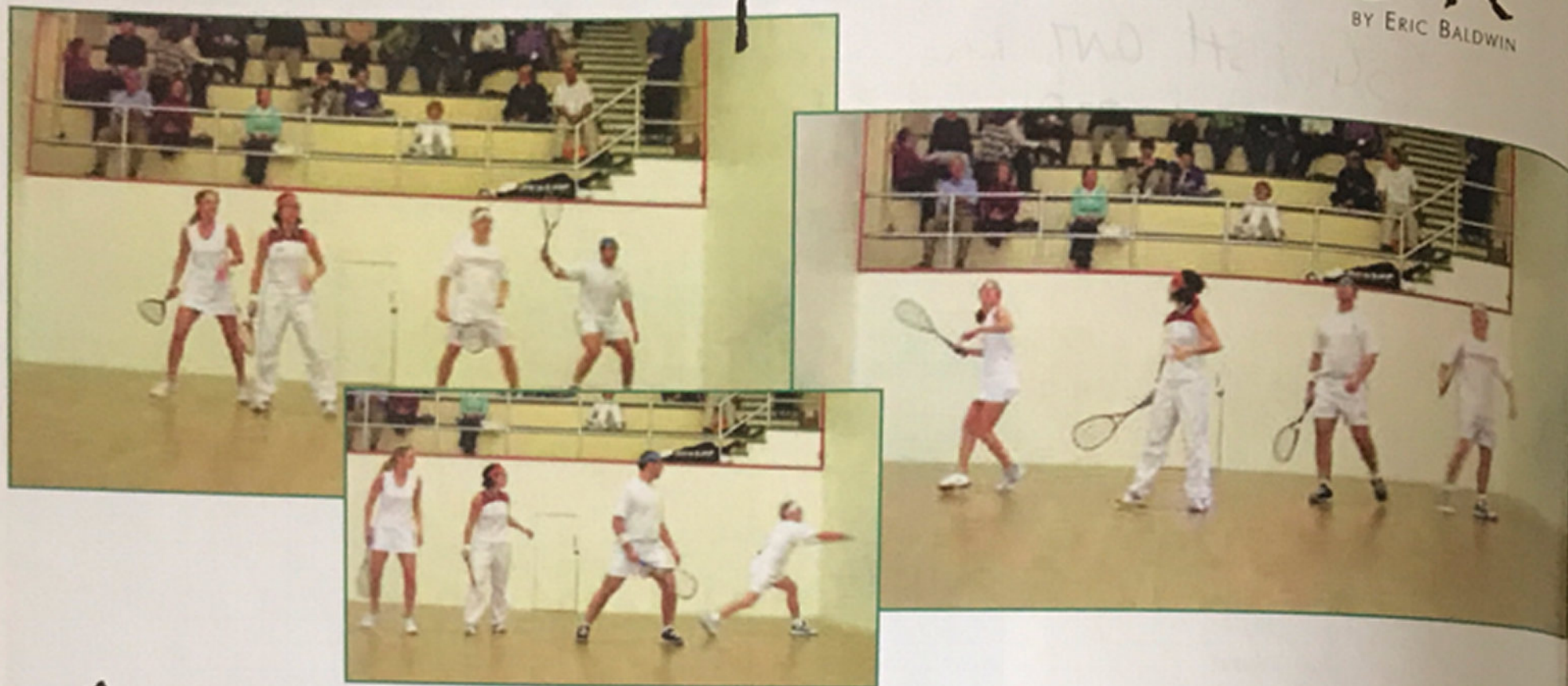
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mixin' it up at the B&R

BY ERIC BALDWIN



After all the matches were completed, all the Corona's drunk, and all the Champions crowned, one thing was apparent; all who attended the Canadian Mixed Doubles Championships February 19th - 22nd at the B&R and it's satellite facilities played hard and had a great time.

Approximately 110 of Canada's finest mixed doubles players and about 60 cases of Corona Beers ascended upon the Badminton & Racquet Club to see who would be crowned the Kings and Queens of doubles squash. A "Super Sunday" capacity crowd witnessed the best 55+, 50+, 40+, Open and B Mixed Teams Canada had to offer. They were treated to superb squash on all accounts.

The Open division was laden with former champions and finalists, but it was mixed doubles virgin, Scott Dulgage and his "always the bridesmaid" partner Stephanie Hewitt (finalist in 2000, 2002) who took home the title over a Cinderella team of Duncan Peake and Jessica DiMauro. Scott, winner of a combined seven Canadian titles in singles hardball, softball, and men's doubles used his deft touch and sharp angles to capture his first Mixed title. In conjunction with Stephanie's steady play and timely killer instinct, Scott was the difference, as a tired DiMauro and Peake bowed out in 4 tough games. Jessica and Duncan, seeded 4th, pulled out the upset of the

tournament over defending champions Caro Paskulin and Pat Richardson in the semifinals, winning 18-17 in the 5th game! Jessica, who has become the "darling" of the Doubles circuit hit surgeon-like winners while Duncan used pace and incredible retrieving to dethrone the machine-like former champs. Third place was won by a very tough and experienced Karen Jerome and Richard Thomson 3-1 over a clearly dejected Pat and Caro. Caro and Pat were seen on the court Monday morning preparing for next year's event. In the Consolation event, Eric Baldwin saved his best squash, as he and Ontario Women's Champion Cairn Meek won a first-round rematch against an upstart Brian Valin and Tammie Sangster in 4 games. Brian and Tammie had used their high paced strategy and strong knowledge of the rules to take out Eric and Cairn in the round of 16.

