



**COMOX VALLEY**  
**PICKLEBALL**  
**February 2025 Newsletter**

### **PRESIDENTS MESSAGE**

Hello everyone, I'm hearing that winter is slowly leaving the valley and it won't be long before the parka's come off and we can once again wear our normal outside pickleball clothes.

The CVPA Board has had one meeting over the winter where we discussed how to best make available when needed, the AED machine at the Rotary Highland courts. With the help of the Comox Fire Chief and the Comox Recreation staff I think we have come up with an improved solution to the key system we had in place. The key lock has been replaced with a punch code access system and the code distributed amongst key CVPA players and organizers. Additionally a sign has been placed on the outside of the shed with phone numbers of the Fire Hall and CVPA people who have the code, so that in the event of an emergency any of the numbers can be called to obtain the code to the door. I'm hoping this is an improved access system over what we had previously.

The 8th annual CVPA Tournament is scheduled for May 3 & 4 and I have received feedback from most of the past tournament organizers that they will once again take on their roles so we can run the great tournament we have had in the past. With so many people away traveling (myself included) the real planning for the tourney will not start until the end of March, with registration opening up soon after that.

The Boards focus for 2025 will be to increase the number of playing surfaces in the valley. With our membership reaching an all time high in 2024, the substantial increase in public play and the adoption of the game by schools....it is pretty obvious we need more courts.

Our discussions with the City of Courtenay are ongoing including some recent communications and if land can be found, I'm hopeful that courts will be built in Courtenay.

A sub-committee was formed a year ago to investigate the possibility of building an indoor facility for the valley. A substantial amount of work has been done by the committee to look at alternatives and they are preparing for more formal presentations to the Board.

I look forward to returning back to the valley in the spring and stepping back out onto the courts with all my CVPA friends and chasing that little yellow round ball around.

Rod Hamilton

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## **Merchandise Coordinator**

It is with much pleasure and enthusiasm we introduce our new CVPA club merchandise coordinator - Denise Lawson. Denise's role is to handle the sale of clothing, swag and of course the club staple - pickleballs! We are very happy to have her join our team and we look forward to all that she brings to this position.

## **Club Merchandise**

Have you checked out the online shop yet? You can now purchase CVPA merchandise online, including:

- Name tags with the CVPA logo (will be online soon or send an email to be notified)
- Indoor balls
- Outdoor balls

Clothing with the CVPA logo (with placement options) and a variety of colours and fabrics, including:

- Short sleeve t-shirts
- Long sleeve t-shirts
- Baseball caps
- Hooded sweatshirts
- Vests



Order Processing: Clothing and name tag orders will be processed at the end of each month, sooner if volume permits. To save on shipping costs for both you and CVPA we'll coordinate delivery of your item at the pickleball courts or a location convenient to both parties. Indoor and outdoor balls are in stock meaning delivery can be organized as soon as they're ordered.

How to: The shop is online at <https://secure.pickleballcanada.org/register/cvpa-store/37940/>. Scroll down for photos and descriptions of the items, select the quantity, color, size of the items you want to purchase, then fill out the order form at the top of the page and click the PROCEED TO NEXT STEP button and complete your purchase.

Questions?: If you want to get a better idea about each item, you can drop by Aero Art in Comox and see samples there. If there are any questions, please contact Denise at [cvpashop@gmail.com](mailto:cvpashop@gmail.com)

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## **ROTARY HIGHLAND COURTS SHED ACCESS**

Thank you Sandra for the update on Trevor and the good news that his recovery is going well. Hopefully he will be back on the courts in the very near future. The board would also like to thank all those people that attended to Trevor and helped Sandra through this horrible experience.

As a result of this incident the board has agreed to follow the guidelines that Fire Chief Schreiner suggested:

- 1) That a sign gets posted on the shed door with the fire hall phone number and 3 or 4 CVPA members phone numbers so that, in an emergency, anyone can call to get the code in order to access the AED & first aid kit.
- 2) That access to the code be given to only a few individuals in order to ensure the integrity of the AED so that it is fully functioning if it is ever needed again
- 3) That the code is only given out in the case of an emergency

The board agreed that only the program coordinators and the coaches be given the code.

PLEASE NOTE - the courts are not the property of the CVPA & therefore it is not the CVPA's responsibility to ensure access to the AED. However, we have willingly worked with the Town of Comox to come up with a solution that will address any medical situation that arises at the courts.

Under Fire Chief Schreiner's guidance, this new system will provide access to the AED and first aid kit for all players on the courts - CVPA members and the public.

