THE OFFICIAL MAGAZINE OF THE KOOYONG LAWN TENNIS CLUB INC.

ISSUE NUMBER 20
AUGUST 2008



CLUBHOUSEDEVELOPMENT UPDATE



The **2008 Champions'** Dinner

WOMEN'S STATE GRADEDestiny in their own hands

MEN'S STATE GRADE
Walking the tightrope

FUNCTIONS AT OOUOM

NEW MENUS IN 2008







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NEW 50 Year MEMBERS INDUCTED



ooyong celebrated the great history and tradition of the Club in style recently as 17 new 50 year members were inducted to this exclusive category of membership.

Catherine Millie, Geoffrey Colman, Alastair Alexander, Peter Keddie, Pamela Middleton, David Ellis, William Stevens, Judith Stevens, John Vroland, Frederick Davey, Hayward Lewis, Jocelyn Cox, Richard Hardham, Lorraine Wood, Barrie Cathcart, Janice Ralph and Peter James all joined this growing group of members.

Tony Charlton introduced each of the members in style as Cedric Mason conducted interviews with a few of the new 50-year members.

Several of the new inductees shared some of their fondest moments at the Club including David Ellis who remembers watching the famous match between Pancho Gonzales and Lew Hoad here on centre court and many of the members here will remember that epic battle.

Dr Richard Hardham continues to enjoy playing here every week with the likes

of Rod Thompson, Pat Melville, Peter Grigsby and Robert Layet.

Pamela Middleton has always made great use of the Club in her role as Bacchus of the Wine and Food Society and she is still heavily involved at the Club despite her recent knee operation.

Kate Millie, who was seconded by the great Pat O'Hara-Wood, was part of the push for Kooyong to embrace pennant tennis when she was on the Council here and she considers the Club as the centre of her sporting and social life.

Kooyong has been so much to so many different people and the 50 year members' recollections bring to the fore the important role this Club played in so many peoples lives.

Bill Stevens was one of these people and the first match he attended at Kooyong was the 1953 Challenge Round. Bill went on to become a tennis umpire and remembers foot-faulting Rod Laver in the final of the Victorian Championships against Neale Fraser.

Judy Stevens was a close friend of Nell Hopman and was coached by Nancye Bolton. She was a Victorian Ladies Country Champion and is now a member of the International Club of which Frank Sedgman is president.

Some people were members through family connections and John Vroland's name is part of the history of Kooyong as his father, Bob Vroland, was President of the LTAV from 1956 to 1964. He continues to enjoy the Club socially as many of our 50-year members do.

The night was a great way to remember the years of pleasure our members had enjoyed at the Club and it was great to see so many of the previously inducted 50 year members on hand to celebrate with our new inductees.

It was a fantastic night of celebrations and recognition of what Kooyong is all about...great tennis and great friends.

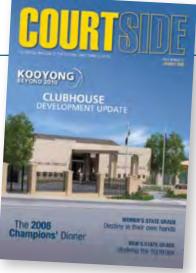
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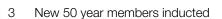
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A MESSAGE FROM THE CEO

Since receiving local government planning approval for the clubhouse development, the Building Development Committee has been actively working on the detailed design for the project.

The Club appointed Nash Management Group as project managers and has engaged other consultants relevant to the works. The combined effort of all parties has seen the plans further developed and the project is on track for commencement at the beginning of 2009.

In this issue of Courtside we update members on the progress and plans.

We close another Club year with both competitive and social sporting activities strong. Member activity has continued at all time high levels in all areas of the Club.

Members have also made excellent use of the clubhouse throughout for their social and health club needs. All these opportunities will be enhanced by completion of our project next year.

An excellent grass court season just concluded and work is well advanced on our grass courts maintenance program. Courts 10 -14 have been re-turfed and all others maintained in preparation for a return in the summer months ahead. Elsewhere, considerable effort has been applied to the en tout cas courts to ensure they withstand the rigours of a busy winter.

Wimbledon recently kept many of us up late in to the night over two weeks with the tournament culminating in great final matches. We congratulate the Kooyong members involved in the tournament.

Chris Brown CEO - Kooyong Lawn Tennis Club

PRESIDENT'S REPORT



Kooyong - Beyond 2010

In the next month or so the club will start to increase the frequency of communications with Members regarding the planned 2009 Clubhouse redevelopment and in particular how the redevelopment will impact Members' use of the club.

This edition of Courtside provides Members with a major catch up on the project since the project was given the thumbs up from Members.

E-Newsletters, notices around the club and on the website will be used to keep members informed of closures and disruptions to services during the project.

It is an exciting time at Kooyong and not without its challenges, however by December 2009 we should all be ready to make use of our improved Clubhouse.

50 Year Members Inducted

Several years ago the Kooyong Council introduced the 50 year members' cocktail party to honour every member with 50 or greater years of membership of KLTC.

In 2008 the Club welcomed 17 new 50 year members to this special membership category at a dinner attended by over 220 fifty year members and their guests.

The evening is an affirmation of how dearly members value their membership of Kooyong Lawn Tennis Club.

On the night members reminisced about the characters of past eras, how the men's change room doubled as the 2nd bar during the days of the six o'clock close and the events leading to the end of the men only members bar.

Members were also advised of Neale Fraser's recent award from the International Tennis Federation of the Phillippe Chartrier Award.

AAMI Classic Agreement Extended

I am pleased to announce that AAMI has agreed to a new three-year deal for the AAMI Classic, which extends a wonderful partnership.

We look forward to continuing this very successful partnership with Colin Stubs Enterprises, AAMI and Kooyong Lawn

Tennis Club for the coming tournament in 2009.

We look forward to the stars of world tennis returning to Kooyong so we can continue our long tradition of hosting the best in the world in our famous stadium.

Squash and Tennis Success

Our younger members are also creating their own piece of Kooyong history with a number of significant victories both in squash and tennis.

For the first time in the history of Victorian pennant squash the one club, Kooyong, holds both the men's and women's state grade squash titles.

Kooyong Foundation player and current Club ladies singles champion Sally Peers reached the girls doubles final at Wimbledon with Isabella Holland going down in the 3rd set to fellow Aussie Jessica Moore and her Slovenian partner 6/3 1/6 6/2.

It was also great to see Kooyong's Molly Polak win the recently completed Australian Under 14 Winter Nationals before leaving the country with fellow Kooyong players Viktorija Rajicic and Stefani Stojic for the World Team Under 14 Championships.

The all-Kooyong team will be hoping to continue Australia's success from last year where the boys won the title.

New Council Member

We welcome Fiona Law onto the Council. Fiona fills a casual vacancy created as a result of the retirement of Bert Armstrong.

The club is indebted to Bert for his great contribution on Council for the past five years particularly his promotion of squash and the development of the club's dining facilities and Bert's role on the disciplinary sub committee.



President - Kooyong Lawn Tennis Club



ANOTE FROM THE PRESIDENT...

ate last year, the Council of the Kooyong Lawn Tennis Club unveiled Kooyong - Beyond 2010, the blueprint for an extensive \$12 million development of the Club's services and facilities, aimed at better meeting the future needs of our Members.

Kooyong - Beyond 2010 received overwhelming support, reinforcing the confidence from Members in the Council's ability to successfully deliver this exciting new phase of the Club's ongoing development.

Following extensive consultation, significant progress has been made on the project with Bruce Henderson Architects undertaking considerable work to refine various design elements to reflect the feedback received from our Members.

A major concern from Members was that the new contemporary look exterior did not deter too dramatically from the existing facade. With this in mind, the design has been revised to incorporate

timber window features, a softer stone colour finish and slate roofing to better complement the original architecture.

The front entrance has also been revised to include access for pedestrian traffic, with a path leading from the front gate across to the Clubhouse foyer, providing easier entry for Members from the footpath.

Other external changes include the addition of a Wintergarden, which will extend the current terrace from the Member's dining area, providing a stunning all-weather dining facility. Air-locked to ensure no cold winds, the expanded terrace will be fitted with additional tables and luscious potted plants creating a year round space, for the enjoyment of Members, despite seasonal changes.

Inside the Member's dining areas, the bar area will be greatly extended with the addition of a centralised food service area. With a more structured design, the dining experience will now include

a separate bar, dining and lounge area, aimed at creating more defined spaces.

The Racquet Club will also be extended to incorporate an exclusive sitting area complete with umbrellas, creating a stylish space for pre-dinner drinks. Cleverly designed, the terrace will be able to be divided into two separate spaces, providing the perfect spot for Members wanting to hold a private party or gathering. Inside, a special built in panel will be incorporated at the end of the bar area to screen the bistro service activity from diners in the Racquet Club.

