Courtside

THE OFFICIAL MAGAZINE OF THE KOOYONG LAWN TENNIS CLUB INC. AUGUST 2018











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ELENBERG FRASER

50 Year Members Inducted

It was another great day at the club when our new 50 Year Members were inducted.



he lunch, in early July, was a great celebration of the 29 members who have enjoyed a lifetime of involvement at Kooyong in the many aspects it offers.

The MC for the day's proceedings was Mark Allen, who was joined by guest speaker, Sally Peers. Sally has strong family ties to Kooyong, having won the

Club Championships on two occasions, as well as being the daughter of 14 time Club Champion, Elizabeth Peers.

Inductees and their guests enjoyed hearing of Sally's time travelling the world playing for her country, which included winning the Junior Wimbledon Doubles crown in 2009.

We congratulate the new inductees on becoming 50 Year Members of Kooyong Lawn Tennis Club and wish them many more years of enjoyment at the club to come! ■

- 1 Our 2018 50 Year Member Inductees
- 2 Geoffrey Pullen
- 3 Diana Gillespie
- 4 Beatrice Moignard
- 5 Judy Robertson
- 6 Gabriel Kune
- 7 Deborah Ebstein
- 8 Peter Smyth





50 YEAR MEMBER INDUCTEES

Michael Croagh, Brian Darmody, Diana Gillespie, Peter Mayberry, Brian McGuinness, Beatrice Moignard, Joanne Osment, Geoffrey Pullen, Alexander Suvoltos, Peter Smyth, John McGoldrick, Bernard Sweet, Merrin Corrigan, Deborah Ebstein, Gabriel Kune, Margot Macey, Jeanette Pearson, Judith Robertson, Daryl Griffin, David Cowper, Dale Emerson, Donnell Ryan, Barbara Welsby, John Calanchini, Linda Clark, John Coleman, Maureen Pratt, Steven Rothfield, Geoffrey Speed



Champions' Dinner Champions honoured at gala night.

Peter Carew, President

ISSUE 49: AUGUST 2018

"Around the Club we

have celebrated with our

Champions dinner and our recent 50-Year Members' lunch..."

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Pennant News

An exciting group of boys making their mark in the highest grades of Pennant tennis.



Squash Report Christine Nunn named Professional Squash Association Player of the Month.

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CEO'S REPORT

Winter has returned so attention is directed again

to preparing our grass courts for the next season. Last year, the Club undertook a small trial of a new turf with success and further work will be carried out over 2018/2019 season to determine its suitability for playing conditions here at Kooyong. Members enjoyed a great grass court season through until the middle of June and with work underway we look forward to another great summer on our courts.

Looking back on the recent French and Wimbledon tournaments, it is worth noting that all four finalists appeared here at Kooyong at the 2018 Kooyong Classic. In total the 2018 Kooyong Classic featured eight of the top fourteen men and the event continued to offer players a great opportunity to prepare for the Australian Open.

The Club is currently transitioning to a new membership system and later in the year will provide information to members of a new website and club app that will improve the way Members connect with the Club and take up the opportunities provided. With Club groups extremely active there are many things happening for members to enjoy.

Since the approval for our masterplan was received from Stonnington Council, the Club has been working through the conditions to advance matters satisfactorily with the various authorities involved. This work is progressing and we look forward to providing Members with a detailed update of the proposed works in the coming months.

Chris Brown, CEO

fter the good news of the approval of our master plan application with the City of Stonnington, we have been advancing matters to satisfy the conditions set down in the approval. One issue that has delayed us is a need to deal with Melbourne Water regarding an old sewer easement that runs across the area we intend to use for the additional car parking (and under the stadium). We are working with Melbourne Water to find a solution that is acceptable to both parties that will allow us to proceed with this key element of the master plan and are hopeful that this will be resolved shortly. Agreement will allow us to progress our plans and detailed design to allow us to bring forward matters for Members' consideration.

Kooyong will be sending a team of 6 players and 4 officials to the All England Lawn Tennis and Croquet Club to help celebrate their 150th birthday. Our current Club champions Sally Peers and Greg Jones will represent us in the Open division, while Glenn Busby (ranked #1 in Australia and the world for men over 60) and Isabelle Gemmel (ranked #1 in Australia and 5 in the world for women over 45) will be representing us in the 45 and over division and Elizabeth Peers (14 time Club Champion) and Andrew Rae (ranked #1 in Australia and the world for men 65 and over) will be representing us in the 55 plus division. 12 International clubs from Ireland, Japan, Denmark, Sweden, USA, France, Spain and Germany and 6 UK clubs have been invited including Cumberland, Edgbaston, Roehampton, Hurlingham, Queen's and the Wimbledon Club. The event will take place from Tuesday 31 July to Saturday 4 August and I look forward to reporting back to you on our return.