## **MEMBERSHIP REPORT**

Membership as of 30 January, 2025 - 325. The CVPA ended 2024 with a total membership of 719. - 378 females & 341 males. The average age was 63.2 with skill levels reported as:

Beginner - 62  
Intermediate - 442  
Advanced - 215

Remember to renew your membership.

<https://secure.pickleballcanada.org/register/comox-valley-pickleball-association/1059/>

## **PLAY TIMES AND LOCATIONS**

<https://secure.pickleballcanada.org/club/comox-valley-pickleball-association/1059/play-schedules/9288/>

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## 2025 Christmas Social

Twas the week before Christmas and all through the Comox Community Centre the sounds of pickleballs and joyous laughter could be heard! Over 100 people signed up for a day of fun play and a potluck dinner. Thank goodness we didn't all show up to play at the same time! Instead many festively dressed pickle ballers came and went over a 4 hour period enjoying fun with friends and meeting some new folks as well. Jenny Kennedy and her kitchen elves kept everyone happy with delicious snacks we could enjoy in the gyms while we played.



The pot luck dinner portion of the event began with the amazing "Just In Time" choir singing Christmas songs as people filtered in. Such a lovely touch and such beautiful voices, thanks to choir member, and pickle baller Sylvia Dakin, for arranging this special addition to the evening.

As usual the food was over the top and the entertainment kept us all in the Christmas spirit. Roxy Reimer and her band of pink elves had everyone jumping around in another interactive version of the 12 Days of Christmas, as well as other festive activities.

MC Don Catling kept the evening moving along and entertained us with a few puns and jokes.



The event ended with our outgoing royalty, King Doug Stauber and Queen Michelle Robichaud crowning the new Royal Couple for 2025 - Roxy and Peter Reimer. Watch out...we might be seeing a decree for pink pickleballs on all the courts in the Valley!!

Grateful for all that we have, our club once again made a generous donation to the food bank collecting almost \$300 and over 20 bags of food which were delivered to the food bank. Thank you to everyone who worked so hard to make another Christmas Social much a fun event.



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## Meet Bud Hauser, Comox Valley's 95 Year Old Pickleball Icon

After a vigorous Friday morning pickleball session, I cornered Bud. "Bud, some of our newer players don't know you are 95 years old. If I bought you lunch and a pint, would you share your secrets of how you have kept active in mind and body for so many years"?

Licking our lips at the thought of the pint, Bud and I were soon nestled into Cumberland's Waverley Hotel, a thriving institution even older than Bud.



### **This is Bud's story.**

Born in 1929 in Moose Jaw, Sk., Raymond (Buddy) had four older sisters to spoil him and one older brother to torment him.

Growing up on the prairies was not easy during the Great Depression. As a young boy, Bud got a valuable early education, hawking newspapers and shining shoes on Moose Jaw's infamous River Street.

Upon the outbreak of World War II, the Hauser family made many sacrifices, as did the rest of Canada. Four of Bud's older siblings joined the Canadian forces. His Mother and her sister moved to Fort William (now Thunder Bay) to

work on an assembly line building warplanes.

"Just to keep me out of trouble" Bud spent two of his high school years at out-of-town boarding schools. Always athletic, Bud played every sport, a trait that has followed him to this day.

Bud joined the Dominion Bank when he was 19. A year later, he married Grace, his high school sweetheart, a fairy tale union that lasted 66 years. They were blessed with four daughters (Beth, Lynn, Jan, and Leslie), seven grandchildren and nine energetic great-grandchildren.

Bud's banking career took him to Regina, Winnipeg and then to Calgary, where he managed one of Toronto Dominion Bank's largest commercial banking centers. Retiring from active banking in 1985, Bud and Grace left Calgary to enjoy Victoria's milder climate and, in 2005 relocated to Courtenay to be closer to daughters Beth and Leslie and their families.

Bud discovered pickleball in 2010 when the game was reintroduced to the Comox Valley. Years earlier, the game had been played in our high schools.

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**In his own words, this is how Bud frames his pickleball journey:**

“Yes, Dave, playing pickleball has undoubtedly enriched and prolonged my life in retirement. The physical benefits are undeniable, and if I am forced to lay off for too long, I certainly notice adverse effects on my body.”

“It is sometimes difficult to make the initial effort to go out and play, but after doing so, I feel better. The social aspect of the game is of even more importance.

I am most fortunate to have my family's love and support. I am also proud that my enjoyment of the game has now been passed down to my daughters and grandchildren, who are enthusiastic players”.

The genuine friendships I have developed due to pickleball are the icing on the cake. Having this kind of loving social contact with friends, most of whom are younger than my daughters, keeps me young and wanting to stay this way.”

