



February/March 2015

The Player

Wembley Downs Tennis Club Inc.

From the President – *John Pritchard*

Greetings

I have seen and spoken to a large number of members since the New Year, but to those who I have not seen, I hope you had a wonderful break over the holiday period and are back refreshed and ready for 2015. I wish you all a wonderful, tennis filled and prosperous year at WDTC. May all your plans come to fruition and your wishes be granted?

Recruiting

At our AGM in August I challenged everyone to recruit ONE new member during the year. Well, have you recruited your member? We are half way through our year so please do not leave it too late. When speaking to any potential member please always give the person a WDTC leaflet and application form. These are available on the wall to the right as you walk into the lounge, outside to the left of the kitchen hatch and in the Captain's room.

We have had a number of new members join since the AGM which is pleasing to see, so a BIG thank you to those members responsible and to our new members, WELCOME, I HOPE YOU ENJOY THE CAMARADERIE OF OUR CLUB.

New Year Raffle

Thank you to our five generous donors who kindly gave prizes for our raffle and to members and friends who bought tickets. We raised \$498.00. The list of prize winners is displayed on the notice board in the lounge.

Council Boundary Changes

Members are aware of the proposed change to Council boundaries brought about by the State Government's amalgamation program. On 16 February the State Government passed the onus for reform onto local government authorities, with boundary adjustments only set to proceed if they are backed by the councils involved. We await the final decision by the City of Stirling but I feel we will stay in the City of Stirling. I will keep members informed of any developments.

House & Grounds Chair

After two and a half years at the helm, Mark Sims has stepped down as Chair of House and Grounds.

I am sure every member will join me in thanking Mark for his commitment to WDTC. He and his team have done a top job and the courts are probably the best they have been for years. Thank you, Mark.

Terry Tinsley, who has been on the H & G Committee since he joined the Club, was unanimously elected at our recent Management meeting to replace Mark. Thank you Terry. You bring many years of experience to the job!

Social Committee News – David Simpson

My Social Committee continue to do a brilliant job.

On Monday 26th January, we held the **Australia Day Breakfast**. This was a very successful function, with 53 people attending for the Breakfast and a lesser number playing “Fun Tennis’ under the guidance of Mike Underwood. Our very own Guitarist/Tenor, Jon Bowden gave us a magnificent rendition of “Advance Australia Fair”.

Our next event is the **St Patricks’ day and Lamb on the Spit**, on 14th March, with Dennis Gillespie, once again, supplying 1 sheep free to the Club and social committee purchasing the other at market price. Chris George, who created and used the bicycle spit last year, has built another one, so we will have 2 spits and, hopefully many members to this event. Check out our poster in this issue.

On 3rd May, WDTC is hosting the **City of Stirling Tournament**. While this is run by the Tournament Committee, all members are asked to assist, where possible, in the preparation and presentation of food during the day. Social Committee have been asked to help organise this. Please give your name to Mike Underwood or David Simpson if you can help.

The **Annual Dinner** will be held at the Club on 23rd May with a live (small but dynamic) band.

Members – David Drake

A big, warm welcome to the following new members!

Full: Peter Thorp, Lauren Carter, Lorinda Hunt

Social: Terry O’Meara, Evelyn O’Meara

Parent Associate: Julie Keene

Many Happy Returns!

Many happy returns to Dennis Gillespie, Nigel Breeze, Margaret Robinson, Terry Tinsley, Rod Elise, Louise Hall, Bobbie Edwards, our President and any other members who celebrated birthdays in January and to those who are celebrating this month.

We hope you all have a wonderful year ahead.

Speedy Recovery!

The club sends its best wishes to Terry Mannion and Phil Hingston on their speedy recovery for recent ops.

Terry has had a total knee replacement and is recovering under the watchful eye of Marianne.

Phil who was spotted at Woodlands Shopping Centre a couple of weeks ago is recovering from a double heart bypass. Wow!! Phil, get well soon, we are missing you on the courts. However we do understand it may be six to nine months before your return. Until then, take care.