The Vets event was also chalked full of former Open champions, as the legendary team of Barb Cooper and Victor Harding took on an equally qualified Jay Gillespie and Leslie Freeman. These four competitors battled tooth and nail until the end, as they had in many years past. On this day, Leslie and the very adaptable Jay Gillespie outlasted Victor and Barb 3-1, as they minimized their errors at every key juncture. Sue Underwood and Doug Langford took 3rd place by default over Lindsey Hermer-Bell and Clive Caldwell. In the consolation, tourna-

ment committee members Megan Hill (with B&R member Greg Young) and Charles Zimmermann (with Cricket Clubber Cynthia Kane) battled for the consolation championships. Cynthia and Charles took Megan and Greg in a "perhaps too early for Megan" Sunday morning final.

The Senior Event, with a very strong and deep draw, saw the #1 seed and former champs Jane Mitchell and Paul Frost, upset by Jean Demarco and Brian Murray in 4 games. Jennifer Brown and Jean Robichaud took the Bronze with a gritty 3-2 win over the Cricket Club team of Mary Kelly and John Barr. The husband and wife duo of Nancy and Doug Burns took the consolation over Shelagh McIntyre and John Hughes.

The "Superseniors", in the first ever 55+ event showed amazing vitality, but none more than the ever durable Molson Robertson and his equally talented partner Sue Darracot, as they prevailed in the final 3-1 over Anne Smith and Mark Bowden. Marlene Cholette and Ernie Page took the bronze with a 3-1 win over Carol Roper and Jon LeHeup.

The massive B event was won by #1 seeds Carol LeBlanc and Mike Tanner 3-2 over Mayfair's very strong team of Judy Jang and David Sage. We look forward to seeing Carol and Mike compete in next year's Open event. Robin "The Howler" Howlings and the cagey Gord Cheesbrough took the consolation 3-1 over "Diamond" Deb



Ince and Gary O'Neil.

The tournament away from the court was just as great a success as on the court. The determined and dynamic tournament committee of Charles Zimmerman, Nancy Esson, Eric Baldwin and Megan Hill put the work in behind the scenes to give this event the class and prestige that it deserves. It is never easy bringing the right people on board, but with Chief Sponsors Don Park Inc, Head Sports and Corona, the perfect combination was put in place. The Saturday evening Beach party, sponsored by Corona and Pelee Island Winery was an epic event with everyone in full Miami Vice getup, eating the spectacular Caribbean feast and dancing limbo-style around the B&R. The entire weekend event also had terrific support from McDonald's, i2 web design, Best Western, Secutor Capital Management, Beard Winter LLP, Curtis Insurance, Blair Franklin, Royal Lepage and Squash Canada. A special thanks also goes to Lolly Gillen, who we all know really runs any Doubles tournament and the B&R's support staff who were superb hosts over the course of a great weekend. We look forward to Mixin' it Up again next year. ●

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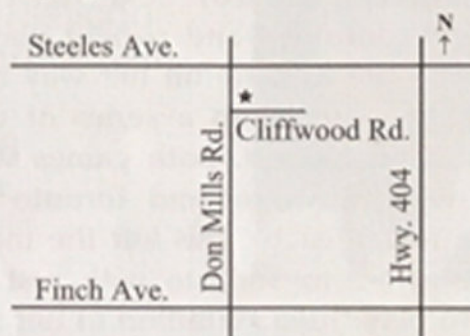
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Toronto and Western defend their OUA Championships

BY DAVID COOPER

In an exciting day of varsity squash at Cedar Springs, Burlington both defending champions held onto their championships - though in much different ways. Western men won their 21st consecutive title under Jack Fairs by defeating Toronto 6-0. Toronto had managed a minor upset by beating McGill 4-2 in the semis. McGill had been the surprise team of the season under the leadership of Columbian Diego Diaz del Castillo but fortunately for Toronto he was missing on finals day. Toronto, led by former Ontario and Canadian junior Sean Hanna, had a most successful year under coach Paul Lee.

Toronto women had a much tougher task winning their third OUA banner in 5 years from a spirited McMaster team ably organized by player-coach Kim Milne, another former Ontario junior. Toronto won the opening two matches when Patricia Meindl and Emily Robson comfortably 3-0 to jump into an early lead but Kim Milne brought them back to 2-1 when she defeated Nathalie Martinek in a grueling five game match. The match then swung back and forth as two matches were played side by side.