With the chicken fingers and the pint(s) now long gone, Bud's parting comment on living a successful and happy life: **“Marry well, treat others as you want to be treated and keep physically and socially active.”**

“Thanks, Bud, for sharing your story with us. As well as being a multi-gold medal winner in the Yuma Arizona Senior Games, you are an inspiration to our community both on and off the pickleball court.” DLW



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## **Thank you from Sandra Stemmler, Trevor Hall and family.**

Just before noon on December 15<sup>th</sup> my husband and I were playing pickleball at Highland Park. I left the court to go play in the lacrosse box and my husband Trevor who was 61 years old at the time, stayed in court 6 to play another match. During that game and with no warning, he suddenly dropped to the ground after his heart went into ventricular fibrillation (v-fib) which resulted in cardiac arrest. I had no idea what had happened, but when I was called back to court 6 I saw a man providing chest compressions, a woman stabilizing Trevor's head and keeping his airway open and another man on the phone with 911 and they were working on getting someone to start mouth-to-mouth resuscitation, which I did.

I can tell you all that I have never experienced anything as horrifying as that moment in my life. I kept expecting that Trevor's heart would just start beating again and he would regain consciousness, but that did not happen. At one point someone arrived with an AED machine and Trevor received 3 shocks before the paramedics arrived, but still nothing. When the paramedics arrived they took over compressions and shocking his heart and after what seemed like an eternity rushed Trevor to the hospital, he was still not breathing. In the end, Trevor was shocked a total of 8 times and received continuous compressions for 30-35 minutes before his heart started to beat again just as the ambulance arrived at the ER. After receiving immediate care at the hospital, he was intubated and placed into an induced coma for 72 hours. The doctor told me that if it had been his family member that he could not have asked for any better treatment than what Trevor had received that day because of the heroic efforts of all of the people who immediately came to his aid.

After the fact, a number of people helped me to piece together most of the names of the people who saved Trevor's life that day: Rinus Onus, Richard (Rick) Hunter and Andy Irvine helped to provide chest compressions and use the AED machine, Bonnie McKenzie was the woman stabilizing Trevor's head, Elizabeth (Liz) Phillips, Teri Burgess and an unknown male all helped to break down the shed door to retrieve the AED machine, Paul Israel and a man named Gord helped to call 911 (my apologies if I missed anyone or had any incorrect information).

I also want to acknowledge the incredible community of people who came to my aid not only that day on the court, but those who took me/came to the hospital, who stayed with me for hours until my family arrived and who have continued to support me and my family to this day. I am unable to name everyone, however I want to specifically acknowledge Sandi Hodges, Teri Burgess, Kim Stallknecht and Susie & Glenn Howe for their incredible support. You are all heroes in our eyes and words cannot express how forever grateful we are for what you all have done for us.

I am so happy to report that on Dec 18<sup>th</sup> Trevor woke up. After multiple procedures, heart surgery and 25 days at Courtenay and then Royal Jubilee Hospital, he is now home and expected to make a full recovery. If all goes well, we are hopeful that he will be back on the pickleball courts by spring. ☺

Since Trevor's cardiac arrest, an incredible group of people took the time to both advocate and to make very important changes for the safety of everyone at Highland Park. The CVPA, the Town of Comox and the Comox Fire Department have all worked together to come up with a way to improve awareness and access to the AED machine that is located in the CVPA shed at Highland Park. It is my understanding that moisture, vandalism and theft are all significant concerns when an AED machine is stored outside and therefore upon the recommendation of Chief Schreiner it has been decided that it is best for the machine to remain inside the shed.

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The Fire Department has installed 3 AED signs on the exterior of the shed to increase public awareness that the machine is located there. The Fire Department inspects the machine and replaces the batteries and electrodes as necessary. Municipal Works installed a keypad door lock on the shed door to allow individuals without a key, access in an emergency. The code to get into the shed has been given to all of the organizers of the CVPA Suggested Play Time groups so they can have access to the contents of the shed and also the AED machine. The CVPA has ordered a sign that will be hung on the door of the shed that will have a list of phone numbers that anyone can call to get the door code who needs to access the AED in case of an emergency.

A Cardiologist at the hospital informed us that only **1 in 100 people survive a Cardiac Arrest in public**. Trevor and I feel so fortunate that we had so many highly skilled individuals in attendance at the park that day. I know that had this happened at any other time that I would not have immediately known how to help Trevor in that moment and I am so thankful that pickleball player Teri Burgess took it upon herself to arrange for a quick introduction to using an AED machine for a number of us pickleball players on January 22<sup>nd</sup>. The dedicated people at the Comox Fire Department are willing to arrange for special group training dates if needed, however they also offer a free 2 hour CPR-A course once per month (not available in July, Aug & Dec) at the Comox Recreation Centre. You can find out more details by searching "CPR" on the Comox Recreation Centre Activities page on their Website (<http://comox.ca/recreation>) or call 250-339-2255 to speak to a staff member. You never know when simply learning CPR may save someone's life.

