



June 2015

The Player

Wembley Downs Tennis Club Inc.

From the President – *John Pritchard*

National Volunteers' Week

The National Volunteers' Week was celebrated from 11 – 17 May and we at WDTC have our fair share of volunteers to thank for all their help throughout the past year. I am very grateful to our 90 + members serving on different committees and the many others who help out from time to time e.g the recent City of Stirling Tournament and Annual Dinner are but two examples. Please accept my thanks for all you do to keep our club viable.

"We do not pay our volunteers, not because you are worthless, but because the work you do is priceless."

Duty of Care

Coupled with our ethos of volunteering is our "*duty of care*" to our members. We have a wonderful camaraderie at WDTC and one, which should be continually fostered beyond the boundaries of the Club. If members know of others who may be ill or injured, please take the time to check on them. One telephone call and or a brief visit is all it takes to let that member know someone cares. I then ask that Management be informed so we too may follow up with similar calls and announcements at afternoon tea. This way more members will hopefully call or visit the member concerned. I would hate to think we have members who are lonely, feel unloved or are just unwell and we don't know or appear not to care. After all we are a community, albeit a sporting community, so let's "*look out*" for one another and continue to foster a caring and sharing community at WDTC.

Recent Bereavement

By now most members will be aware of the sad passing of a long standing member of our Club, Dr Des Kelly. Des passed away peacefully in the early hours of Sunday 17 May. His funeral service was held on Monday 25 May at which a number of members attended.

Des and Pam have been members for many years. Only about six years ago did they both give up their full playing membership and switch to social membership.

Our thoughts, prayers, love and sympathy are extended to Pam, Brian, Fiona and families.

May Des rest in peace.

Annual Dinner Raffle

Thank you to everyone who supported our raffle. The donors were most generous and those who bought tickets excelled. We raised \$790, a great outcome. **WELL DONE!**

ANNUAL DINNER!

What a night! The Hot Pink and Lime Green theme set the mood. Nola Carmignani did a fabulous job of decorating the hall with full length drapes (who could recognise the original daggy hall?)

Our two piece band of Stuart and John were the best ever (according to many dancers and non dancers). Hopefully we can use them again.

The 112 people who attended, enjoyed a wonderful 4 course meal, interspersed with Presentations to people who had won tournaments and Club awards and dancing.

It has been reported, (again by highly reliable sources), the last people headed home or to someone else's home about 3.00pm.

While the Club made a loss on the night, it was reduced significantly, by the President's Raffle.

Also, many thanks to Joe and Brenton from Global Tennis for their generous donation of 11 Coaching Vouchers.

Curry Night

And so, on to the next event.....A CURRY NIGHT. Our very own inhouse Curry Chef,

David Rice, will delight or destroy our palates with a choice of hot or mild curries on Saturday night 18th July. Accompanying entertainment is yet to be advised.

MARK THE DATE!

SIMPLY THE BEST!

Note from the Editor!

I've included a few photo's from the Annual Dinner at the end of this edition! All photo's can be viewed and obtained from the Wembley Downs Tennis Club Facebook page and I will also leave a couple of CD's behind the Bar. Any problems contact the Editor – Lorraine Sims 9285-0331

Entertainment Books

2015/2016 Entertainment Books

The Club, through the President, is selling the new entertainment book this year. Most of us will be familiar with the book. It is packed with hundreds of vouchers and discounts and if a person only uses it twice on meals, the book has been paid for. It is valid from 1 June 2015 to 31May 2016 and is currently available to purchase. The books also make great presents, so don't delay call John now on 0413 092 147 or email at pritch@fcs.org.au and place your orders **before 10 June**.

PS. The books cost \$65.00 each and the Club will receive \$13.00 per book purchased (as does every organisation which sells them)

Many Happy Returns!

Heather Mac, celebrated her birthday in Bali on 11 May. Most of us just let these events slip by with a drink at home. Not Heather and Woody. Congratulations, It must have been a great Monday! xxx

Peter Adorno, Heather's assistant bar manager celebrated his ??? birthday on 29 May. Hope you had a wonderful day Pedro and keep practicing that serve of yours.

Speedy Recovery!

John Venn is making slow but steady progress with his two new knees and has been seen at the Club a few times. Great to see you up and about, John.

Bob Ptolomy is making great progress with his new knee and is almost back to normal. Last seen at the Annual dinner. Well done Bob.

Another member of the "Spare Parts Club", Dale Phillips is back home having recently had a left hip replacement. After two knee replacements she is now getting used to a new hip. Not to be outdone by Bob, Dale was also at the dinner celebrating.