On one court five year Toronto veteran Lindsay Auld from Toronto was 2-0 up against Jenny Hogan, a first year from BC and next door there was a battle between two former Ontario juniors Karlene Headley-Cooper from Toronto and Carly Thompson from McMaster.

In this match Karlene found herself quickly 2-0 down. However, such is the unpredictable nature of OUA squash that both games reversed themselves. Lindsay lost her way against controlled and patient play of Jenny while Karlene hit her way back into her match with a series of winners against Carly. Both games went to 5 with McMaster and Toronto taking a match each. This left the match score at 3-2 to Toronto with just the #1s to play. Julia Hamilton in her seventh appearance in OUA finals (three

with Queens and four with Toronto) was too sharp for Kristina Taylor from McMaster and won the match 3-0 so giving Toronto a 4-2 win.

In the bronze medal games Western women took bronze over Queens 5-1 while McGill men did likewise over Queens men 6-0.

So, in a year that saw the introduction of the new OUA format of reduced playing opportunities, there was no reduction in the effort and enthusiasm on show at Cedar Springs. It is good to see that Squash Ontario under Robbie Osher and Rob Brooks will be lending their support to OUA varsity squash in the future. Also, Squash



Canada is running pilot university squash coaching schemes in most of the provinces and territories to keep squash alive in schools. In the next issue there will be a report of the 2004 Black Knight Canadian Universities and Colleges Championships being held at the University of Toronto from March 12-14, 2004. Spectators are very welcome to see the best varsity squash athletes in Canada go head to head.

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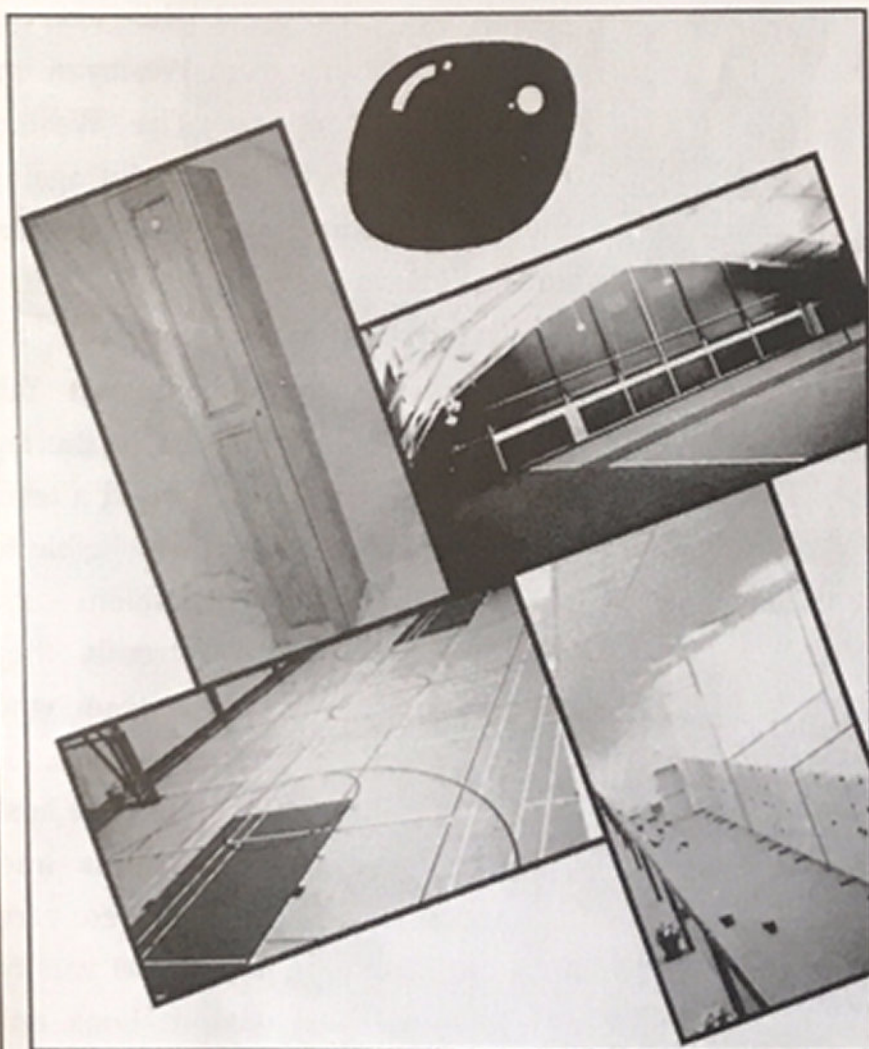
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At the Championship banquet the following players and coaches were honored:

OUA WOMEN'S ALL-STARS:

FIRST TEAM

Julia Hamilton, Toronto
Lindsay Auld, Toronto
Kristina Taylor, McMaster
Kim Farah, Western
Karlene Headley-Cooper, Toronto
Vanessa Steinwell, Western

SECOND TEAM

Jenny Hogan, McMaster
Carly Thompson, McMaster
Lindsay Wiseman, Queen's
Carla Jackson, Ryerson
Kim Milne, McMaster
Diane Liu, McGill

COACH OF THE YEAR

David Cooper, Toronto

OUA MEN'S ALL-STARS:

FIRST TEAM

Rob Nigro, Western
Sanjeev Chada, McMaster
Andrew Jones, Western
Dale Beesley, Queen's
Diego Diaz-del-Castillo, McGill
Vinay Lodha, Western

SECOND TEAM

Sean Hanna, Toronto
Mark Smith, McGill
Alex Carter, Western
Jeff Lurie, Western
Ken Lo, Brock
Joey Van Loon, Waterloo

COACH OF THE YEAR

Eugene Zarembo, Queen's



U of T and Western sweep St. Lawrence Tournament

As part of the Toronto Varsity Blues and Western Mustangs' preparation for the OUA finals both teams traveled to up state New York to play in the St. Lawrence tournament in January.

The Varsity Blues defeated the host team twice 6-3 and 7-2 while also easily beating teams from Wesleyan and Colgate Universities. The Western men were likewise successful against the same teams plus North Western and Middlebury.

Western will now compete in the men's CSA Championships at Yale where they will be seeded in the top ten. Toronto continue to build a team of undergraduates that are eligible to play in the women's equivalent - the Howe Cup in 2005. Currently they have 5 post grads on the team who under the CSA rules are ineligible.

On the visit to St. Lawrence the host coach Canadian Vijay Chitnis and Toronto coach Dave Cooper were very keen on promoting a Can AM varsity squash event next season. Look out for more news about this exciting venture!

Need results, rankings, videos, rule books, memberships, tournament information, coaching clinics, rules clinics, school squash equipment, links to Canadian squash community, and more...

squashontario.com

As part of Squash Ontario's commitment to encourage and promote play in the masters age categories, the Board of Directors made a decision to send a team to the 2004 Western Canadian Teams Championship this past January in Regina.

In order to put some parameters around selections to the team, Robbie Osher, a member of the Board, brought together a small task force consisting of Fernando Pisano, Bob Todd and himself last December. The criteria used put emphasis on participation in the 2003 Ontario Masters Championships and an Ontario Masters Team was born. It consisted of Mike Bertin (captain), Fernando Pisano, Jean Gairdner, Elka Markus, Gaetan Godin, Lorraine

Tetreault and John Frederick.

Now the Board is expanding this task force into a full committee of Squash Ontario and has invited Lorraine Tetreault, Mike Bertin and Elka Markus to join. All of them have accepted.

We see the mandate of the committee as overseeing masters squash in Ontario; providing seedings for masters events; expanding the masters rankings to include women; and identifying fundraising opportunities so we can fund our Masters Teams in the future. In addition, and perhaps more importantly, this committee would set the selection criteria for future Masters Teams.

Masters Rankings

One of the most important tasks the Masters Committee will be tackling is the establishment of credible men's and women's masters rankings. In order to do that, it needs your date of birth.

Please go to the Squash Ontario website - squashontario.com and click "join Squash Ontario". Be sure to provide all your information - address, email, telephone, club at which you play and your date of birth.

western canadian teams championship

BY FERNANDO PISANO

here comes team ontario >>>

Cast of Characters

Women's 35+ Jean Gairdner Alias "Mom": Made sure everyone was eating and drinking...and taking care of all of us as a Mom would. Has all the science of ice and elevation figured out.

Women's 40+ Elka Markus, Alias "Fashion Model": Calm and competitive, soon to show up on the cover of International Squash Magazines. "Nominated Best dressed."

Women's 45+ Lorraine Tetreault, Alias "Dr T": You name it she had it in her Dr.'s bag!

Men's 45+ Mike Bertin Alias, "Captain": A great example of a leader/navigator, found McNally's but got us out in time to play the next day.

Men's 50+ John Frederick, Alias "Runner": 19 years and still running, last seen running home from Regina not far behind Elka's husbands car.

Men's 55+ Gaetan Godin, Alias "Vita

Man": Packs all what you need to quickly repair those war wounds naturally. Cloned from a vitamin, he is sometimes compared to Superman.

Men's 40+ Fernando Pisano, Alias "Writer": This is my article.

We were all proud not only to represent Ontario but to be invited to play in the Western Canadian Teams Championship and we thank all those who made it possible for Ontario to compete.

What an idea! - a Provincial Masters Team with a combination of women and men, playing against other Provincial Teams and players in the same age groups, all vying for the Holy Grail. It was an impressive array of talented players from the past and also a collection of new faces who have found their game with age.