The Goolagong Terrace will also be enhanced, with expanded outdoor seating, complete with cushioned lounges, to provide a comfortable and relaxing area in which to view the action on the grass courts.

Pergolas will also be erected across the back terrace and automated blinds fitted to ensure Members are protected from the harsh glare of the western sun on hot afternoons.



Internally, a great amount of detail has gone into incorporating quality materials, fabrics, tones and architectural styling to ensure a warm, 'club' feel is achieved.

Elements such as acoustics, lighting and space have all been carefully considered to ensure a pleasurable experience for all Members. To assist with this process, acoustic design consultant Doug Growcott has been appointed to advise on all Member areas. His suggestion of adjusting the height of the existing banquette seating to provide a greater sound buffer in busier Member areas is one example of his input.

Member access to Club facilities remains a priority. This is reflected in the development of a separate entrance foyer within the Clubhouse for Members, to ensure easier access to all Member areas. This new Member's foyer will incorporate an extensive notice board area to enable easy access to all tournament details and Member information.

This Member's Club area links with the new main entrance by an exclusive glass door to the left of the foyer, which will require swipe card entry to ensure exclusive access to facilities by Members only.

Another key revision to the initial design has been the expansion of the ladies change room facilities, essentially doubling the existing space to include

a separate change area, wet area and powder room.

The Kooyong - Beyond 2010 working party is comfortable that the revised design addresses the major areas of Member concern and is confident that the development will provide a new and exciting space, which will meet, and even exceed, Member expectations.

Most importantly, the Council remains confident that Kooyong - Beyond 2010 will be delivered on time and on budget without the need to impose levies or vary membership subscriptions in excess of normal adjustments.

With plans now approved by the City of Stonnington, the Council plans to commence tender submissions for builders around September/October, with an appointment expected early November. Construction remains on track to commence in February 2009 and finish by December 2009, and will be overseen to its successful completion with the appointment of project manager, Chris Nash, of Nash Management Group.

During this development period, the Clubhouse will continue to operate, with every endeavour being made by the Club to ensure Members continue to enjoy access to existing, and some changed services, with minimal disruption.

The long lead up to the construction stage has been a deliberate decision by Council to provide sufficient time to carefully plan and manage the most successful project and ensure minimal Member inconvenience.

Our Members are central to the Club's ongoing success, so it is essential that we continue to deliver quality facilities and services.

We believe that Koovong - Beyond 2010 is a well considered approach which will herald a new era for the Kooyong Lawn Tennis Club, creating a space commensurate with the standards and qualities our Members expect and deserve, while proudly showcasing Kooyong as one of the world's greatest sporting and social Clubs.

The next edition of Courtside will show the likely staging of the works and the temporary car parking areas together with entry points to the Club during the construction stage.

Ian Hill KLTC President



CLUBHOUSE DEVELOPMENT UPDATE



BUILDING DEVELOPMENT COMMITTEE:

Des Hinsley (Chairman)
David Wilson (Vice Chairman)
Ian Hill
Brian Capp
Tim Farrell
Allan Davison
Richard Kennett
Chris Brown

COUNCIL ATTENDEES:

Andrew Sutherland
Adam Cossar
Duncan McCulloch
Cam Dickinson

CONSULTANT ATTENDEES:

Bruce Henderson Chris Nash Matthew Pearce n behalf of Nash Management Group (Project Manager), I would like to introduce myself and provide you with the first of our regular project updates in *Courtside* relating to the design development and documentation phases for the Clubhouse development works.

The Kooyong Lawn Tennis Club
Building Development Committee,
Bruce Henderson Architects and Nash
Management Group have tendered and
engaged an experienced consultant
design team that are working together
to fully document the project for tender
and construction. The experienced
team is enabling us to complete a
thorough, detailed design, applying value
engineering practices for design, material
selection and construction methodology.



The following design team Consultants are noted:

- Architect & Interior Design Bruce Henderson Architects
- Structural & Civil Engineering Webber Design
- Services (Mech, Elec, Fire, Hyd, Lift) Norman Disney & Young
- Environmental Sustainable Development Norman Disney & Young
- Acoustic Engineer
 Watson Moss Growcott
- Building Surveyor

 PLP Building Surveyors
- Kitchen & Bar Design MTD Kitchen
- Quantity Surveyors
 Rider Levett Bucknall

The design team has been progressing well over the last four months, following closely behind the Building Development Committee's design development program, to ensure the decisions made by the Committee, on behalf of Club, are seamlessly integrated into the project consultant's documentation process.

This process is procuring a design to meet the required brief established by the Building Development Committee at the inception of the project.

The development group has set firm and realistic milestone dates to ensure adequate time at the end of the design and tender phases for any amendments, cost savings and scope enhancements to be incorporated into the final documents for maximum benefit to the Members. The milestone dates are noted for information:

- Final Tender Documentation End September 2008
- Tender Period October – Mid November 2008
- Assessment / Contract Negotiations / Award End November 2008
- Final Stage Value Engineering
 & Builder Gear Up
 November December 2008
- Site Commencement Mid January 2009
- Site Completion (All construction phases)

 December 2009

Overall, the design team is advancing well with regular elemental cost checks being undertaken as the design progresses. We are working with the Building Development Committee to ensure the budget requirements of the project, as set by the Committee, are being met.

Where possible we are challenging budget estimates and proposed construction costs to achieve the most feasible budgetary decisions possible.

The Building Development Committee has confirmed the final selection of four building contractors for the tender. These building contractors are all well versed in this form of construction and will enable us to work closely with any of them during the construction period whilst maintaining the maximum available Clubhouse space to be enjoyed by Members during the 2009 construction period.

We will ensure that a high level of communication exists throughout the construction period, working closely with the management of the Club to ensure the least amount of inconvenience during this time.

Chris Nash - Projects Director
Nash Management Group



he Champions' Dinner has now stamped itself on the Club calendar as a night of great history and tradition.

This year held extra significance with some fantastic achievements being honoured and remembered for the history they created at the Club.

Everyone loves a champion but a humble champion is loved so much more in the eyes of sports fans around the world.

Pat Rafter comes to mind time and time again but to see a young girl in our own Club growing with such maturity is a breath of fresh air.

Sally Peers recently followed in the footsteps of her mother, Elizabeth, by winning her first Ladies Club Championship at Kooyong and at the Champions' Dinner we saw what humility, pride and loyalty is all about.

Sally passed up Australian rankings points and prize money on offer in other tournaments to play in the Club Championships and despite not being at the dinner, Sally emailed her mother to pass on her thanks to all in attendance as she continued her development as a player on her journey to the Junior French Open and Junior Wimbledon through Europe.

'I am so sorry to be missing such a wonderful event as the Champions' Dinner and it would have been an honour to be there tonight but I am currently competing in Europe,' said Sally through her mum and 14 times Club Champion, Elizabeth.

'To be Ladies Club Champion at Kooyong is very special, something I will never

forget. This was the first time I was able to play in the event but hopefully not my last.'

'I have been lucky enough to grow up spending many enjoyable years around Kooyong and it is a place I feel very comfortable. I can remember coming here to watch mum play many times and I always looked forward to the one day I might be lucky enough to do the same and this day came true,' she said.

Elizabeth also thanked several people on Sally's behalf including National High Performance Academy coach Chris Mahony, her uncle Trevor Little and her family and friends.

It was a touching speech and one that highlighted the things that make this Club great for so many reasons. History and tradition are synonymous with Kooyong but there are many other ways to describe Kooyong and what it is trying to do for the tennis community in Victoria.

On this historic night for the Club it was easy to get lost in the tradition of Sally's exceptional win but we also celebrated Jay Salter's record equaling seventh Club Championship win.

Drawing level with record holder Max Senior is a testament to Jay's near invincibility on the grass with his big serves being the ultimate weapon in his run of wins.

Jay continues to make this event his own and unless a minor miracle occurs he will become the lone record holder in six months time.

His achievements are already etched into the history of the Club and he thanked his family and friends but especially his

dad who made him serve thousands of balls as a kid.

Jay acknowledged this was a huge reason that he is blessed with the serve that has taken him to seven Club Championship wins and several State Grade titles.

Mark Ikin and Melody Francis were also familiar faces on the night as they received their fourth and second squash Club Championships respectively.

Mark, Kooyong's resident squash coach, is a popular figure amongst the squash fraternity and his work in junior development around the Club and State is breathing fresh air into Kooyong's playing stocks.

Melody has joined the Club in recent years and together with a group of talented young girls has formed the nucleus of a terrific Ladies Premier Grade team who recently won the pennant.

Also recognised on the night were our Bridge champions, Constance Bruce and Jillian Griffith, and our Billiards and Snooker Club Champion, Neil Cosgriff.