A wonderful woman told me that Trevor and I were surrounded by angels that day in December and I don't think there is any better way to describe it than that. So to all of my amazing pickleball loving angels, please accept our most sincere thanks and appreciation for giving my family the best present ever. We love you all!

Sincerely,

Sandra Stemmler, Trevor Hall and family.



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## **RULE CHANGES FOR 2025**

The new rule changes have been announced by USA Pickleball, and are in effect as of January 1, 2025. There are no earth-shattering changes to the rulebook....rather lots of small changes, such as grammatical additions, deletions, and clarifications. All of the rule changes are available on the USA Pickleball website. I will touch on a few of the more significant changes:

### 1. Rule 9.B.1 will change the definition of volley.

From "the swing, the follow-through, and the momentum from the action" to "The act of volleying begins when the ball is struck out of the air before bouncing and ends when the player's movement from the follow-through action stops." This means that volleying no longer includes the swing before the ball is hit.

### 2. Rule 9.H Although it is still okay for a player to volley a ball while their partner is standing in the kitchen, the 2025 rule adds "as long as the partners, including anything the partners are wearing or carrying, do not contact each other during the act of volleying"

3. Rule 6.C.4. Spectator Line Calls, this rule change reminds players that they should not be asking spectators for their opinion on line calls, but also that they are not allowed to accept any input from spectators. The rule change prevents both soliciting or accepting spectator input.

### 4. (Provisional rules 4.G.1 and 12.B.1) Rally Scoring

Rally scoring will be introduced for doubles play , but side-out scoring is still the official method of scoring. Double elimination tournaments should not use rally scoring. When using rally scoring, the game winning point will still only be scored by the serving player or team.

### 5. Rule 13.D.1.a Calling a fault on your partner.

The current rule says that you must call a fault on yourself when you realize you committed the fault. The new 2025 rule change adds that you must also call a fault on your partner if you see them commit one. As well, the fault call must be made before the next serve occurs.

### 6. Rule 4.A.5 Serving Changes.

Currently, "the serve shall be made with one hand releasing the ball". The new rule change will also allow you to release the ball with your paddle. If you serve with the drop serve and want to drop the ball with your paddle (instead of your hand), you have to let the ball roll off the face of the paddle using gravity only (no force). Despite this change, you are still not allowed to impart spin on the ball.

### 7. Rule 4.C.2 Not Ready Signals.

This rule now allows the receiving team to use a verbal indicator, like 'stop' or 'wait' to tell the server that they are not ready....after the server has already called the score. Previously this was not allowed. 'Not ready signals, like hand motions, etc., are still to be ignored by the server, as they are not allowed after the score has been called.

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I hope the above seven rule changes help you out as we get into a new year of pickleball. As I said, there are many more that have been introduced, and are available on the USA Pickleball website under "Officiating".

If I can help you out in any way with regard to the rules, please contact me at [headreferee@pickleballbc.ca](mailto:headreferee@pickleballbc.ca)

Submitted by Rick Folk, Head Referee, Pickleball BC

### **2024/25 CVPA BOARD OF DIRECTORS**

President - Rod Hamilton  
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### **Visit the Comox Valley Pickleball Association websites and social media**

Comox Valley Pickleball Association Website

<https://secure.pickleballcanada.org/event/comox-valley-pickleball-association/1059/>

Comox Valley Pickleball Association on Facebook <https://www.facebook.com/cvpickleball.ca>

Comox Valley Pickleball Discussion on Facebook

<https://www.facebook.com/groups/741799624629434>

Email [cvpa2015@gmail.com](mailto:cvpa2015@gmail.com)

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## Comox Valley Pickleball Association Sponsors

The CVPA has partnered with Pickleball Paddles Canada as a CVPA sponsor. Check out their website and use code COMOX for 10% off your order.

<https://pickleballpaddlescanada.ca/>



## Klahanie & Company - Pickleball Paddle Sales & Rentals

Our mission is to be the go-to *courtside* paddle supplier for Comox Valley pickleball enthusiasts.

We aim to enhance the local pickleball experience by representing top-quality Canadian paddles for purchase, convenient rental, and "try before you buy" options.



Visit our website at <https://picklepaddles.ca/>

Contact Leanne at [kleannewebster@gmail.com](mailto:kleannewebster@gmail.com)