A combination of old and new faces, old stories and new stories to be told, made for the foundation and framework of a well organized and wonderfully successful event.

The focus was evident right from

meeting everyone at the airport to the first Team meeting at the hotel Friday night; this was going to be a difficult weekend for all. "Getting to know you" talk initially centered on family, children and friends but quickly changed tone to squash as the night grew on as we anticipated our first round challenge. As one might imagine, there was plenty talk about what everyone was doing to stay sharp with age, including the use of vitamins to Motrin.

If time has taken from us some of our skills and fitness (I debate that), we sure made up for it with enthusiasm, commitment, team unity, competitiveness and social behavior (you can read into that as far as you want!). The weekend was filled with old rivalries and many wars to be waged and although all the statistics will show that one team came out victorious, inherently we all came back as winners! (I know it's an old cliché but it's true!) Ironically, there was more to be gained from the experience than the event itself. The word 'masters' may

to some be synonymous with 'old' but, there was nothing old about the Teams Championship except the event itself. From both the competitiveness and the social side of things, this event was a success and a testament to all those involved, like a great wine, we get better with age!

The weekend was filled with players playing injured, come from behind wins, alibi's, upsets, incredible rallies and some spectacular shot making as well as five game sets and 3-0 slaughters.

On the social side of things, great food, great company, suds and grape juice and McNally's made for the bonding glue for all teams involved...or at least ours!

There were personal battles to overcome like age, skills, fitness and there were competitive battles to conquer as this was not a single battle ground but a team one and with all team games, you rely on each other and to that alone, the stress heightens as you compete further into the draw.

The rules of the games were no different than they were in our youthful competitive days, the scores remain the same and so do the results and feelings of accomplishment and defeat.

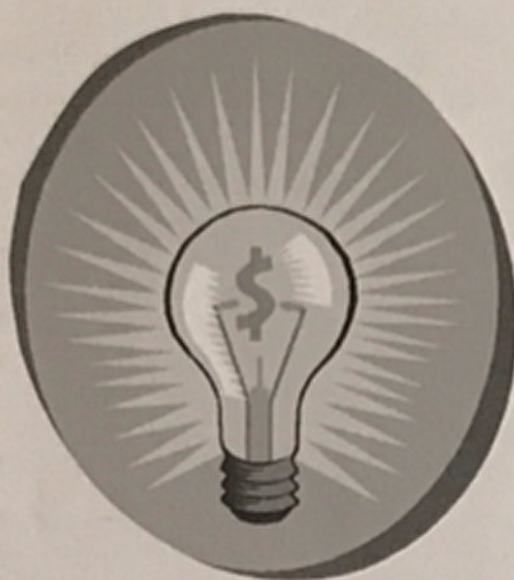
In fact, as we get older there seems to be a heightened sense for victory as an affirmation of our ability to continue to compete and some may even see it personally as a flag in life and a grab for youth one more time.

It's a syndrome we all face with age - the challenge and self examination of our ability to compete over the denial of our diminishing skills and aging bodies. That's why masters events are a great measuring stick, for one weekend, to once again sip from the cup of youth and compete for life again.

Tell it like it is, we wanted to win but unfortunately we came up short.

Congratulations to all my team mates, all those who competed, the organizers, Squash Ontario and all the volunteers and sponsors. I hope all you players out there who have reached the ripe old age of 35 continue to support masters events so we may continue to keep this game we love so much alive!

Unsatisfied with our result, wait till next year! ●



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A silver medal on court, gold for Team Ontario at the social!

Congratulations to 2004
Masters Team Ontario
(from left): John Frederick,
Fernando Pisano,
Jean Gairdner, Elka Markus,
Lorraine Tetreault,
Mike Bertin and
Gaetan Godin



Upcoming Masters Events

MAYFAIR SPRING CHALLENGE
April 9 - 11, Mayfair Lakeshore Racquet & Fitness Club
Men's and Women's 35+, 40+, 45+, 50+, 55+, 60+, 65+
To enter: 416-466-3777

CANADIAN MASTERS CHAMPIONSHIPS
This year the event is hosted by the fabulous Hollyburn Country Club in West Vancouver, B.C.
Entry Fee: \$145.61 + GST. Deadline for entry: Wednesday March 24th, 2004 — 6:00 PM EST
Tournament play will begin: Wednesday April 28th, 2004. Start Time - 9:00 AM
To enter, go to squash.ca

TEXAS OPEN
April 2 - 4, Houston Texas
Men's 40, 50, 60, 70
To enter: 713-305-8840

Wilson silver events exceed expectations

The Wilson Silver events were established five years ago as a transitional competitive experience for young boys and girls who attended a bronze event or who participate in their club junior programme. The Junior Advisory Committee, in setting up these events, wanted to ensure that they were affordable and in order to do that, sought out a sponsor who would provide specially designed t-shirts for each participant. Doug Coombs of Wilson became an active and enthusiastic sponsor of the silver events and as a result of his commitment, entry fees have been kept at \$30.00.