Around the Club we have celebrated with our Champions' Dinner and our recent 50-Year Members' lunch with Sally Peers as our guest speaker. Both of these events highlight the depth of our Members' passion for the activities we have at Kooyong and their love of the Club. To have so many people competing in tennis, squash, billiards & snooker and bridge and to have so many 50-Year Members is testament to how much a part of our lives Kooyong is.



"...these events highlight the depth of our Members' passion for the activities we have at Kooyong and their love of the Club..."

In the last few months there have been a few individual highlights that I would like to bring to your attention. Cooper White represented Australia in the Junior Davis Cup and at Adelaide in April Mudiwa Munyimani became the 12 and Under Australian Grasscourt Champion.

Whilst we celebrate our champions we should also celebrate our weekday, weeknight, weekend tennis players, squash players, bridge players, gym users, swimmers, billiard & snooker players, "winers and diners" and all the guests you bring to the club. The Club is vibrant and full of happy people from opening to close. It is my view and the view of many people around the world that Kooyong is "the best club in the world" and we should be justifiably proud.

Peter Carew, President









- 7 B Grade Singles Champior Thomas Patton
- 8 C Grade Mixed Doubles Champions, Darren and Deanne O'Loughlin
- 9 Open Doubles Champions, Kate Antosik and Jasmin Starr 10 60 & Over Doubles
- 10 60 & Over Doubles Champions, Mark Swindon and Dennis Mihelyi
- 11 Elliot Loney impersonating Rafael Nadal

▲ A Grade Singles Champion, Rowan McNamee.

◄ Top MC Jason Richardson and guest speaker Elliot Loney. Below Maita Munyimani won the U/12 Singles while Mudiwa Munyimani won the U/14 Singles. The brothers also teamed up to win the U/14 Doubles.





Life On Tour

John Peers has a base in London, a home in Perth, a life on the road with his wife and toddler daughter, and tennis roots at Kooyong, his family's long-time club. by Linda Pearce

eers' earliest memories of Kooyong are as a young boy running around on the grass as the sun set over the old clubhouse, where his parents Liz and Bill, would be having dinner on the balcony.

"For pretty much as long as long as I can remember, it's been my home club," says the 2017 Australian Open doubles champion, who partnered Finland's Henri Kontinen to his first Grand Slam title after two finals in 2015 with Scot Jamie Murray.

"I think mum was a member when she was 16 and dad not long after, so I sort of grew up there and was lucky enough to be a toddler running around and using the courts with mum and dad being down there all the time.

"I just remember having free reign of the place. No-one was there, the grass courts were empty and the weather was great. That was where we grew up and where we had a lot of fun."

Sister Sally, a former Wimbledon junior doubles champion, features on the Kooyong honour board in 2008 and 2018, while mum Liz (nee Little) appears a club-record 14 times. "My name's not up there, but yes, there's a lot of Peers and Littles!" says John, a former pennant player.

So, was he a good one?

"I battled along!" he smiles, modestly. "I was always the smallest, and played with the older guys down there and they'd have great fun and they taught me a lot. I was 12 or 13 when I started, so you learnt a lot of things, and you just got used to being the young one out there."

Now 29, Peers was among the second intake of Kooyong Foundation scholarship-holders, back in 2001. The Foundation was established to honour Australia's tennis traditions and provide practical help to develop the sport and its players. For Peers, it helped to set the now world doubles No.5 on his path to the professional tour.



He has watched the Foundation "grow and grow", he says, and appreciates its value for the likes of such talented, emerging young players as junior Grand Slam winners Marc Polmans and Omar Jasika, and rising teen star Destanee Aiava.

"I feel part of it for being one of the first players to come through," says Peers. "To be able to have the link back to Kooyong is something really special because it's one of the best clubs we have in Australia, by a long way.

"As a lot of people know, the biggest challenge as a tennis player is to go from juniors to seniors. It's never easy and there's no right or wrong path, or way you go about it, but it's a tough transition for anyone and I know the Foundation try to help with that process."

Peers' emergence came after he completed a tertiary education through the US College system, and a delayed entry to the pro ranks has been hugely successful. Fittingly,

in 2016, the player who grew up with an en-tout-cas court in his Glen Waverley backyard made his treasured Davis Cup debut at his other tennis home.

It was against the US, and the legendary Bryan brothers, with the great Lleyton Hewitt by his side as both captain and doubles partner.