Congratulations to all of our champions who received their trophies and prizes on the night and we look forward to seeing you all creating more history for this great Club again next year.

From top left: Irene Hinsley and Nancy Heffernan; Jay Salter and Ian Hill; Charles and Pauline Baker; Karen Kleverlaan and Paul Kleverlaan; Some of our tennis Club Champions; David Cox, Cam Dickinson, Jeremy Brown-Greaves and Rob Dalton; Stephanie Holland and Caroline Brand; Darrren James and Ian Hill; Our squash Club Champions; Elizabeth Peers; John Clarke and Rob Stewart.























KOOYONG NEWS

With the football season in full swing and the finals fast approaching it was great to see two of the AFL's great players at the President's Lunch in June.

Luke Darcy and Dermott Brereton were our special guest speakers and both provided some great memories and funny stories about their time in the AFL.

Darcy, regarded as one of the Bulldogs' most successful ruckmen, took out the Charles Sutton Medal in 2001 and then won the highly coveted Leigh Matthews Trophy for the AF Players Association MVP in 2002 with Michael Voss.

In 2004 he was the Western Bulldogs leading goalkicker but suffered a season ending knee injury against Geelong in 2005 only to re-injure the knee in the last training session before Christmas that year.

Darcy retired at the end of the 2007 season having returned to football that year after two consecutive reconstructions to his knee.

He shared his views on the state of football at the moment, as well as some of his fondest moments in football including a special fan that used to ring him several times daily.

The young boy would ring and profess his loyalty to Darcy but when he retired the young boy proceeded to ask for Jason Akermanis' phone number.

Dermott, The Kid, Brereton was always seen as one of the toughest men in the AFL, starring for Hawthorn through their most successful era in the 80's and 90's.

He is a five-time premiership player and formed one of the games most potent forward lines as he played alongside the likes of Dunstall. Buckenara. Matthews and Knights during his illustrious career.

His career in the media has flourished since his playing days ended with Channel Nine, Triple M and now SEN all using his expert comments to great effect.

Dermott's stories about the halcyon days at Hawthorn from his coaches including the great Allan Jeans to the amazing group of players he played alongside was a highlight of the day.

The three time All Australian spoke with authority about success and the way Hawthorn approached the game in those historic times for the football club.

Any members interested in attending the next President's Lunch on the 22nd of August should contact the Club on 9822 3333 for a booking form.





Neale Fraser Honoured by ITF



Australian tennis great and Kooyong Life Member Neale Fraser was awarded the International Tennis Federation's highest honour, the Phillippe Chartrier Award, at the ITF World Champions Dinner in Paris recently.

The award recognises Fraser's outstanding achievements in the game of tennis where he has excelled as a player, coach, captain and administrator.

With a record that includes 19 Grand Slam titles, a Wimbledon trophy and two US Open titles. He also won all four Grand Slam doubles titles, one of only eight men to achieve this feat, and was inducted into the International Tennis Hall of Fame in 1984.

Having lifted the Davis Cup trophy 11 times after making his debut against the USA in the final in 1958, Fraser has become synonymous with Davis Cup and tennis in Australia having succeeded Harry Hopman as captain in 1970 and led Australia to four more titles in 24 years in charge.

After stepping down as captain he continued to be acknowledged across the world for his great service to the sport when he was honoured as a Centenary Ambassador for Davis Cup and was the first recipient of the ITF and International Hall of Fame's Davis Cup Award of Excellence.

This latest honour no doubt solidifies Fraser's legendary status in the sport and has him in the company of other Philippe Chartrier award recipients including Billie Jean King, Stefan Edberg, Jack Kramer, Tony Trabert, Yannick Noah and Chris Evert.

Kooyong Lawn Tennis Club would like to congratulate one of our great Life Members, Neale Fraser, for his service to the sport of tennis and this huge honour bestowed on him.

THE KOOYONG FOUNDATION

The Alicia Molik Cup

The Alicia Molik Cup was played on the weekend of the 19th and 20th of April at Kooyong Lawn Tennis Club with more than 60 kids from 16 metropolitan associations and country regions taking part.

The new under 12 Junior Regional Cup was played for the first time and it was the Eastern Region kids who came out on top as they defeated North Eastern in the final.

The team of Alexandros Yiappos, Evan Chaimalis, Klara Vickov and Elly Fourlis won the final 6 rubbers to nil in a strong performance.

Congratulations to all of the kids involved and we are looking forward to this event continuing to help in the development of our young talent in Victoria.

Yakka Talent Development Camps

Tennis Victoria was delighted with the success of the first of four Talent Development Camps for 2008 as fortythree players participated in action packed training sessions under the guidance of National Talent Development Coaches, Ashley Naumann and Bernie Goerlitz.

The players were selected from 2007 Wayne Arthurs Cup, 2007 Junior Pennant (10 & under), Follow up Talent Search on 17 February, Talent

Scout reports, and results from Junior Development Series and Optus Junior Tour Results (12 & under).

The players enjoyed the challenge of the high intensity training sessions, which focused on the importance of basic technical and movement fundamentals.

Tennis Victoria ran the day with the support of Yakka and the Kooyong Foundation and we look forward to more of these successful development days in the future.

Three Kooyong Girls selected for Australian team

Three of Kooyong's finest young talents are currently traveling on the Optus Australian European Young Stars tour and are hoping to make their mark at several world under 14 events including the World Team Cup.

Viktorija Rajicic, Molly Polak and Stefani Stojic have begun their tour in style with several strong performances in the Windmill Cup in Holland.

Molly, recently crowned Australian Under 14 Girl's Champion after winning the title at the Winter Nationals in Brisbane, reached the third round of the singles and then teamed with Viktorija to make the final of the doubles.

Stefani Stojic teamed with Abbie Myers to make the quarterfinals of the doubles before the group travelled to France for the prestigious Le 13/14 des Hauts de Seine and eventually onto the World Team Cup.

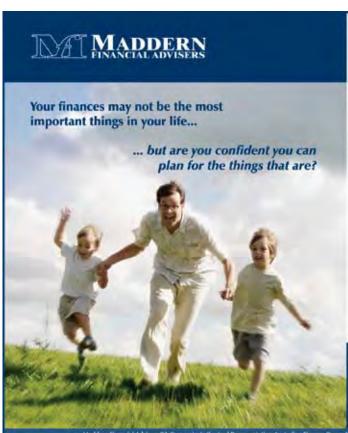
International Success

Kooyong's Sally Peers and Mark Verryth have been busy on the international tennis circuit recently with both playing in the Junior French and Wimbledon Championships amongst other events throughout Europe.

Sally recently made the semi final of the German Junior Open as well as being runner up in the doubles at Wimbledon with Isabella Holland and winning the doubles at the 14th Junior Open der Stadt Wels in Austria with Heather Watson of Great Britain.

Mark made the second round in singles at both Wimbledon and Roland Garros as well as making the quarter finals of the doubles at Wimbledon with Alex Sanders.





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KITCHEN NEWS

Food & Beverage News



THAI PROMOTION

The Thai promotion last month was a great success and the most popular to date. Our own Thai Chef Nattapong did a fantastic job of adding our western touch to the simple flavours and textures of his homeland to create a great menu.

The soft shell crab with Nam Jim dipping sauce was amazing and as for the fish roulade with chilli and cashew and the lamb shank massaman curry, well you can only describe it as brilliant. It was so successful we plan to do it again, so keep watching this space for the promotion dates.

Cheers Nattapong, great menu!

PASTRY CHEF

We are fortunate at Kooyong to have our own full time pastry chef. Several clubs and restaurants can only dream of employing such a specialist chef.

I would like to introduce to you Russell La Comte. Russell comes from New Zealand and has been working at some highly regarded Melbourne restaurants.

With Russel's input we have introduced separate dessert menus for the Racquet Club and the Hopman Bistro, each showcasing a variety of contemporary and traditional ingredients. Both menus have been well received.

All desserts are made in house and we will soon be broadening our offer with

a cake of the day and a savoury filo available in the bistro.

A selection of home made petit fours complement coffee at dinner in the Racquet Club.

Thanks Russell, keep going mate, they are delicious!

NEW MENU

We introduced our new Winter Menu in the Racquet Club last month. It's got some old style classics like Oxtail, sweetbreads, beef and horseradish, hot cheese soufflés and duck breast. Good comfort food for the cold winter days ahead. Members should come down and try it.

A couple of weeks ago I was able to purchase a small stock of Wagyu porterhouse steaks at a great price and can I just say to the members who missed out 'I am so sorry' but I underestimated the demand.

The porterhouse came from an 18-month-old grain fed beast with a fat marbling content of 7 out of 10. The taste and tenderness was simply exquisite and well worth the extra money.

The feed back from the lucky few was that it was worth the extra and several have requested we offer it again.