Complementing the support from Doug Coombs and Wilson are the terrific hosts for these events and we



Some happy faces at Nepean's Wilson Silver event.

would like to thank Mike Wang (Club Markham), Gary Delavigne (Dow), Doug Hamilton (Burlington Racquet), Ron Hughes (Nepean), Shauna Flath (Ottawa Athletic Club), Rob Brooks (Pine Valley), Andrew Thompson (Toronto Lawn), Eric Baldwin (Badminton & Racquet), Darryl White

(Cedar Springs), Sajjad Butt (Racquet & Fitness) and Steve Rush (St. Andrew's College).

As a consequence, participation in the Wilson Silver events this season has reached over 740, well over last year's total, with one event still to go.

Black Knight "\$50 racquet round-up" benefits junior squash

Out with the old and in with the new! Celebrate the New Year by trading in an old squash racquet for a new one, save \$50 and help junior squash development. What a deal!

For a limited time, **Black Knight dealers** will be collecting old squash racquets for use in club, district and provincial junior squash programs **AND giving \$50 trade-in discounts** upon the purchase of selected new Black Knight models.

Last run 10 years ago, this Black Knight program then garnered hundreds of racquets for Squash Ontario's school squash programs. Some of those racquets are still used to this day, but the supply needs to be refreshed and more are needed as junior programs are expanded.

Here is how it works:

1. Visit a participating Black Knight dealer and choose a Black Knight racquet from among these models: SHOX 60(SQ-8860), SHOX 80(SQ-8880), WHISPER 35 (SQ-2110), WHISPER 130 (SQ-2115), QUARTX CXX (SQ-2120), QUICKSILVER CXX (SQ-25LE), INGENIA GOLD (SQ-2550).

2. Say good-bye to an old racquet, any make, model or manufacturer and turn it over to the dealer. (**No broken frames, please.** Broken strings are okay.)
3. Receive a \$50 trade-in discount from the posted price of the new racquet you have selected.
4. Complete your purchase and make haste to the nearest squash court for a great match with your new racquet.

Please take this opportunity to rejuvenate your squash game by trading in an old racquet for a great new one, and in the process help supply racquets to our school squash and junior programs.

For further information or questions regarding school squash and junior programs, please call Squash Ontario at 416 426-7201. For more information about the Black Knight trade-in offer, please e-mail Black Knight at: trade-in@blackknight.ca





Squash...It's Our Racquet!

ONTARIO HONOURS

The Government of Ontario will be holding its annual Sport Awards ceremony in April at which time, volunteers, coaches and athletes from across the province will be recognized and honoured.

Squash Ontario's nomination of Lolly Gillen for a Syl Apps Special Achievement Award was approved and on April 2nd, she will take her place with many other volunteers who have given countless, countless hours on behalf of their sport.

"NO" is simply not a part of Lolly Gillen's vocabulary. Never has been...never will be. There is an old saying about volunteering, "If you do all you can, it can never be too little." This is Lolly's philosophy.

There is not a provincial or national doubles championship over the past ten years that cannot attribute its success in large measure to Lolly's commitment to getting out the vote. If you don't have a partner, call Lolly. Do you need a "left wall?", call Lolly. Not

enough teams in the men's 70+, call Lolly. Her email broadcast list would make the largest corporations envious! Lolly Gillen is a huge proponent of squash and in particular, doubles squash. Her talents do not lie solely in encouraging people to play; she is an incredibly talented player herself with ten provincial titles, ten national titles and an equal number of international titles to her name.

Lolly does not limit her activities strictly to doubles though. She chaired the Squash Ontario Competitions Committee for five years and during that time developed the Provincial Championship Hosting Standards under which every provincial championship is run. In 2002, she was nominated to the Squash Ontario Board of Directors where she presently serves as Vice President, Marketing. In this capacity, she has initiated a number of valuable partnerships for the association, one of which is a charity programme to raise awareness of prostate cancer. She was also instrumental in securing the sponsorship for the PACE



Sam Nisenboim and Lolly Gillen

Credit Union International Challenge held at BCE Place in November. The event featured the top male squash players in the world. She also sits on the Squash Canada doubles committee.

In her real life, Lolly is in commercial real estate, running her own company K.P. Gillen and company. Needless to say, she is extremely successful in this area as well.

If you want something done, give it to a busy person. Lolly Gillen personifies this old adage and Squash Ontario is extremely fortunate that her first love is for the game of squash.

Government honours HEAD/TYROLIA

Also to be recognized at the Annual Sport Awards for a Corporate citation is Jeff Bardsley and Head/Tyrolia.