"It was really special. I mean, to grow up around the club and then see the grandstand, see the heritage of what the club brings to tennis in Australia was something unique and special," he said. "But to be able to play my first Davis Cup tie there with Lleyton as well was just something you couldn't even dream of."

His current reality is to be away from Australia from March to September with wife Danielle and 14-month-old daughter Ellie. On the day of our chat at the All England Club, the message had come through that Peers' tournament courtesy car was running slightly late. As grand as it all sounds, a privileged life that includes the opportunity to play at the sport's grass court cathedral is not one he ever takes for granted.

"It certainly makes you appreciate what we do for a living. To be able to call this a job and come here each day and call it work, we're really lucky to be able to do that, and it definitely brings things into perspective," says Peers.

"A place like this, you look around, the sun's shining, there's plenty of people around, the atmosphere's amazing, you're playing on grass. All you've got to do is walk into the place and you feel the buzz."

Unfortunately, the exit from the doubles draw came far earlier than expected; Peers and Kontinen were eliminated in the first round through an 8-6 loss in the fifth set to Nicolas Harry and Maximo Gonzalez. They had warmed-up with a second title of the season at Queen's Club, to add to that from Brisbane in the opening week of 2018.

Travelling with his family helps to keep things "normal", says Peers, who enjoys following the summer and running around after Ellie, who loves pushing around or kicking pretty much any ball she can find. She also has a tiny racquet from the Wimbledon souvenir shop, and another miniature version of her dad's tool of trade.

Mum Danielle is a pro golfer considering a return from parental leave for the Australian circuit this summer. Taking a 14-month old on the road involves different challenges, and Peer's acknowledges the importance of his wife's crucial support role.

"It's certainly tough, and you've got to pick and choose the weeks you do it, because it's definitely not easy unless you've got a good set-up and you've got plenty of space," he says. "So they spend a bit of time here in London and pick and choose the tournaments they come to."

Home may now be Perth, but the global citizen has never forgotten where it all began. "I always try to get back to Kooyong when I get back to Melbourne," he says. "Unfortunately that's not as often as I'd like." ■

Cooper White Helps Australia Through to Junior Davis Cup Finals

Kooyong Foundation star Cooper White has helped Australia qualify for the finals of the Junior Davis Cup to be played in Europe in September.

laying the qualifying event in Malaysia, White continued his great form after winning the National 14's singles and doubles titles in December as well as the Under 21 title at the Kooyong Club Championships in February.

The Australian team, seeded three, went through their group matches undefeated including wins over New Zealand, Kazakhstan and Hong Kong.

White was instrumental in a fighting win over New Zealand with a straight sets win in the singles before winning the doubles rubber with NSW's Chen Dong in the match tiebreak.



state converged on Kooyong to compete in the 10/U team based competition. ▲ Cooper White did the green and gold proud, securing crucial wins for Australia whilst in Malaysia. ◆ The Australian team upset second seed, China, to book a place in the Junior Davis Cup finals.

▼ Juniors from across the

In the comfortable win against Kazakhstan, White paired up with QLD's Tai Sach in the doubles on the way to an easy straight sets win while he again showed his doubles prowess in a tight win over the pair from Hong Kong after Dong and Sach had won their singles matches in three sets.

In the quarterfinal against the second seeded team from China, and with a spot in the Junior Davis Cup finals on the line, White was able to team up with Dong to clinch the deciding doubles rubber after the Australians split the singles matches with the Chinese.

The impressive 6/3 6/3 victory moved the Australian team through to the semi final against the top seeds, Japan, but importantly helped book their tickets to the finals later this year.

Congratulations to the Australian team and especially Cooper and we wish them well for the finals later this year!







Wayne Arthurs Cup

The Kooyong Foundation was proud to again host the Wayne Arthurs Cup at Kooyong in April.

Sixteen teams of two boys and two girls came from all over metropolitan and country Victoria to play in the two day round robin event.

The semi finals saw some terrific tennis played as Bayside Moorabbin won in impressive fashion against Eastern Region and North East Junior defeated Waverley to move through to the grand final.

The final day saw Eastern Region claim third spot with a one game win over Waverley while North East Junior won the trophy with a great win over Bayside Moorabbin.

The North East Junior team consisted of Luke Cvejic, Danny Yan, Chantelle McCormack and Ava Beck.

Congratulations to all 16 teams on their participation in the event and we look forward to hosting the Alicia Molik Cup at Kooyong in December! ■

■ North Eastern Junior Tennis Association were victorious at the Wayne Arthurs Cup in April.

▼ Mudiwa Munyimani, far right, is ranked #1 in Australia for his age group and recently claimed the 12/U National Grasscourt title.