Condolences

Sincere condolences to Di and David Rice and family on the passing of Davids' mother. Our thoughts are with you.

Congratulations!

Best wishes to our Coach, Brenton and his girlfriend, Amy, on their recent engagement in January! Congratulations guys from all of us at W.D.T.C!



Global Tennis – Joe McCarthy



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Captain's Room – *Mike Underwood*

Aloha from Hawaii. What a fantastic place it is here almost as good as Perth. Linda and I walked up to the top of Diamond Crater and wow what a view. See picture below. There doesn't appear to be much of a tennis culture here or organised clubs that we can see anyway. Whilst we are on the subject of travel when I heard about it I had to get and share a picture of Ross Symonds' amazing Antarctic adventure! See his story in the Members Out and About Section in this Player.



Summer League

League season has recommenced and all progressing well. A few headaches due to injuries, player unavailability and CTR automatic adjustments. We have a good percentage of teams in contention for finals in a couple of weeks. I will update all members on our midweek and league teams playing semi finals the week before.

Winter League

'Winter League (Tennis West) will commence on the 1st May. Please email your expression of interest to michael.underwood@metrecruitment.com.au to participate in this competition (hard courts only).

Club Champs

Club Champs are a very important time of the year for a Tennis Club and a chance for all members to make their mark. Entry forms will be out on the 1st March and circulated via bulk email and from the Captain's Office. The Open event will be on the weekend of the 28th March and the Vets on the weekend 11th April. It will just be one entry form for both and make sure you put an email address on your entry so we can keep you updated on the draw. If you are unavailable for any part of the weekend of the 28th March please record it and we will do our very best to accommodate.

This year's events are sponsored by:

JAYDEE
AIR CONDITIONING
Contact 0419 835 501

 **physiotherapy**
WEST PERTH | MOSMAN PARK
Contact 9486 7774

Playing-Hitup Partners Required

A couple of members have suggested a notice board for any member chasing a singles or doubles hit or match (great idea particularly for busy members who don't have much available time outside of work). We have put up a notice to record name contact number etc on the main whiteboard inside the club house.

Players in Feature



This edition is highlighting **Rafe and Luca Bonini**. Both boys have done very well in league and tournaments this season with Luca winning a big junior tournament at Robertson Park just before Xmas.

Q How long playing tennis?

L: 9 years

R: 9 years

Q Other sports played?

L: Basketball soccer

R: Basketball

Q Favourite player on pro circuit and why?

L: Federer, I admire his ridiculous talent and serving prowess. Also his ability to just simply win.

R: David Ferrer. I enjoy David Ferrer's tennis and have come to admire his work in the last few years because he is obviously such a hard worker. He manages to win with not as many physical or technical tools as a lot of other players, and so, I admire his ability to win through sheer grit and determination.

Q Your best moment playing tennis?

R: Winning back to back Australian Money tournaments last year. Accumulating 1500 dollars over around 1 month.

L: Winning a bunch of tournaments in the end of the fourteens and start of the sixteens.

Q Your Strengths On A Tennis Court?

R: Court speed, serve, forehand, slice.

L: Serve, volleys, forehand and slice.

Q Any areas (if any) you are working to develop?

L: I am trying to gain weight as I need a bit more 'meat' on my shots.

R: Working on mental stability and general mental strength as this is the area that is holding me back currently

Q How do you prepare for match day?

L : Eat 3 hours before my match warm up and then get on court for my match.

R: Wake up and/or eat 3 hours before my match (this is a struggle when i have an 8 o'clock match), have a warm up and play.

Q Favourite Song & Artist

R: Nosebleed section, Hilltop hoods

L: Any Beatles song really.

Q Which AFL Team do you support & why?

R: Geelong, because i saw a documentary on Gary Ablett senior as a kid, and i have always liked him so, therefore, Geelong

L: Eagles, as they are local and I like Nic Nats athletic ability.