Perhaps one of the biggest challenges for any provincial sport organization is to find additional dollars to supplement those it receives from the Ministry for programming. Such is the case with our officiating programme. In order to grow the number of officials in the province, we felt we had to provide some incentives and so, in 2000, we approached Jeff Bardsley of Head/Tyrolia.

Jeff and Head have been consistent supporters of the game in Ontario in terms of tournaments over the past ten years but, this was something new and Jeff was anxious to assist. Thanks to his support, all new officials receive specially-designed shirts and our instructors are decked out in impressive

Head vests. In addition and again to support the programme, Head assisted in the design and printing of 5,000 rule books which are given free of charge to every person taking a rules clinic.

Jeff also continued his support of Squash Ontario through his advertising in our publication, Squash Life magazine.

And, Head continued its commitment to the competitive environment by underwriting the cost of over 10,000 draw sheets, again which are distributed free of charge to our member clubs.

Jeff Bardsley and Head/Tyrolia are an important and integral part of the Ontario squash community and Squash Ontario is extremely proud that the company is one of our official partners.

2004 World Doubles Championships

Philadelphia, PA
April 19 - 21

CATEGORIES:

Men's Open, Open B,
35, 40, 45, 50, 55, 60, 65, 70

Women's Open,
35, 40, 45, 50

Mixed Open, 40, 50

2004 World Doubles Entry
Form - Adobe Acrobat file

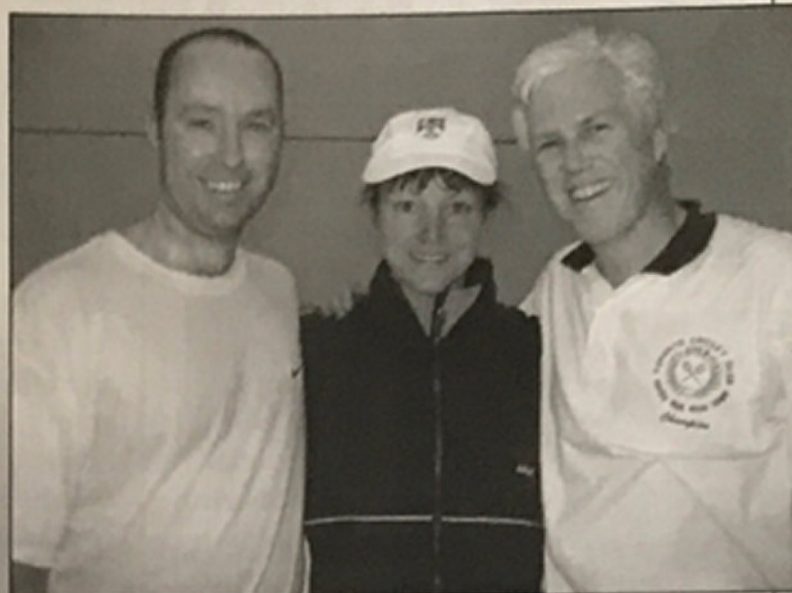
Contact: Sam Howe, Tournament Chair at 215-496-7636.



SQUASH ONTARIO
"Growing the game in Ontario"



Jessica DiMauro, helping grow our game



2004 Ontario Open Doubles Champions
(from left): Scott Dulmage,
centre Lolly Gillen, VP Squash Ontario
and Jay Gillespie



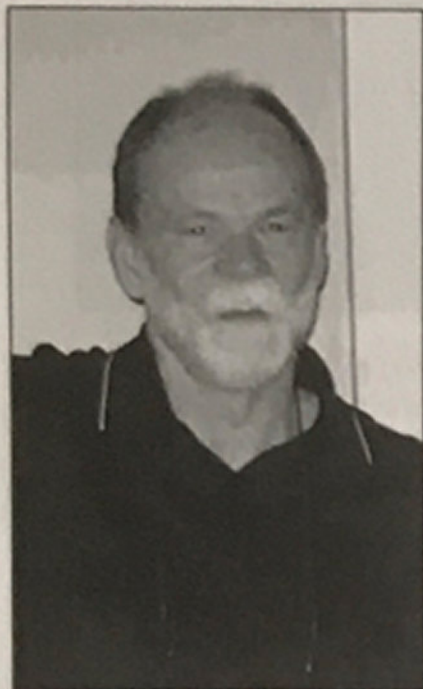
Jimbo the Magnificent with (from left),
Caro Sambrook, Karen Jerome and
2004 Women's Open Champions,
Cairn Meek and Jessica DiMauro