NATIONAL GRASSCOURT TITLE

Kooyong Foundation rising star Mudiwa Munyimani

has topped off a great week on the grasscourts in South Australia by claiming the 12's Singles title at the Australian Championships.

The prodigious talent, who turns 12 next month, lived up to his billing as the top seed in the event as he went through the tournament winning all his matches in straight sets to reach the final before facing a huge challenge in the deciding match.

In the final he faced NSW's Jeremy Zhang and it was Zhang who flew out of the blocks to win the first set 6/2 but Munyimani fought back to level the match when he won the second set 6/4.

The match tiebreak to decide the winner was another great battle but Munyimani came out on top 10/8 to claim his first National title with another year of eligibility still ahead of him.

Roisin Gilheany also had a great week with a semi final appearance in both the singles and doubles in the girl's 12's events.

Gilheany had a great win over second seed Jessie Culley 7/6 6/4 before losing a tight battle with Baihe Lin 6/4 7/6 in the semi final.

Thomas Patton and James O'Sullivan both enjoyed first round wins in the 14's singles while Patton then went on a great run to the semi finals of the doubles with partner Ethan Gaubert where they lost to the eventual champions.

The boys pushed the second seeds all the way in a tight 6/4 7/5 loss.

Congratulations to all our players on their performances at the National Championships! ■

Kooyong royalty feature at the 2018 *Tennis Coaches Australia* - *Victoria* Awards night

The 2018 TCAV Awards night on Sunday July 22nd at

Royal South Yarra Tennis Club provided many highlights, great stories, words of wisdom, and plenty of laughs. Following his 2015/16 Tennis Victoria Spirit of Tennis Award, Kooyong and Royal South Yarra legend Cedric Mason became the third ever winner of the prestigious Ian Occleshaw Award (for lifetime holistic services to tennis). Former Ian Occleshaw Award recipient and inaugural TCAV President Frank Sedgman paid tribute to Cedric in a very entertaining speech. Cedric responded in turn by

Cedric (Mason) has been the Kooyong Tennis Manager for the past 40 years, introducing pennant, mid-week, night, and junior competitions.

paying tribute to the late great Ian Occleshaw (30+year Kooyong coach) and sharing many wonderful anecdotes and wise words. As always, the perfect gentleman. Cedric has been the Kooyong Tennis Manager for the past 40 years, introducing pennant, mid-week, night, and junior competitions. Prior to this, Cedric had a career at Slazenger and the Lawn Tennis Association of Victoria. Additionally, Cedric has been an Australian Davis Cup Tennis Foundation (ADCTF) board member for 20 years and similar number of years as secretary of the Australian International Tennis Club (IC).

Glenn Busby was also inducted into the TCAV Hall of Fame (minimum 30+ years service to the tennis coaching industry required). It is truly remarkable what Glenn has achieved in tennis and the thousands of young lives he has positively impacted through coaching. Glenn's absolute dedication and commitment to being the best he can be in every aspect of his tennis career as a coach, a player, a mentor and an educational leader is inspirational to all.



▲ Cedric Mason and Glenn Busby were recently acknowledged by the TCAV for their outstanding contributions to tennis.

Glenn has been coaching for 45 years, and the Head Coach of Kooyong for the past 17.5 years.

He has coached and travelled with several highly ranked ATP/WTA tour players and he himself holds a record of 26 years playing A pennant/state grade, 10 of these at number 1. He has also accumulated 14 World Seniors titles (7 singles), 12 Australian singles titles and has been ranked number 1 in the World ITF singles for 11 of the past 12 years.

The evening was hosted by Julie Fidler, President TCAV who is also a Kooyong member.

The club wishes to congratulate both Cedric and Glenn on their achievements! ■



Sustainability and Helping the Environment

Members often ask how the Club is maintaining a focus on environmental awareness and what are our commitments to programs of sustainability.

Initiatives introduced over time have substantially improved the way these issues are managed with day to day operations using measures that are designed around best practice.

In the past, the Club had a high dependence on potable water to maintain courts and gardens and following the introduction of systems to recycle and store water, the need for potable water use outside the clubhouse is almost eliminated. The Club also harvests storm water from around the site and collects it in an underground tank. That water can also be used to water courts or for other irrigation requirements.

All grass clippings and small garden wastes are collected in organic bins which are then used to make mulch. In the height of summer this can equate to up to 12 cubic meters of waste not going into landfill. Where possible all larger garden waste is mulched and used back in the gardens too.