Anyone notice the common denominator with John, Bob & Dale? All Life Members. Is this an omen?

Not to be outdone by Neale Boucher, Fred Lurch is now playing left handed after breaking a couple of bones in his right hand. He may be totally ambidextrous by the time his caste comes off.

Tim Powell has been missing from the Club for a while but hopes to be back at the beginning of the summer season. He is nursing both an aggravated hammy and an Achilles tendon. Come on Jordan, help your old man!!

Captain's Room – *Mike Underwood*

As I put finger to keyboard trying to recover from my late night at the annual dinner (not as late as our President's 3 am) I would like to take the time to thank everyone involved for a wonderful night. It was pleasing to see quite a number of our younger members attend to receive their prizes and trophies. Celebrating successes it is a very important ingredient to becoming a great sporting club so we want to build on this aspect for next year.

Two significant achievements were our midweek ladies Di Rice winning MVP for the Div 2 Over 45 and Jan Hibbard winning MVP for Div 3 Over 45. Di's winning set ratio was just under 91% and Jan's was just under 72%. Winning MVPs in a tough doubles completion like midweek is fantastic and both players could not have achieved their result without outstanding support from their teams. Please see the photo of Di and Jan receiving their awards at a recent Tennis West function.



As our 2014-2015 tennis season nears completion it is a good time to reflect on the last 12 months and assess how the club's social and league programmes performed or were perceived. The tournament committee always appreciates feedback positive and otherwise so any suggestions would be welcomed. From my side the first question our Tournament committee will ask is what we can do better and some of the areas our committee will be focusing on include the following:

- Improving the process, management and outcomes for midweek and weekend league selection.
- Creating a fun, inclusive and dynamic environment for organised social play.
- In conjunction with our Ground's committee making sure we plan to have all of our grass courts ready a couple of weeks before the start of summer league season.
- Running our handicap tournament before our league season and ensuring they are a highlight of our year.
- Continuing to develop and improve our club champs format.
- Focus on attracting league and social players from other clubs.
- Building a strong rapport between our longstanding and newer members transitioning from junior tennis.

Expressions of interest are encouraged from any member who is interested in joining our Tournament committee. New committee members bring energy and ideas. In particular I would like to see our committee include at least one under 20 year old representative as this will facilitate a much better understanding of what will appeal to our younger members. We will make sure that it doesn't impact on your tennis or lifestyle and I can assure anyone who is interested having voluntary committee experience on your resume will give you a big edge in your career aspirations. Employers always look for it. Please contact me to discuss.

League Update

Tournaments, new teams and bad weather have all contributed to a challenging start to our winter league season and you only get 10 weeks in winter comp so all teams will be looking to consolidate their positions in the top 4 (4 out of 5 teams).

From The History Vault

Members who attended the annual dinner would have seen our 2015 Mens Vets Doubles champions Ken Nosaka and Neale Bougher receive their new Dick Watters Perpetual trophy from Glenys. I thought I would provide some history of this event. The late Dick Watters and Bruce Robinson won the event in 1982 and 1985 of which Dick was very proud. Other winning stats are provided below:

D Rice & P Doherty have won 6 times.

G Penberthy & R Fisher have won 6 times.

M Crozier & P Etherington have won 5 times

With different partners R Fisher has won 8 times, G Penberthy 8 times and M Crozier 7 times. Even our club Secretary Jon Bowden has won the event before however I understand his partner Bruce McKenzie was in very good form that year and carried the team to victory!

Members – David Drake

A big, warm welcome to the following new members!

Midweek : Malyn Maley

Joe McCarthy

Director of Global Tennis.

(Mob) 0439497032

(Email) joe@globaltennis.com.au

www.globaltennis.com.au



When to restring?

Touring pros restring every day. Recreational players restring anywhere from every three or four times they play to once a decade, or until the strings break. But the pros' frequent restringing tells us something: String--especially fresh string--matters a lot. What possible difference could restringing your racket every day make?

Tennis string has an unfortunate property--beginning from the very second it is put into the racket, it loses tension. A racket strung at 60 pounds will most likely be at 50 pounds the next day, and tension continues to decline with every second and with every hit. Tension loss is the only physically significant process impacting your tennis racket (and string wear). This is why rackets need to be restrung.

To fully appreciate the benefits of fresh strings, you need to consider what tension loss does to racket performance.