From the History Vault

We recently had to relocate our oldest league shields to the very top of the wall inside the hall. Knowing many of our members like to peruse the shields and players involved we have created a database with a complete list of every pennant won and team members involved. I have put a paper copy of it near the shields. If any members want a copy of the file please drop me an email.

I have had a quick review on some of the family names that I know that appear regularly and some of the more prominent ones are as follows. If any member would like a definitive number please email me the names involved.

Penberthy (mostly Laraine)	16 Shields
Rice (David may have had a few)	15 Shields
Edwards/Brett	40 Shields
Stanton	9 Shields
Taylor (not sure how many families)	19 Shields
Venn	9 Shields
Ellice	12 Shields
Hemsley	9 Shields

Etiquette Tip

We have had some feisty opposition players in league recently who seem to want to push the envelope a bit when it comes to line calls and attitude. I have always found this the hardest part of League Tennis at all levels. And you think as Tennis Players get older 'and more mature' they would sort it however from some Vets matches I have seen and played in this is not necessary the case. And from asking around there are no obvious solutions that don't end up escalating things. My one tip is to try to be gracious early on in the match as this will often set or change the tone for the entire match. Please pass on any other suggestions to me that have worked for you.

Monday Night Competition at W.D.T.C. – Peter Doherty

***Monday Night Mixed Competition**

Our Monday Night Mixed Competition started on 16th February with 8 players, 4 men and 4 ladies. Everyone enjoyed the competition with all matches finished by 9:00pm. There are currently 6 men registered for the competition with 4 scheduled to play each week.

If anyone is interested in being a reserve please let me know. Due to injury and other commitments I'm looking for 2 ladies to play on Monday 3rd March.

***Thursday Twilight Social Tennis**

Thursday Night Twilight social tennis has now finished. We had up to 6 people attend each Thursday in February, playing sets following the Fast Four format and finishing the evening with a slice or two of pizza. Depending on interested later in the year, we will look at starting up again in November.

Peter Doherty
0411 529 227

Mid-Week Ladies – Wendy Hawkes

The Mid Week Ladies annual Lucky Envelope Tournament was held on Thursday 12th February. Thanks to Sarah Davis and Anne Eddy for organizing the event and providing a delicious morning tea. Participants paid \$2 entry fee which became prize money. Although it was a fun event, the competition was keen and some great tennis was played. Individual game scores were kept.

Congratulations to the well-deserved tournament winners;

First - **Malyn Maley**

Second - **Margaret Newman**

Third - **Anne McKenzie**

Several "Lucky Dip" prizes were also drawn.

Setsuko McGrath was thrilled to win a beautifully decorated tea cup and saucer, which was kindly donated by Donna Lynch.

Vouchers for a family sized pizza, donated by Uncle Ginos Pizza Parlour in Scarborough, were won by Jenny Cross, Barbara Goodridge and Barbara Jones.

Our next event will be Happiness Day on 19th March. Players are asked to wear bright colours and bring something that makes them happy. The day will be organized by Malyn Maley and Bernadette Brooke-Smith.

Members Out and About

Ross Symonds Trip to Antarctica!

Part of my recent holiday in South America was a 2 week cruise to Antarctica leaving from Ushuaia in Argentina, the world's most southern city. There were 180 passengers on board and 26 of us opted for the opportunity to sea-kayak below the Antarctic circle. When sea conditions were calm enough with the ship anchored in sheltered bays of islands or the Antarctic mainland, we donned our special all-in "dry suits" over several layers of thermals plus life jackets, gloves, scarves and beanie and set off with our 4 guides to explore icebergs, islands and ogle at wildlife such as minke and humpback whales, seals, penguins and many birds. The scenery was stunning but the silence while paddling was unforgettable. Some days we paddled in freezing conditions with overcast skies and mist covered mountain peaks and light snow falling and other days we paddled in brilliant sunshine with clear blue skies. It was a very memorable adventure.



Ladies Out and About at the Aussie Open!!