The grounds area and clubhouse kitchens use paper/cardboard, glass and plastics recycling bins, while in the Bar, Bistro and Racquet Club there are under-bench bins to help with the separation and recycling of paper, glass, plastic and cardboard from the dining rooms.

Concerns with waste from plastic straws has led to a change to BioStraws which are made from 3 ply premium grade FSC® (Forest Stewardship Council) certified paper sourced from managed plantations. These are bio degradable and recyclable.

Take away paper BioCups have also been introduced which are sustainably sourced from managed plantations with a bioplastic lining made from plants not oil. The lids are also made from bioplastic and are fully recyclable.

The Club will continue to seek better ways to manage these issues to improve programs which deliver sustainable, and environmentally favourable options. \blacksquare





With more than 178 years of wine making experience, McLaren Vale's reputation is strongly established...

McLaren Vale **Winery Tour**

by Patrice Renaudin, Food and Beverage Manager

I was recently invited to attend the Meet Your Maker

Program and got the opportunity to visit the beautiful wine region of McLaren Vale in South Australia.

The program is run by the McLaren Vale Grape Wine and Tourism Association and is designed to promote the McLaren Vale region to hospitality professionals.

The three-day program involved visiting wineries, attending wine-related workshops and benchmarking wine tastings.

McLaren Vale is located 45 minutes south from Adelaide and is home to sustainable winegrowing, world-class wines and culinary experiences.

McLaren Vale is roughly triangular in shape with Adelaide at the North, the Mount Lofty Ranges to the East and South and the St Vincent Gulf to the West. The proximity of these geographical elements plays a very important role in moderating the climate of the region.

As well as a multitude of micro-climates, the geology present in the region is very rich in diversity. McLaren Vale is one of the most geologically diverse regions in the world with more than 40 unique geologies, varying in age, from 15,000 years to over 550 million years.

The climatic and geologic diversity of McLaren Vale has helped wine producers successfully embrace Spanish and Italian varieties, as well as the more traditional varieties such as Shiraz, Cabernet Sauvignon and Grenache.

The colony of South Australia was founded in 1836 and McLaren Vale was established 2 years later, following a survey conducted by John McLaren.

With more than 178 years of wine making experience, McLaren Vale's reputation is strongly established in South Australia as well as overseas.

Today the region is host of more than 80 cellar doors with 7,412 hectares under vine, 54% dedicated to Shiraz. However, the region excels in producing exceptional Mediterranean alternative red and white varieties, including Fiano, Vermentino, Barbera, Montepulciano, Nero d'Avola and Tempranillo.

The region is also home to a significant number of boutique breweries and passionate distillers, helping the reputation of McLaren Vale to grow steadily.

More recently, the production of olives, almonds, cheese, milk and cream has also added to the rich food tapestry of the region.

The tour took us to the iconic Coriole, Wirra Wirra and Hardy's tintara cellar doors and the Willy Wonka like Cube at d'Arenberg. We also visited Kay Brothers for a Grenache masterclass.

McLaren Vale showed its food diversity as we enjoyed dinner at Coriole and Russell's, lunch at the Angove's Winery and the scenery filled, Star of Greece. We also enjoyed a delicious Asian inspired breakfast, at the well known Salopian Inn.

The program was a great opportunity to meet wine makers, vine growers and other industry professionals in a relaxed atmosphere. ■

The Friendship Cup 2018

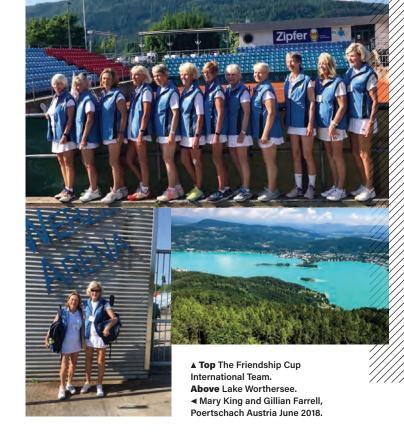
by Mary King

Kooyong members Gillian Farrell and myself, Mary

King, were invited to play tennis in the Friendship Cup. The competition is for women who are at least 75 years old and still actively playing tennis. It's held every two years at Poertschach, Austria, and sponsored by Ralph and Mary Wilson of Buffalo Bills Ralph Wilson Stadium fame.

Twelve women from the USA played singles and doubles against 12 women from other nations, including Germany, Sweden, France, Ukraine (86 years), England and Australia. Several of the USA team were over 80 years. The women were fine athletes of exemplary sportswomanship who would give most younger women a run for their money.