Kevin Lev Executive Chef

WINE LIST

In view to benchmark itself against the best of the industry, Kooyong Lawn Tennis club has decided to enter the prestigious Gourmet Traveller WINE / Fine Wine Partners - AUSTRALIA'S WINE LIST OF THE YEAR competition.

Established in 1994. Australia's Wine List of the Year Awards is Australia's most recognised and respected national awards for wine lists.

Importantly, they are independently judged and recognise the enormous investment in time and money necessary for restaurants to develop a quality wine list.

All entrants and results will be featured in the August/September issue of Gourmet Traveller WINE Magazine.

Upcoming promotions

OLD & RARE

Monday August 11th - Sunday 17th

Some delicious vintage and hard to find wines will be featured by the glass during the week.

Wines from Peter Lehmann, Tahbilk, Redman and Coriole

Limited stock

ITALIAN PROMOTION

Monday September 15th - Sunday 21th

Our kitchen team will prepare Italian dishes matched with a small selection of Italian or Italian inspired wines.

CHINESE PROMOTION

Monday November 17th - Šunday 23rd

Dishes inspired by the flavours of China will be featured.

A small selection of matching wines will also be available by the glass.

FATHER'S DAY LUNCHEON

SUNDAY 7TH SEPTEMBER THE KOOYONG ROOM 12PM - 3PM

Delicious Buffet Luncheon Drinks at Bar Prices \$55 Adults \$35 Children

Download the booking form from our website www.kooyong.com. au or contact reception for more details on 9822 3333.

COURT MAINTENANCE PROGRAM

The excellent finish to the grass season saw the courts play well into June, the longest season in many years.

Players reported that despite the colder and sometimes wetter weather, general court conditions were very good right up to the late end of season.

Courts 19 - 26, which were returfed and laser leveled over recent years showed the benefit of those work programs.

The courts played out the season in good condition, resulting in them requiring less substantial work during the winter maintenance period.

In general the main court areas have retained excellent cover and several base lines are sufficiently well covered to not require returfing this year.

Where regrowth is possible, it is the preferred method, as regenerated turf usually proves superior in the following season.

To build on the improvements achieved on those courts, the next stage of the laser leveling and returfing program has recently taken place on Courts 10 -14.

The newly laid couch grass should establish through the spring and return the courts to play in improved condition for our summer season.

Continuation of this program is intended to carry into further years until all courts have been leveled and re-turfed.

The program of maintenance has been greatly assisted this year by the establishment of the water storage tank.

The returfing program had to be temporarily haltered last year when the club was severely challenged by water restrictions.

The continued availability of water through this season has not only helped the club maintain its grass courts but has assisted in the general maintenance and preparation of the en tout cas courts.

During the mid year holiday period, quieter conditions allowed for some intensive maintenance to be carried out on the en tout cas courts.

Club staff and contractors work together to complete necessary work to repair hard worn and damaged areas where required.

Immediately after the work the courts appeared slightly loose on the surface, however they quickly played back in and favourable conditions now exists around the courts.

Due to the constant use, of course, this work will continue and periodically maintenance will be carried out as needed.



TRAFFIC & SPEED **MONITORING**



Concerns have been raised recently regarding traffic flow around the club. The speed of vehicles, failure by drivers to observe signs and injury to a child hit by a car have lead to the club taking action to curb driver behavior.

A speed radar device has been installed to monitor traffic flow and record the speed of vehicles. It provides information to drivers to alert them when vehicle speed exceeds stipulated levels.

It is imperative that traffic speeds be kept to the stipulated limits for the safety.

It is equally important that drivers comply with all signage, including directional indicators to ensure safe and efficient traffic flow around the site.

The club is monitoring traffic speeds and driver behavior and will, where necessary, follow any matters of concerns up with the individuals involved in the interest of safety at the club.







Real Club de Tenis BARCELONA 1899



The Real Club de Tenis Barcelona 1899 is the exclusive tennis and sporting club located on the street Boschi i Gimpera, number 5, in the neighbourhood of Pedralbes, Barcelona, north of Avenida Diagonal.

The facilities at this famous tennis club, home of players like Carlos Moya, Arantxa Sanchez Vicario, Conchita Martinez and current French and Wimbledon champion Rafael Nadal, include 18 tennis courts, a gym, fitness centre and swimming pool.

club in all of Spain and has also hosted the prestigious Open SEAT tournament since 1953.

Please contact Kate Anderson, KLTC Membership Administrator on (03) 9822 3333 or kanderson@kooyongltc.asn.au, prior to your departure from Melbourne to make arrangements for a letter of introduction for any of our reciprocal clubs that you intend to visit.

This enables us to advise the reciprocal club of your visit in advance to ensure they are prepared for your arrival. We can



PENNANT TEAMS EYEING OFF FINALS ACTION

Kooyong's pennant teams are getting ready for finals time and most are well placed with only a couple of rounds left to play.

With 28 teams competing in the Tennis Victoria Pennant competition Kooyong is well represented across all of the grades available.

In Grade 1 Kooyong is fielding two teams and both Michael Wood and Luke Dixon's teams are battling hard to entrench themselves in the top four.

Michael's young team is doing quite well despite some obvious disruptions throughout the season with Michael having to fill in for State Grade on several occasions.

Luke Dixon's team has been struggling to this point of the season but should regain Matt Carroll and Anthony Zafiras for the run to the finals.

In Grade 2 Kooyong is fielding two very competitive teams with Dom Gambaro and Ryan Wood's teams sitting in third and fourth respectively.

Both teams are playing some good tennis with several youngsters in each team hoping to put their mark on the competition in the finals.

Ryan Wood is in great form at the moment and with Alex O'Donohue returning after a stint overseas this team will make a big run to the finals.

In Grade 5 Martin Cassidy's team looks like finishing in fourth spot on the ladder if all goes to plan while Nick Kotros' Grade 6 team of youngsters is pushing for a spot in the top four.

In Grade 9 Justin Shepherd's team is in the finals mix while in Grade 10 Kooyong's juniors are acquitting themselves with distinction as Nicholas Hoare's team is well placed heading into the finals.

In Seniors Grade 1 Cam Dickinson's team is looking to avenge their grand final loss in 2006 after a year off and have themselves well placed for an assault on the pennant.

It's extremely close in Seniors Grade 3 with Don Heath's team currently sitting on top of the ladder but also only one bad loss from dropping out of the top four.

Doug Bell's Seniors Grade 7 team is also on top of the ladder and is looking like the team to beat in their section.

On the women's side of the ledger, Lauren Byrnes' Grade 1 team is sitting clear on top of the ladder and with

rising stars Molly Polak and Viktorija Rajicic joining forces with former State Grade players Catherine Louis, Johanna Morrison and Despina Konstantinidis and of course Lauren this team is looking like a definite pennant contender.

In the other Grade 1 section Lucy Mercuri's team is also looking dangerous in third spot despite not fielding their strongest team all season.

Alexandra Nancarrow, Sandy Vo and Stefani Stojic are yet to hit the court at the same time and this would be a tough match up for any team.

In Grade 2 Kooyong is fielding two teams with Natalie Baic's team currently sitting just outside the top four in Section 1 while Breanna Little's team is sitting in second spot on the Section 2 ladder and could be a contender for the pennant with both Hannah Arnold and Sophie Vickers in good form.

Heather Barwick's Grade 3 team is also in exciting form with Belinda Woolcock, Jessie Tamber and Siobhan Stagg leading the team to second spot on the ladder.

Glenda Splatt's team in Grade 4 is also full of talented young players and is in a tough section where one upset could tip the balance in their favour but they are currently sitting in sixth spot on the ladder.

In Grade 5 Kooyong has another team of stars in the making playing some great tennis as Sally Cameron has her team sitting in second spot on the ladder despite not losing a match.

Angela Woodruff's team in Grade 6 is also fighting hard to make the finals and they are only likely to know their fate after the last round is finished with five teams in the running for the four finals spots.

The Club wishes all our teams luck in the upcoming finals series.





MEN'S STATE GRADE

WALKING THE TIGHTROPE

his year's Men's State Grade competition is heating up with at least five teams battling it out for positions in the finals.

Grace Park has streaked ahead of the field at the top of the ladder but MCC and Kooyong No 2 are fighting for the next two spots and it could come down to the very last round of the season before we know who makes it through in fourth spot with Kooyong No 1 and Dendy Park both in contention.

Kooyong No 1, captained by Paul Arber, is sitting just inside the top four and are looking forward to a boost with several players to return soon.

Arber and Lee Pearson will hopefully come straight back into the line up and this will only strengthen their chances of making the finals along with the availability of Matthew Coghlan in recent weeks.