Ontario Doubles Champions

- Men's Open Doubles Champions Scott Dulmage and Jay Gillespie
- Men's Open Doubles Finalists Chris Deratnay and James Hewit
- Women's Open Doubles Champions Cairn Meek and Jessica DiMauro
- Women's Open Doubles Finalists Karen Jerome and Caro Sambrook
- Women's 40+ Doubles Champions Sue Underwood and Nancy Bowden
- Women's 40+ Doubles Finalists Ann Brayley and Cathy Covernton
- Men's 45+ Doubles Champions Mike Costigan and Jay Gillespie
- Men's 45+ Doubles Finalists James McDonough and Dave Fullerton
- Men's 50+ Doubles Champions Victor Harding and Sean McDonough
- Men's 50+ Doubles Finalists Brian Murray and Paul Smith
- Men's 55+ Doubles Champions Cass Quinn and Molson Robertson
- Men's 55+ Doubles Finalists Peter Hatcher and Tom Nederpel
- Men's 60+ Doubles Champions Tony Swift and Dave Bogert
- Men's 60+ Doubles Finalists James Perren and Larry Hall
- Men's 65+ Doubles Champions Sam Nisenboim and Dave Brown
- Men's 65+ Doubles Finalists Taki Doucas and Howie Rober
- Men's B Doubles Champions Sebastien Bigaignon and Nicolas Bigaignon

Goodbye and good luck

Douglas MacArthur once said that, "old soldiers don't die, they just fade away". Thankfully, this is not true of one of our most beloved officiating instructors, a man named Larry Jones.



After many, many years of labouring behind the court glass, Larry is retiring from the refereeing community and he will be very much missed. Larry has been a rock in the Ottawa & District region and a staunch supporter of both the officiating programme and

of Squash Ontario. He has served as president of that region and was a contributing factor in the effective and efficient structure the region has in

place today.

His friends and colleagues in the Ottawa and District Region describe him thus: "Larry Jones is an astute and people-oriented person. His dedication has led him to devote many hours to promoting and supporting RA squash - this past year he became the acting RA Squash Professional while the RA searched for a permanent pro. Much of Larry's time is devoted to serving on the squash executive. In the past 10 years he has been House League Coordinator, City League Coordinator and Vice Chairperson. He's also the current President and Senior Official of the Ottawa District Squash Association. His support to the Association and RA Squash is truly invaluable.

Five years ago when the RA celebrated its 20th anniversary, Larry took the lead in organizing a celebration. And what a celebration it was. And just this past October, he did it all over again to celebrate the 25th anniversary. We thought it would be

hard to top the 20th celebration - but he pulled it off. Some even commented that it was one of the best squash parties they attended".

The Ontario Officiating programme has always been a bit of a "tough sell" when it comes to attracting people into the certification component. One of the key selling points is the course conductor and over the years, Larry has not only made refereeing instructional but also fun. He was one of the first people in the country to tailor rules clinics to juniors and the current Officiating Committee is planning to build on that foundation within the certification component.

Larry, his wife Sue and the "kids", have moved into the country - far from the maddening crowds. We hope, while not a presence behind the court, he will continue to be a player on the court. Squash Ontario wishes him well and thanks him very, very much for the commitment, dedication and enthusiasm he has brought to squash in Ontario.

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New Doubles Committee Appointed

The game of doubles continues to thrive in Ontario, with increased participation in almost every provincial championship over the past several years.

As draws increase in both strength and numbers, it has now become important to appoint a committee whose sole role will be to oversee the game. The committee will take on the responsibility for seeding of tournaments, reviewing and amending hosting standards, reviewing and awarding of bids for provincial championships, doubles certification programme and any other aspects of the doubles game.

The committee will be chaired by Taylor Fawcett, chair of the Squash Ontario Competitions Committee and will be overseen by Stephanie Hewitt, Vice President, Technical Squash Ontario. Members include Tammie Sangster, Annette White, Lolly Gillen, Rob Warden, James Hewitt and Jay Gillespie.

To communicate with the Doubles Committee, you may email Taylor Fawcett at taylorfawcett@hotmail.com or the Executive Director, Sherry Funston at sq.ont.sherry@sympatico.ca

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MAKE THE PLAY... TAKE THE PSA



Squash Ontario and PACE Credit Union have partnered to promote prostate cancer awareness. Prostate cancer is a silent epidemic. It's silent because in it's early, more curable stages, there are no symptoms. A man's only sure way of avoiding progression of the disease is to adopt a personal prevention strategy.

The strategy is a two-pronged attack:

1. Lifestyle adjustment (especially dietary)
2. Early detection through testing (a physical exam and PSA test)

The PSA (prostate-specific antigen) is a blood test that many credit with saving their lives. A single high-test result may mean nothing, but a pattern of rising PS numbers will alert your doctor to a potential problem. The Canadian Urological Association - the surgical specialists - recommends an annual PS test starting at 50 years of age or at 40 for a man with a family history or who is of caribbean or african descent. This means that beginning at 40, men should discuss a prostate exam with their doctor.

For each player over 40 who takes a PSA test and completes the form you'll find at your club, **Squash Ontario will send you a specially designed golf shirt - no cost.**

If you can't find the forms at your club, ask your pro or call 416-426-7201 and we'll send one out to you immediately.

Do what's in your own best interest...take the PSA! For more information on prostate cancer, visit www.prostate-cancer.ca



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