We stayed at Werzer's Hotel, located on the beautiful elongated Worthersee lake, which is a popular bathing spot in summer. The water in the lake is a gorgeous aqua colour, as a result of limestone, and is of drinking quality. We enjoyed 11 nights accommodation, with gourmet 5-course dinners each night. Just as well we were playing tennis in the day.



The USA team won 8 singles matches and all doubles matches. Gillian Farrell was thrilled to win her singles 7 - 6, 6 - 4. I lost my singles 1 - 6, 5 - 7.

Gillian and I feel very privileged and grateful to have had such a wonderful and memorable experience, and to have played tennis and made friends with peers from around the world. \blacksquare

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CLUB NEWS



◆ From left to right Chiro Mukerjea, Dennis Mihelyi, Dennis Maddern and Peter Keller.

2018 Premiers

The Kooyong No 1 Metro Masters team completed a

three peat of section 1 titles. The team finished top of the ladder and lost the second semi-final narrowly before winning the preliminary final to reach the decider. The team of Dennis Maddern, Chiro Mukerjea, Peter Keller and Dennis Mihelyi defeated Lum Reserve in the grand final.

The team which also included regulars Peter Gard and Sadeck Omarjee also won the Ward Hillier Shield as the best performed team in all grades of the Metro Masters competition. ■

Congratulations to all who played in the Metro Masters team for another outstanding season.



We are pleased to introduce our recently

appointed Tennis & Communications Officer, Sophie Vickers.

Sophie is no stranger to Kooyong. She has been involved at Kooyong since 2007 and was Club Champion in 2011.

Since that time, she spent 4 years in the USA at the University of Idaho where she played tennis and was awarded a degree in psychology.

Sophie continues to represent Kooyong in pennant competition and is a welcome addition to our tennis department.

CLUB COMPETITION

Midweek Ladies

In early July, midweek ladies competition decreased

to 12 teams playing in three different associations across three days.

Firstly, to Tuesday and the winter 2018 season of the Midweek Eastern Metropolitan Region Ladies' Tennis Association (MEMRLTA) commenced in late March. Leanne Scott's Section 1 team is on track for another successful season. They are currently second on the ladder after 12 rounds.

Kris Tulloch's Section 1 side have been competitive this season. They are in seventh position.

Sandra Daly's team were granted their wish of being relegated to Section 3, due to the loss of Genevieve Daly. They may not stay there for long, however, as the team is on top of the ladder.

Despite losing the Semi Final of the summer 2018 season, Sally Addison's team were a little surprised to be promoted to Section 2, but they are making a good fist of the higher standard. The team is in sixth position, just one win outside of the top four.

Kate Wraith-Bell has taken over the captaincy from Priscilla Kiernan this season. The Section 4 team is on track to make amends for missing out on the finals by two points last season. They are currently third on the ladder.

Mary King's Section 4 team have been competitive again this season. They are in sixth position and will be looking to push for the top four over the final third of the season.

Secondly to Wednesday and a reminder that unlike MEMRLTA, Bayside Regional Tennis Association (BRTA) and Waverley & District Tennis Association (WDTA) have February to June and July to December seasons. Ange Godwin took over the captaincy from Gillian Ricketts a few weeks into the February to June 2018 season. The Section 1 team remained in sixth position, unfortunately missing out on the finals by six points. Detje Marcel will be captain for the July to December 2018 season.

Jenny Osborne's Section 1 team finished seventh on the ladder. They were granted their wish of being relegated to Section 2. The team will be looking for a repeat of their July to December 2017 success, when they won the Section 2 Grand Final.

Tricia Gorman's Section 2 team unfortunately couldn't remain in the top three positions on the ladder. They finished in fifth place, missing out on the finals by 8.5 points.

Thirdly to Thursday, where Kooyong's presence in BRTA's July to December 2018 competitions will decrease to just two teams. Rosemary Everett's Section A/1 team made up for narrowly missing out on the finals of the July to December 2017 season. They ended up third on the ladder. Unfortunately, Beaumaris defeated them in the Semi Final 0-1-29 to 3-7-48.

■ Alisa Bennett. ▲ Angela Woodruff. ■ Jenny Osborne's team have returned to section 2 where they will be looking to repeat their success from a year ago.

Mandy Morgan's new Section A/1 team continued to struggle a little with injury over the second half of the season. They finished in eighth position and won't return for the July to December 2018 season.

Kooyong's final Section A/1 team, captained by Kris Tulloch, finished in fourth place. Unfortunately, they couldn't complete a hat-trick of premierships, losing the Semi Final to Glen Waverley 1-2-21 to 3-6-42.

Julia Mascitelli's Section 2 team remained fourth on the ladder. They unfortunately lost their Semi Final against St Finbar's, 0-1-19 to 2-5-30. The team won't play the July to December 2018 season as too many people are away but are hoping to return in the new year.