David Bidmeade has unfortunately left to travel overseas but his role during the early part of the year along with Oliver Statham, Andrew Florent and Glenn Busby can't be underestimated.

This team will have every opportunity to reach the finals with an experienced line up available towards the end of the season.

Statham, Pearson, Arber, Florent, Coghlan and of course Will McNamee will give this side the nucleus it needs to make a run at the title again in 2008.

Kooyong No 2 is currently in third spot and is within striking distance of second if things fall their way over the second half of the season.

Jay Salter again has his team well placed and with the imminent return of Marinko Matosevic this side could take huge leaps forward as the finals approach.

Richard Fromberg and Salter have worked well together this season and several youngsters have taken the opportunity to develop under their tutelage.

Andrew Gregory, Jason Lee and Michael Turlejski have all provided strong support to their more experienced teammates and have no doubt learnt a lot this season.

It will be interesting to see this team at its peak with Fromberg, Salter, Matosevic and Gregory all in the one side if available.

On paper this side should beat anybody but stranger things have happened as we saw in last year's semi final when the underdogs were able to get up and eventually went on to win the pennant.

Get down to Grace Park Tennis Club on Sunday August 17th to see all the finals action.



Jay Salter (above) and Jason Lee (left) have been in great form this season and are gearing up for a semi final against MCC.

WOMEN'S STATE GRADE

DESTINY IN THEIR OWN HANDS

of the Women's State Grade

After losing last year's final to MCC in unfortunate circumstances the girls have come out firing this season and have announced themselves as one of the premier teams in the competition.

team the girls will be looking to finish themselves a home final against either Royal South Yarra or MCC.

Royal South Yarra and MCC at full strength are the equal of any team in the competition and both semi finals could become full scale wars.

Kooyong's team of Lisa D'Amelio, Stephanie Wiltshire, Emily Arnott and Maddison Springall have the strength in both singles and doubles to pull themselves out of trouble if needed.

Lisa and Adriana have been the rocks of this team all season and if they can continue to hold strong it will go a long way to this team winning the Club's first ever State Grade Women's pennant.

Karolina and Stephanie have again dominated most matches they've played and will be super important come finals time while both Emily and Maddison have played their part throughout the season to keep this side at or near the top of the ladder.

We have also seen a glimpse of the future during the season with both Molly Polak and Viktorija Rajicic making their State Grade debuts in spectacular fashion.

From top: Karolina Wlodarczak, Stephanie Wiltshire and Emily Arnott have helped Kooyong into top spot on the ladder and will be looking for that elusive pennant in this year's finals series.

Both of these girls have bright futures and together with girls like Alexandra Nancarrow and Stefani Stojic this side will no doubt continue to go from strength to strength.

This depth at the Club also puts pressure on the current team to perform and the girls will be keen to prove they are the best team in the competition and will be hoping to emulate the men's team pennant for the Club.

Despite things not going to plan for our women's team in finals in previous seasons this could all change in 2008.

This team has built themselves up for a shot at the title and will be primed come finals time to take on whoever they face and hopefully things go to plan and we see our first ever State Grade Women's pennant at Kooyong in mid August.

Get down to Grace Park Tennis Club on Sunday the 17th of August for all the finals action.



KOOYONG'S pennant pro

Maddison Springall

Age: 18

Grade: State grade Play L/H or R/H: Left Handed



Jason Lee

Age: 18

Grade: State grade Play L/H or R/H: Right Handed



Tennis Achievements:

Kooyong club champion 2007, represented Victoria in Pizzey Cup school tennis, I have won numerous junior tournaments.

Most admired sportsperson/why?

In tennis it is Novak Djokovic, because of his motivation, determination, hard work, self belief and how quickly he worked his way up through the rankings. My second favourite sport is AFL and the player I admire most is Dale Thomas just because he's cute.

Greatest influence on tennis career/why?

My nanna and grandad because they encouraged me to start playing when they used to babysit me when I was young and they always encourage me whether I win or lose. My coach Kim Kachel is also a great influence on my tennis career because he is very patient with me and always willing to help.

Greatest sporting moment witnessed?

Nadal beating Federer on grass to win the 2008 Wimbledon final.

Reason for playing for Kooyong?

It is very helpful to have access to different court surfaces and Cedric Mason has been very supportive and helpful which has made coming to a new club a lot easier.

What qualities do you admire in people?

Honesty, reliability, and a good sense of humour.

If you weren't a tennis player what would you be?

I have recently become interested in netball and would love to be able to play at a high level.

What do you do outside tennis?

Coach netball, play the piano, sketch and go to watch Collingwood football matches.

How much time do you spend developing your tennis each week? With year 12 its difficult to train as much as I would like to but its usually 3-4 times a week.

Projected finish for your pennant team this

season? If we can field a full team we have an excellent chance of winning.

Sacrifices required to play tennis at a high level?

I am not able to go out at night as much as I would like to, have to watch the junk food and tennis takes up a lot of study time.

Tennis Achievements:

16's Hardcourt and Grasscourt Nationals Champion 2006 and 2007 respectively.

Most admired sportsperson/why?

Pete Sampras and Ronaldinho. For the way they carry themselves on the court and pitch.

Greatest influence on tennis career/why?

My parents for beginning my tennis career early and being a positive influence. Also my coaches that have moulded my game to where it is now.

Greatest sporting moment witnessed?

This year's Wimbledon final and Australia's 2006 World Cup campaign.

Reason for playing for Kooyong?

Immaculate facilities. The courts, the gym, the restaurant and the spa. All a player needs to achieve success.

What qualities do you admire in people? Loyalty.

If you weren't a tennis player what would you be? A student and probably very overweight.

What do you do outside tennis?

Work and spend time with close mates and family.

How much time do you spend developing your tennis each week?

I spend about 10 hours a week training on and off the court. This includes tennis practice, running and going to the gym.

Projected finish for your pennant team this season? Most likely victorious.

Sacrifices required to play tennis at a high level?

Not being able to eat all the amazingly unhealthy foods which taste so good. Nevertheless I would not exchange my tennis for anything.

Junior Competition News

Kooyong fielded 20 teams in the recently completed Bayside Regional Tennis Association Junior Competition with 7 teams competing on Saturday morning and 13 teams on Sunday morning.

We had eight teams make the finals with four teams in the grand final, all on Saturday, and it was Gemma Seeley's team who won the Club's only pennant defeating Tom Hamer's Kooyong team in the final of Saturday Section 4.

The all-Kooyong final was a great effort by our young kids with most playing their first or second season of tennis with the Club and it was a fantastic result for Gemma Seeley's team having only made the grand final by one point.

In Section 1 on Saturday Katie Michelmore's team had a great season culminating in them being runners up while Harry Atkins' team finished in fifth spot on the ladder.

In Section 3 on Saturday mornings Julia Harper's team finished in second spot on the ladder and unfortunately lost in the grand final.

On Sunday morning in Section 1 Lucas Stanboultgis' team finished in fourth spot on the ladder but lost to the top team in the semi final.

It was a similar story in Section 2 with Daniel Warwick's team finishing in third place on the ladder but lost in the semi final.

Josh Rawlings' team also finished in fifth spot on the ladder in Section 2.

In Section 3 Sam Fowler's team were unlucky to miss out the finals despite having a great season and playing with only four players for most of the season.

Sarah McIlraith's team in Section 4 finished in seventh while in Section 5 Simon Hardham and Hamish Jones' teams finished in equal fifth on the ladder.

In Section 7 Alexander Galligan and Nicholas Montgomery's teams finished in sixth and seventh respectively and in Section 8 Laetitia Wiseman's team also finished in seventh spot.

In Section 11 Januz Zecevic's team had a great season eventually losing in the semi final after finishing in third spot on the ladder.

Sophia Scott's Section 12 team battled out the season well to finish in sixth spot and Cindy Tamber's team of youngsters in Section 14 finished the season in fourth and unfortunately lost their semi final to the top side.

The Club wants to congratulate all the kids and parents involved in the February to June season and we look forward to the July to December season.

Although the Club didn't win many pennants, we think the kids are being challenged and this in turn is helping them to improve and enjoy their tennis.

It is obviously working with many of our kids being selected to play for the Bayside Association in the upcoming Junior Pennant Competition and they are also currently competing in the senior Winter Pennant season.

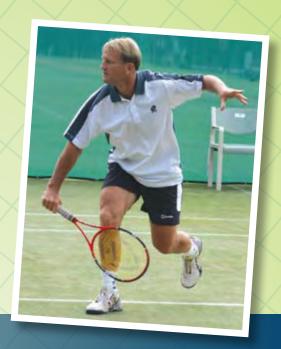






TENNIS NEWS

KOOYONG INTERNATIONAL **TENNIS** ACADEMY



At K.I.T.A we are always looking to improve our resources for the members and to this end we are very pleased to be able to obtain the services of two very experienced coaches in Kylie Moulds and Andrew Florent.