Wendy, Marnie, Jan, Bobbie and Pam thoroughly enjoyed their time at the Australian Open!!

WDTC Uniforms

The Club has available stocks of new WDTC white shirts and tops (in a variety of styles) in time for this summer season.

All pennant players are expected to wear the shirts/tops with plain navy blue shorts/skirts or skorts.

Defibrillator



Please remember to check out the following link, which gives a short, 3-step demonstration on how to use the club's defibrillator (press Ctrl + click to follow link).

<http://www.healthcare.philips.com/main/products/resuscitation/products/onsite/demo.wpd>

Members wishing to attend either dates below are asked to email President John Pritchard at pritch@fcs.org.au or call on 0413 092 147 if they wish to attend.

Community First Responder Presentation / Demonstration – Belmont

Due to the rapid expansion of the Community First Responder Program we are looking at how best to utilise resources and improve our systems.

We have scheduled a number of presentations / demonstrations of the Heartstart AED and the Community First Responder System at the St John Ambulance State Office in Belmont. There is no cost to attend these presentations.

The presentations / demonstrations cover –

- **Sudden Cardiac Arrest - What is it?**
- **Defibrillation explained.**
- **The First Responder System and how it helps to save lives.**
- **A practical demonstration on your automated external defibrillator.**

Attendees will then be able to take a DVD of the presentation back to their organisation to show others.

The following dates are open for RSVP's:

Location: St John Ambulance, Corner Great Eastern Hwy & Lapage St, Belmont

(Training Centre can be accessed at the back of the building on Lapage Street)

Date: Wednesday 11th March 2015

Time: 10.00am – 11.00am

Date: Wednesday 18th March 2015

Time: 10.00am – 11.00am

Bookings are required, so please email your response to first.responder@stjohnambulance.com.au Please note there is a standard cap of 5 staff per organisation per session, however please contact us if you wish to discuss.

For more information contact:

08 9334 1418 | first.responder@stjohnambulance.com.au

SUBJECT: FW: KNOW HOW TO DO CPR ON YOURSELF!!! – from The Pres!

What are you to do if you have a heart attack while you are alone???

The Johnson City Medical Center staff actually discovered this and did an in-depth study on it in our ICU. The two individuals that discovered this, then did an article on it, had it published and have had it incorporated into ACLS and CPR classes. It is very true and has and does work. It is called cough CPR.

Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only about five miles from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far.

What can you do? You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself!!!

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness!

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating

The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can get to a hospital.

Tell as many other people as possible about this, it could save their lives!!!

Upcoming Events – please mark them on your Calendar!

Saturday 14th March – St Patricks Day and Lamb on the Spit

Sunday 3rd May - City of Stirling Tournament

Saturday 23rd May – Annual Dinner

'Like' Wembley Downs Tennis Club and you'll see all the latest notifications, offers, photos and news! Your participation will encourage others and give our club exposure to possible new members. Thanks to those who have already checked in!



Quote of the day

I love the winning, I can take the losing, but most of all I love to play.

Boris Becker

The Funny Side

All In The Mind

A middle management executive has to take on some sport, by his doctor's orders, so he decides to play tennis. After a couple of weeks, his secretary asks him how he's doing.

"It's going fine, " the manager says. "When I'm on the court and I see the ball speeding towards me, my brain immediately says, 'To the corner! Back hand! To the net! Smash! Go back!'"

"Really? What happens then?" the secretary asks.

"Then my body says, 'Who? Me? You must be kidding!'"

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WEMBLEY DOWNS TENNIS CLUB



WEMBLEY DOWNS TENNIS CLUB

St Patrick's Day Lamb Spit Roast

Sat 14th March 2015

**Play
and
Stay**



*Bring along your best
Irish Joke!!*

"Wear something green - or don't be seen"

7:00pm: Lamb Spit Roast
Salad, Potato, Gravy & Dessert
all for only **\$20 p/p**



Irish Music



Thanks go to **Dennis Gillespie** for donation of a lamb
and **Chris George** for preparing the spits.