Finally, there will only be one team in WDTA's Thursday competitions for the July to December 2018 season. Libbie Geason's A Reserve 1 team finished on the bottom of the ladder but avoided relegation. Their section has been renamed Section 2, which seems much simpler than the previous A Grade, A Reserve, B Special and B Grade format.

Jan MacLeod's B Special 1 team unfortunately couldn't improve on their fifth position from March, missing out on the finals by five points. They won't play the July to December 2018 season due to injuries but, like Julia Mascitelli's Section 2 team, are hoping to return in the new year.

We wish our midweek ladies' teams all the best! ■ Due to unforeseen circumstances, midweek ladies' teams can at times be in need of fill-in players. If you are available on a Tuesday, Wednesday or Thursday and are of a competitive standard, please contact Tim Baddock at the Club on 9822 3333 or via email: tbaddock@kooyong.com.au

Young Players Making Their Mark

There looks to be a changing of the guard set to happen in the very near future with an exciting group of boys making their mark in the highest grades of Pennant tennis.

hile Josh Charton's Grade 1 team are locked in the top four on the ladder and Mitch Burman's Grade 1 team is sitting in sixth position, it's the players in the Grade 2 teams that are showing they belong in Grade 1 next year.

Harrison Young's Grade 2 team are just five points outside the top four with John Amato, David Qariaqus and Daniel Paveska in great form and with any luck they could be a very dangerous opponent come finals time.

Also in Grade 2, Thomas Pavlekovic-Smith's team have taken all before them this season as they sit in second spot on the ladder just three points behind the top side from Eaglemont.

From Cooper White right through to James O'Sullivan, this team has had impressive wins over all their more fancied and much older opponents.

Thomas Pavlekovic-Smith, Aidan Vaughan, Amor Jasika, Luke Vuletic and Nicholas Kerr have all shown their talent in both singles and doubles this season and the team has every chance of making a run towards the flag.

Jack Bruce-Smith's Grade 3 team are within striking distance of the top four and have had some great results while Will Patton's young Grade 3 team has found the jump from Sunday Pennant to Saturday a big one but they will be better for the experience.



In Grade 5, Bryce Mitchelson's team are again finals bound as they sit in second spot on the ladder while Ryan Smyth's Grade 5 team have been in terrific form in recent weeks but are in a battle to hold onto fourth spot over the last few rounds.

Peter May's Grade 6 team looks set to play finals having added some young talent to their team this season and they will be hoping to hold onto second spot to get the home semi final while James Goller's Grade 6 team have found the jump up from Grade 8 challenging this season.

In Grade 8, Rob Szwarcberg's team currently sit in sixth spot with a couple of winnable matches in their schedule over the last three weeks.

In the Masters competition Stephen Gay's Grade 1 team is locked into the top four but are battling a few injuries while Dennis Mihelyi's Grade 1 team has a battle on their hands to hold onto fourth spot.

Peter Hays' Grade 2 Masters team sits in third spot on the ladder after fighting back from a quiet start the season. They still need a few good results over the last three rounds to ensure they stay in the top four while Gordon Hammet's Grade 3 team sits in fifth spot after a tough season in the new Masters 35+ format.

Good luck to all our teams for the final few rounds plus finals! \blacksquare



Plenty Of Work To Do For Top Teams

It has been a tough season for the Club's top teams with the three Grade 1 teams all outside the top four which is a very unfamiliar position but it has provided opportunities for a large group of younger players to cut their teeth in the top grade of Pennant in the state.

ate Antosik's Grade 1 team has been struck down by injuries but they have battled their way through the season to sit just outside the top four with three rounds remaining.

Also in Grade 1, Jasmin Starr's team has had a tough season after reaching the finals last year and currently sit at the bottom of the ladder while Isabelle Gemmel's Grade 1 team have shown they can match it with most teams and are unlucky to be in sixth spot on the ladder.

Kate Walker's Grade 2 team currently sits in fourth spot on the ladder and should make the finals again despite the change in personnel this season. Natalie Baic continues to play at a consistently high level while Jill Meggs' experience would be invaluable to the younger players in the team.

The club has a group of very talented young players in Emily Harvey's Grade 3 team and they have shown they will continue to develop in the years to come.

Ruby Rothman's first season for the Club has been exceptional and she has shown she will be a great player going forward while Roisin Gilheany continues to show her growing potential. The team is currently in sixth place and need to win their last three matches to have any chance of sneaking into the top four.