Kylie is a High Performance coach with Tennis Australia, which there are very few in Australia. She has been travelling with Australian teams and WTA players for the past 4 years, was Australian Institute of Sport Women's Coach, and in the past has been assistant Head Coach of South Australia and had her own coaching program.

Andrew has been ranked as high as 13 in world ATP doubles, reached the Masters which is the top 8 doubles pairs in the world three times and quarter finalled all Grand Slams except the US. As a coach he has worked with Meaghan Shaughnessy ranked 11 WTA, Mark Philipoussis, and is the Wesley College Boy's Firsts coach.

Both coaches are available to all members who may like to take advantage of their expertise and knowledge and can be booked through the coaching office located in the Proshop.

Another new program that will be starting this next term is our Adult Twilight Cardio Tennis. Initially this will be taking place on a Friday night at 6.30pm to 8 pm.

This program is designed to get players heart rates into their aerobic zone and challenge both your ability and fitness

level in a group environment. All standard of players can enjoy this program and it is great for couples or a chance to meet new members.

Further to this, in the overall development of all our players, we are still looking at organising as many tournaments as possible, especially twilight weekend tournaments.

These are so important to the players and their development as many players have limited opportunities to improve their skills, confidence and experience under tournament conditions, as families get busier and busier. These tournaments will be advertised to all coaching and club members alike and will now need to take place after pennant finishes.

Our Monday and Friday in-house competitions for players who have just started or are nearly ready for Saturday and Sunday competition have been going really well and had great feedback.

John McInnes, one of our coaches who has had over 30 years experience in coaching, has done a fantastic job with this program and this will see more players starting competition with confidence and a greater knowledge of what is involved.

Our kinder and pre-school 3-5 year old program is gaining momentum. This sees the young ones getting more involved with learning concepts such as basic co-ordination, technical, movement and listening skills.

The ladies programs are continuing to grow with participants using the sessions not only for improving their skills but also for fitness and social opportunities. There has been a big increase in ladies organising a group of 4 - 8 of their friends and making a morning out of it.

Helen, K.I.T.A.'s Program Director, is, for those who are not sure, located in the Pro Shop and can help you with all of your coaching needs.

Whether you are a beginner, advanced, young or mature, need a private or semi private lesson, group or squads; full time/part time program Helen will do her utmost in trying to accommodate your needs. The direct coaching telephone number is 9824 6860.

Also now in the PRO SHOP is Kevin Furst, our new manager, who has had over 20 years experience in this field. He has dealt with assisting professionals right through to beginners and has a great amount of knowledge and understanding of players needs.

The shop is now open for extended hours, has a 24-hour, and if needed less, time, turn around for RESTRINGING and offers a wide range of clothing.

If there is something that we haven't got we will do our best to get it in, we look forward to assisting you with all of your tennis requirements.

Glenn Busby Head Coach

Midweek Ladies Report

Kooyong's mid week ladies teams had one of their most successful Bayside Regional Tennis Association seasons in a long time recently with the Club finishing with three pennants.

With the Club fielding three teams on Wednesday morning and six teams on Thursday mornings it was great to see a third of these teams win the grand final and just four teams missed the finals altogether.

On Wednesday Caroline Venn's Section 1 team of Caroline, Lauren Dennis, Bridget Laird, Judy Mullen, Judy



Mary O'Sullivan's Section 6 team from left: Liz McCaffrey, Mary O'Sullivan, Julieanne Morrissy, Karen O'Neil, Karyn Solomon and Priscilla Kiernan.

Garnsworthy, Marg Knapp, Linda Dohnt and Jo Murray won the grand final again after finishing on top of the ladder.

In Section 2 Jodie Cody's team finished second on the ladder but unfortunately lost their semi final against Mordialloc.

In Section 6 Mary O'Sullivan's team of Mary, Karyn Solomon, Karen O'Neill, Priscilla Kiernan, Julieanne Morrissy, Elizabeth McCaffrey, Sarah Stead and Julia Mascitelli finished third on the ladder but won both their semi final and grand final against Dendy Park to win the pennant.



From left: Thursday Section 7 winners Sue Rose, Wendy Bladen, Duppy Critchley, Marlene Barden and Anne Fitzpatrick.

On Thursday mornings Kerin Tulloch's Section A team finished in sixth on the ladder while Anne Kaiser's Section 1 team finished in seventh.

In Section 3 Gill Gleeson's team finished in third spot but were unable to defeat Wellington in the semi final and Susie Gaye Anderson's Section 4 team finished in sixth place.

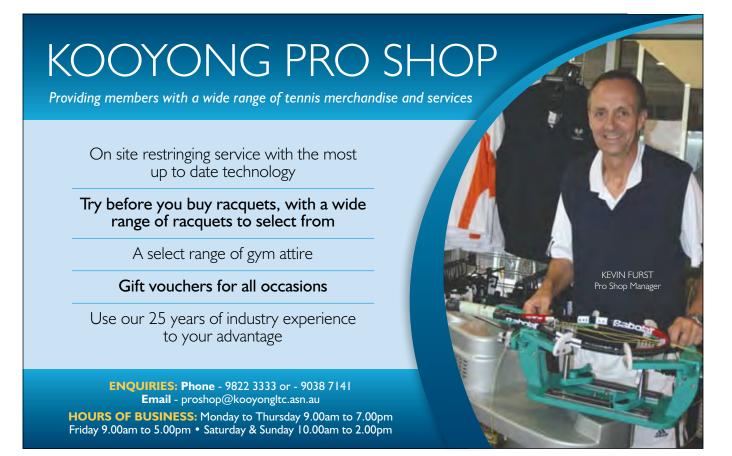
Gena Ferguson's Section 5 team finished in third place on the ladder while Anne Fitzpatrick's Section 7 team of Anne, Sue Rose, Sue-Ann Roll, Lyn McLaughlan, Elizabeth Critchley, Marlene Barden, Wendy Bladon and Liz La China finished first and won their grand final against Grace Park.

In MEMRLTA on Tuesday mornings Kooyong is fielding four teams and the season is currently at the half way mark.

In Section A1 Sue Taylor's team are currently in fourth place on the ladder while Jo Koffman's A3 team are sitting in tenth place.

In A5 Kooyong is fielding two teams and Sarah Walter and Mandy Lane's teams are currently in second and eighth respectively.

Congratulations to all of our pennant winning teams and good luck to all of our teams for the remainder of 2008.



AROUND THE CLUB

SQUASH REPORT



Kooyong had quite a successful season, winning 4 pennants and 1 team was runner-up. In the A1 grand final the convincing wins from Mark Ikin and Ben Waterfall secured victory on the night. Our Ladies Premier League team, comprising Melody Francis, Jessica Gillett and Lisa Ambler were also able to secure a premiership after defeating the Westerfolds team in a very tight contest. Well done to the B1 team, which had a well balanced team of youth and experience, which was enough to account for their opponents in the grand final. The C2 team of Bryan Derrick, Peter Dixon, Paul Derrick and newly appointed team member Steve Ellis combined nicely to defeat Hawthorn in the grand final.

Top: The victorious Men's A1 squash team of Josh Cardwell, Robert Templeton, Ben Waterfall and Mark Ikin.

Right: The historic double was completed when the Women's Premier League team of Melody Francis, Lisa Ambler, Vicki Cardwell and Jessica Gillet won the pennant.

Ladies Premier – Kooyong 2-8-87 defeated Westerfolds 1-5-75

A1 - Kooyong 2-7-88 defeated MCC 2-6-73

A2 - MCC defeated Kooyong in the grand final - 2/2

B1 - Kooyong defeated MCC in the grand final - 3/1

C2 - Kooyong defeated Hawthorn in the grand final - 2/2

Juniors, Selena Shaikh and Sarah Cardwell recently competed in 2 junior squash tournaments in Malaysia. Both the Milo All Star Junior Squash Championships and the Penang International Junior Squash Championships had a very high calibre of entries. In the Milo All Star Sarah Cardwell was a quarter-finalist and Selena Shaikh finished in 21st place. In the Penang International Sarah was a finalist and Selena finished in 11th place.

Victorian State Championships, Melody Francis won the U/23 title, Sarah Cardwell won the U/17 with teammate Selena Shaikh runner up. All three girls are in the Victorian team to be managed and coached by Kooyong member

Sarah Fitz-Gerald. Nikhil Raniga was runner up in the U/17 Boys and has also gained selection in the state team

Kooyong A1 squash players, Josh Cardwell and Neeraj Aggarwal have been competing for world ranking points in Professional Squash Association (PSA) tournaments over the past couple of months. Both players travelled to Western Australia to compete in 3 PSA tournaments during May. Josh also toured to New Zealand to play 2 PSA tournaments. Neeraj and Josh are congratulated on their efforts, because since playing these tournaments, Josh has improved from 292 in the January rankings to 214 June, while Neeraj has risen from 262 in January to 235 in June.