More power, less control, change in stroke

As tension goes down, the strings stretch more upon impact. This cushions the ball's landing, minimizing the squashing effect. When the ball flattens, it loses a lot of energy. So less squashing means more energy for rebound. The strings always return almost all the energy that goes into stretching them, whatever the tension. So power is all about what happens to the ball, not what happens to the strings.

Power is good if you want it, can control it, and know how much to expect from day to day. That is how you groove your stroke--by responding the same way to the same situation. But your strings deliver varying amounts of power from day to day and from hit to hit. This works against grooving anything. As you struggle to keep the ball in, you constantly change your stroke.

More dwell time, less control, change in stroke

When the strings stretch more, the ball stays on the strings longer. The increase is only a millisecond or two (depending on where on the racket you hit and how violent the impact, dwell time is typically 5 to 7 milliseconds).

During that extra millisecond, your racket will sweep through both a larger vertical and horizontal arc. This will launch the ball on a higher and more sideways trajectory than you are used to. The ball goes long and wide.

This, coupled with more ball speed from less ball squashing, is a double whammy. You can't figure out what technical flaw has emerged in your stroke, and you begin to mess with perfectly good mechanics to fix your mysterious ailment.

Mid-Week Ladies – Linda Townsend

A game of Celebrity Heads was enjoyed during our “Closing Day” lunch on Thursday 28th May. We dined with the likes of Margaret Court, Cate Blanchett and Fiona Wood and had a hilarious, and sometimes frustrating, time trying to work out our identities. Many thanks to Mary Gribbon, Bernadette Brooke-Smith and Wendy Hawkes for organizing the function and to everyone for supplying the delicious food and, as usual, helping to clean up. What a great team we are!

Despite the “Closing Day” lunch title we will, of course, continue to play tennis every week. It never rains on a Thursday! Touch wood! Well, if it does, there’s always a cup of tea and a chat ...



Members Out and About



Marion and Richard on their travels! Great pic guys!

Chance of a lifetime to share that special holiday! Please send articles to Editor – simsml@bigpond.net.au

WDTC Uniforms

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

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

Defibrillator

The Use of the Defibrillator

A few members have now attended the St John's Ambulance Community First Responder System (CFRS) Demonstration / Presentation. It is very important as many members as possible understand how to use the defibrillator. Please see the links below:

1. A demonstration of the Heartstart First Aid defibrillator.

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

2. A short explanation of the Community First Responder System.

<http://www.youtube.com/watch?v=Ppl4ymKsLP0&feature=plcp>

Upcoming Events – please mark them on your Calendar!

Saturday 18th July – Curry Night

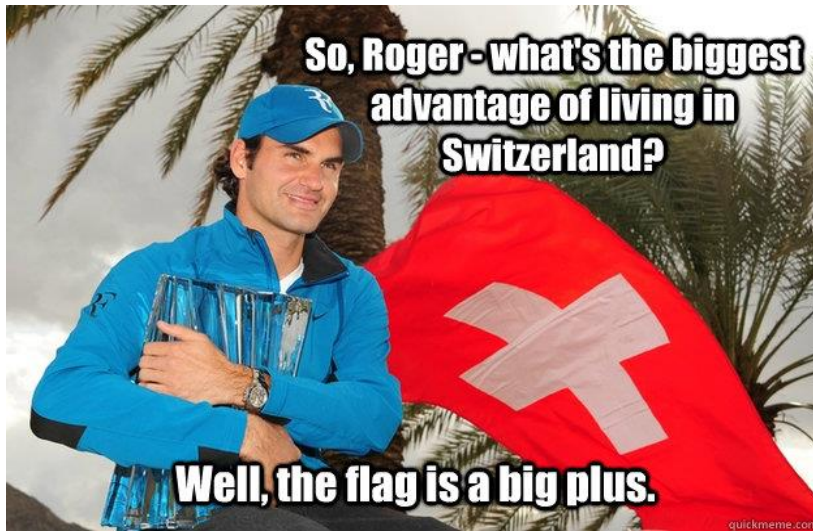
'Like' Wembley Downs Tennis Club and you'll see all the latest notifications, offers, photos and news! Your participation will encourage others and give our club exposure to possible new members. Thanks to those who have already checked in!



Quote of the day

Older people shouldn't eat health foods – they need all the preservatives they can get! – Robert Orben

The Funny Side!



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 **WEMBLEY DOWNS TENNIS CLUB**
2015 ANNUAL DINNER

All photo's can be seen on WDTC Facebook page!



(08) 9325 7497