The annual Handicap squash tournament, where all players start with a handicap so that everyone has an equal chance of winning the tournament, is scheduled to be played July through to November. Exact dates of the event are yet to be confirmed. Look out for the entry form on the notice boards and make sure you get your entry in early for what will be another great squash event.

The Kooyong Junior Squash Competition for term 3 will start on Saturday 19 July and run every Saturday 9.30-11.30am. The Development Squad takes place on Thursday and Saturday afternoons. For information on these programs or to arrange a private coaching lesson please contact Mark Ikin on Tel: 0418 542 965 or markikin@bigpond.com



Social Committee

It has been a busy few months for the Social Committee. A very successful Mixed Doubles Tennis afternoon was held in May with an overwhelming response over 60 players. The winners were:

GROUP 1:

Stuart Stockdale & Radek (Winners) John Batkin & Julie Doyle (Runners-up)

GROUP 2:

Cathy & Paul Quinn (Winners) Sasha Wright Neville & Dennis Klapas

GROUP 3:

Bridget Laird & Aidan Nania (Winners) Sze He Lee & Andrew Hawkes (Runners-up)

GROUP 4:

Judy Mullen & Anthony (Winners) Geraldine & Peter Gard (Runners-up)

GROUP 5:

Dianne & Harold Cole (Winners) Trudy Madson & Miles Cunningham (Runners-up)

Congratulations to the above and thank you to all who participated. A special thanks to Court Captains, Duncan Buchanan, Cathy Quinn, Margot McClusky, Andrea Purvis and Denise Cosgriff and huge thanks to our Vice-President Claire Fitzpatrick and Committee who organised the event so well yet again!! Thanks also to Mel, lan and all Kooyong staff for making it such a success! We booked out the Bistro and great fun was had by all.

As we go to print we will have held our Wine Tasting Masterclass and with over 90 people promises to be a huge success! Many thanks to the entertaining and instructive Tom Gyoffrey QC and to Simonette Cunningham for organising this 'strictly educational seminar' on the delights of Cabernet sauvignon!

UPCOMING EVENTS:

JJ John Jeffries Memorial Mixed Doubles Tennis Round Robin changed to Sunday, 12th October

AGM - Thursday, 13th November

and then our big event for the year...

BRINGING THE HOUSE DOWN XMAS PARTY!

SAT 6TH DECEMBER, 2008



Guaranteed to please audiences of all ages!

An exciting event is being planned. Our last function before the renos!! These talented musos will tribute to the Groovy 60's, 70's DISCO, 80's RETRO plus the popular hits of the 90's and TODAY ! including a fully choreographed and costumed show... highly recommended by John Blackman!

This is a night not to be missed! We expect a large crowd so start planning your tables now of 10 or 12 or we can seat you.

NEW RECRUITS!!

We are pleased that Natalie Postma has recently joined our Committee and already proving to be a great asset and brings fresh ideas to the group.

An exciting event is being planned. Our last function before the renos!! These talented musos will pay tribute to the Groovy 60's, 70's DISCO, 80's RETRO plus the popular hits of the 90's and today including a fully choreographed and costumed show... highly recommended by John Blackman!

We are looking forward to seeing you at our functions and please diarise the above dates. Our tennis afternoons are proving to be very popular and I know that our Xmas Party with Plastique will be well attended so book early so you don't miss out. Thank you for all your support and look forward to meeting you soon and keep warm!

Rosie Waite-Garrisson President - Social Committee









AROUND THE CLUB



Royal Children's Hóspital Auxiliary

This year a cheque was handed to the BCH Auxiliaries Office for \$35,000.

What a magnificent effort on the part of the RCH Committee, Kooyong Lawn Tennis Club, Members and Staff who support the functions and contribute most generously with their money and time.

This money will collectively be utilised with other Committee's fundraising to buy a VAC Advanced Therapy System, which otherwise the Royal Children's Hospital wouldn't purchase for some time.

Our Committee works towards a wish list, which each year the RCH provides us with and we are informed as to what is needed urgently and the function of equipment purchased.

With the raffles held, with goods donated by many members, friends, our own Cedric Mason and the Pro Shop at Kooyong, the funds grow each year.

On the 28th of April a card day was held which was sold out. This is a very popular event and function held in the Kooyong Room and on this day we raised \$5312.

Phyllis George, a long time supporter of the RCH Committee, made \$965 with her stall of goods at the function.

Our 70th Anniversary celebration was held on Friday the 13th of June. The theme was a 'Bewitched Ball' and the Rathdowne Street Big Band (consisting of 20 people) donated their time for the third year in a row for this event, which is greatly appreciated by all.

They are a swinging band and everyone was up on the dance floor for the entire evening.

In a fantastic effort we raised \$6599 on the night.

Sue Mason of the RCH Auxiliaries office cut a 70th birthday cake for us.

A special thank you to Scotchman's Hill wines who allowed us to serve their wines as a special addition to the meal and donated two magnums of wine for our silent auction and raffle.

Also, I'd like to thank the member who donated 10 days at a holiday house in Bateman's Bay and another member who donated a T. S. Gill Lithograph from 1860 for the silent auction.

Any other members who wish to donate prizes for raffles or auctions can contact Sandra Williams on 9818 4735.

Thank you to all my Committee members, staff and our CEO, Chris Brown, who arranged support of this evening.

Sandra Williams President



25th August Card Day

13th October Fashion Parade and Luncheon





Bewitched Ball - Joan Layet, Gordon Way and Mardi Story.



Presentation of RCH Good Friday Appeal cheque for \$12,000,000. Joan Layet, Carmel Quinn and Caroline Hill.



Rathdown Street Band - Bewitched Ball.



70th Anniversary of RCH Auxiliary Kooyong Bewitched Ball 13 June 2008.

BRIDGE NEWS

We have had an extremely busy and rewarding few months with numerous extra curricular events.

The May Congress was a huge success with 100 competitors from various Melbourne Bridge Clubs competing.

Kooyong Members were very successful with Leeron Branicki and Jeff Fust announced the outright winners.

The prize for the best Kooyong pair was a draw between Penny Purbrick with Diana Wilson and Constance Bruce with Jillian Griffith.

Brenda and Jerry Sender won the June Club competition over two nights for the Borin Trophy with runners up being Pauline and Charles Baker. A celebratory supper was held afterwards.

The Club has extended its challenges by taking part in The Australia Wide Pairs and Bridge for Brain Research.

Kooyong have now reclaimed the trophy after the last match against Royal South Yarra.

The Victoria Golf Club came to lunch and played a five-way teams match in July and this was an extremely happy occasion.

There is a Visitor's Night with Supper scheduled for the 16th of September with our very popular Annual Dinner & Bridge Evening on the 14th of October.

This is a wonderful occasion when Members can bring along guests to enjoy our hospitality at both the dining table and the bridge table.

We must be one of the busiest and happiest bridge clubs in Melbourne, we are very fortunate.

The 2008 Schedule of Events can always be viewed on the Club's website.

Leeron Branicki President







Top to bottom:

Leeron Branicki and Jeff Fust - Winners 2008 Kooyong Congress Brenda and Jerry Sender - Winners 2008 Borin Trophy Constance, Penny, Jillian, Diana - Best Kooyong Pairs 2008 Congress

LATEST PROMOTIONS ARE AS FOLLOWS:

Graduate Master – Prudence Hope Club Master - Warren Craig, Angela Morgan Local Master - Val Miles, Angela Walker *Local Master – Nancy Heffernan *Regional Master - Jerry Sender

*State Master - Marilyn Ohlson, Diana Wilson

Bronze Life Master - Penny Purbrick



AROUND THE CLUB

Billiards & Snooker REPORT

by Alistair Macindoe

The A Grade snooker season is coming to its end, and Kooyong has had a reasonable time of it, having had several victories in what is a very strong competition. Regrettably, the team has suffered some heavy defeats, where our opponents' play has been characterised by the irresistible combination high-voltage potting mixed with deadly safety play.

QUOTE OF THE MONTH

"Half-hearted play is bad at any time, but worst of all when you want a big shot to score and are facing your job with a feeling that a safety shot might be better. Therefore never get caught in two minds about playing for safety, and when you are quite satisfied that it is the only thing to do, play your safety shot with as much care as if it was the critical shot in a big break."

- The Great Walter Lindrum discussing safety play in Billiards 1930

SHOT 2 the right way SHOT 1 the wrong way

SHOT OF THE MONTH

Playing for position on a colour

In this Shot of the Month, we are potting a red to land straight on the black into a top pocket. (In the diagram the white is coloured arev.)

Both reds are of similar difficulty - so which one should be played?

In Shot 1 you pot the red into the left top pocket. The white will come off the top cushion and run down the table; each inch of its travel alters the potting angle on the black. The white must stop rolling with a few inches of the arrow head for you to have a straight pot on the black.

It's better to take on Shot 2, where the red is potted into the right top pocket. Here the white comes off the side cushion. The white can come to rest anywhere over a distance of several feet, and still leave you a straight black. Not having to worry about the pace of the white makes for a much easier pot.

Wine and Food Society

We were delighted that so many of our members were able to join us on such a cold and miserable night for our July function.

Enoteca (translation is Wine Library) is an interesting restaurant serving frequently unusual food combinations with considerable flavour.

In these days when wine packages have unfortunately become the norm it was a rare pleasure to be able to serve wines of our choice hence the excellent Katnook Riesling and Port Phillip Estate Pinot.

We look forward to our 2008 Winemaker's Dinner to be held on Friday 12th September, which notices of course will be sent to members and is sure to be a night to remember.

> Pamela Middleton Bacchus



From left: Ian Stedman, Pamela Middleton and Neil Carder

ENOTECA

Friday, 18th July 2008

MENU ENTRÉE

Cured Tasmanian Ocean Trout smoked with apple wood and tarragon, soft poached egg, micro greens and Granny Smith apple vinaigrette

MAIN COURSE

Twice cooked Duckling bitter greens, orange, muscatels, grappa accompanied by rosemary fried potatoes and a crisp mixed salad

DESSERT

Pear and almond tart, pear and black pepper sorbetto

WINES

Blanc de Blanc Brut, France

T'Gallant Pinot Grigio, Red Hill 2006

Katnook Estate Riesling, Coonawarra 2006

Port Phillip Estate Pinot Noir, Mornington Peninsula 2007

HEALTH CLUB NEWS

WOMEN & WEIGHT TRAINING



I remember when I first stepped into a gym at the age of 14, the former Findlay's in Camberwell. It was scary to say the least and that was just the 80s fashion.

Frank Sedgman, former owner of Findlay's gym, and other tennis greats such as, Lew Hoad, Harry Hopman and Rod Laver used weights regularly to compliment their tennis game, as they all recognised the benefits of weight training to improve performance on and off the tennis court. Australian tennis legend, Margaret Court, pioneered weight training for women as early as 1960.

Scientific research has conclusively proven that resistance training is the best exercise for developing strength and power.

In my experience, women appear to have a lot of misconceptions about weight training yet it is the ultimate action and discipline for a dynamic shape and invigorating health. It's encouraging to see more women recognising the benefits of weight training to recreate their shape and tone. Dee Milne a Kooyong member for the past eight years is an exercise disciple. Dee commenced personal training with me in March 2008 so I asked Dee to participate in this article and to share the benefits she personally has gained by incorporating weights into her cardiovascular training.

Dee when did you first get into exercise?

I was a regular jogger and weight training was something I did intermittently when I was around 19 year of age. I was

running 120 km a week in my 20s and I took up triathlons at 28 and trained with Bondi Tri Club for a period. This meant that I was cycling and swimming as well as running however, running was and is my forte. I incorporated weight training into my exercise regime but have never had a structured, disciplined program as I have now.

Why did you start weight training?

I was on the treadmill pounding away, running 10-12 km every second day and cycling for 20km over many years. I was fit, kept my weight down, but I felt my upper body was not toned. My legs were in great shape, but it had seemed gravity was catching up and whilst that's a fact of life, turning 50 last year meant that I now had to work harder, restructure my program and work with what I have got!

I had a chat to Michael Kull Kooyong Health Club Manager about my training and how to improve it. I queried why I was feeling so fatigued when I should have been feeling fabulous after my vigorous workouts. Michael suggested to me less is more and further suggested I try weight training before my cardio workout. I did not hesitate, it was time and within a week of that discussion I commenced a goal specific program. This meant a commitment to weight training three days a week however, Michael allowed me flexibility to cater for work commitments and so far this has not been a problem. Daily exercise is and has always been a priority in my life so I always manage to fit it into the day.

How has it helped you in your dayto-day life? Can you give an example of a lifestyle activity?

Exercise is not only great for the body it sharpens the brain! It gives me more focus on a daily basis and greatly assists me in my professional life as a Barrister particularly in the Family Law area where the work can be emotionally demanding. Strengthening the core, which is what weight training essentially does, not only results in a powerful body, but a positive outlook on life. You have more bounce in your step, more agility!

Do you follow a healthy eating plan and how important would you say this is?

Yes, a healthy diet and exercise go hand in hand. I am predominantly a vegetarian although I do enjoy fish. My body is like a high performance car, so I only put in premium-unleaded food. Of course I enjoy a glass of wine preferably red, I love chocolate, I enjoy a daily soy latte and the odd muffin like most of us and I believe moderation to be the key, not deprivation.

What was your view on weight training before you had professional guidance?

I've always kept fit so I thought I could do it all myself but the reality was, I was overtraining. I was doing so much cardio that I was too fatigued to complete a beneficial weight training session. Now, instead of feeling fatigued after training, I feel energised. I've reduced my running distance but increased my times and alternating running with cycling on the days I am not weight training.

What do you think is the ideal exercise combination to keep a woman fit, lean, toned and healthy?

Definitely weights combined with running, cycling, lots of walking, lots of water and a healthy eating plan. This works for me but of course some people prefer water sports which is also fantastic and can be incorporated with a weight program and tennis for fitness and social interaction.

What would you say is the biggest misconception with women and weight training?

Women have the fear of bulking up, which is quite possible if you specifically train for that, otherwise it's far from the truth. My goal when I started was for definition and tone and I am achieving that by consistent and regular weight training sessions. Those little rolls that linger around ones middle, as part of the ageing process are now almost invisible!

What is your advice to women who are thinking about weight training but are not too sure?

Don't leave it any longer the benefits will speak for themselves. Talk to the team at Kooyong Health Club that's what I did! If you are disciplined and committed, you will achieve a great result.

Thanks for the interview Dee; I'm going off for a coffee and a muffin at the clubhouse! Me too!!

Anyone interested in personal training can contact Health Club Manager, Michael Kull, directly on 0419003762.

KOOYONG NEWS

DIARY DATES

AUGUST 2008

- The President's Lunch featuring Mark Allen and Greg Hall - See ad below
- Royal Children's Hospital Auxiliary Card Day
- Crèche Ladies Tennis Night Contact reception for more details

SEPTEMBER 2008

- Father's Day Luncheon Contact reception for more details
- Wine and Food Society Winemaker's Dinner
- Bridge Visitor's Night

OCTOBER 2008

- Social Committee 'JJ' John Jeffries Memorial Mixed Doubles Tennis Round Robin
- Royal Children's Hospital Auxiliary Spring Fashion Parade and Luncheon
- Annual Dinner and Bridge Evening
- New Members' Night
- Crèche Mixed Doubles Tennis Night Contact reception for more details
- KLTC Inc. Annual General Meeting

NOVEMBER 2008

- Social Committee Annual General Meeting
- Opening Day The official opening of the grass court season
- Crèche Children's Christmas Party Contact reception for more details

Archives & Research Centre

The Club is grateful for the following donations to its archival collection:

John Dean (autographed photo of Gonzales Trabert Sedgman & Hartwig - Johannesberg & post card of Tennis

> Court Recreation Ground Kalgoorlie circa 1920); Margaret Faulkner (1961 Davis Cup Tie clip, 1961, 1966, 1973, Davis Cup Programmes, 1971 Victorian Grasscourt Championships Programme. 1974 Commercial Union Masters "Championships of Champions"

Programme); Professor John Hart (Tennis, An Album of Famous Players in Action 1936); Joan Layet (Dinner Dance program - the Southern Cross Hotel, 18 January 1965 to celebrate the Third Annual Federation Cup).

It is interesting to note that all of the items on the menu in the Federation Cup Dinner Dance program (cover can be seen above) had names relating to tennis from the Filet of Whiting Amandine Margar-et to the Peach Nell and the Coffee Billie-Jean.

Norman Marshall Club Archivist





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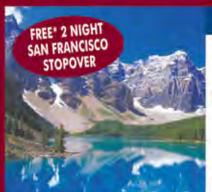
FRIDAY 22ND AUGUST, 12PM - 3PM

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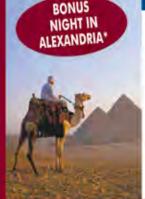
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