In Grade 4, Eliza Anderson's team is another group of young players early in their Pennant careers and finding their way against some stronger opposition. They have had some good wins during the season and sit seventh on the ladder.

Jenny Osborne's Grade 5 team have followed their strong season last year with another good showing as they head towards a finals campaign while sitting second on the ladder having only dropped one match for the season.

Ruby Rothman's first season for the Club has been exceptional...

They will be hoping to lock in a home final in the next few weeks while Angela Woodruff's Grade 5 team need a few wins over the final three rounds to hold onto fourth spot on

We wish all our teams well for the final few rounds plus finals! ■

Opposite: Aidan Vaughan will be looking to keep up his good form for the upcoming finals campaign.

▲ Grade 1 player Jemma Carbis has shown much improvement throughout the vear.



Section 17 Team Storms To Flag Win

Kooyong's Junior Competition teams again represented the Club well in the Bayside Regional Tennis Association's Saturday and Sunday morning competitions.

On Saturday morning the Club had five teams across the two sections with Koroush Raissi's Section 1 team reaching the semi finals before losing a heartbreaking match by just two games.

Richard Jones and Yasmin Spyrou's Section 1 team finished just outside the top four.

In Section 2, both Agatha Meehan and Don McOmish's teams finished the season in the top four to make finals.

Agatha Meehan's team won their semi final to move into the grand final against Carmelite but they lost in a very close match.

On Sunday mornings, Jude Hine's Section 1 team made the semi finals and put up a great fight against the top side from Dendy Park who went on to win the grand final.

The same can be said for Patrick Wraith-Bell's Section 2 team who also made the semi finals but went down to the eventual premiers while Aaron Koh's Section 2 team finished fifth.

Lachlan Main and Bridgette Harwood's Section 4 teams both missed the finals after coming up from Section 6 while Thomas Langford's Section 5 team narrowly missed finals after being in the top four for most of the season.

In Section 7 Charlie Hummerston's team finished in the top four after a great season and went down to the top side in a close final while Charlotte Sorger's team missed the finals in Section 8.

Felix Kan's Section 12 team found the jump up in standard a big one but they had some good wins during the season while Josephine Best was outstanding in her first season at the club in Section 13.

In Section 14, Henry Stevens' team had a great season



CEDRIC MASON CUP

The Cedric Mason Cup is due to be played in

October so anyone interested in playing in the annual teen challenge match against RSY should keep an eye out for forms coming out soon.

This is a great social day for both clubs and always hotly contested with RSY the current holders of

The club will be keen to regain the trophy this year so we need everyone to get involved.



and lost a heartbreaking semi final against the top team while missing a few players who were already on holidays while Madeleine Lennon's Section 16 team missed the finals.

Caroline Marcel's Section 17 team had a tough start to the season with some personnel changes but they didn't miss a beat as they romped to the only flag for the club this season.

Congratulations to the team of Nicholas Humphreys, Joel Saunders, Caroline Marcel, Adrian Li and Jules Baeppler!

Zoe Kinsella's Section 20 team of mostly novice players finished just outside the top four while our beginners in Section 23 captained by Samuel Moore also finished outside the top four.

Thanks to all the parents for taking the kids to tennis each week and we hope the kids all enjoyed the experience.

Next season we will have 4 teams on Saturday morning and 14 teams on Sunday morning and we wish everyone luck for the new season! ■

PENNANT

Any kids looking to graduate out of the top

sections of Sunday morning competition and into senior Pennant should contact the club in the coming months.

Pennant forms will be available at the club from around late September and just need to be handed in at reception.

Senior Pennant is played during the Winter months with the women playing on Saturday mornings and the men either on Saturday or Sunday afternoon depending on court availability and the standards available in each timeslot.

Most boys will start in the lower grades which are generally only available on Sunday afternoons here at the club. ■





KLTC MERCHANDISE

LATEST TENNIS APPAREL

Sergio Tacchini - Lotto - Lacoste Röhnisch - Asics - Wilson -

GYM ESSENTIALS

- Running Bare - Open To Play -

RACQUETS & RACQUET BAGS

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Try our demo program to test a large range of racquets from the leading brands. Our highly experienced staff will help find the perfect racquet for you.

RESTRINGING

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HOURS OF BUSINESS

Monday to Thursday	9.00am to 7.00pm
Friday	9.00am to 5.00pm
Saturday	9.30am to 4.00pm
Sunday	9.30am to 2.30pm

→ 9038 7141

proshop@kooyong.com.au

AROUND THE CLUB

Crèche

by Libby Green, President Crèche Committee

Welcome back to all families in Term 3! Following

some professional cleaning and maintenance work over the mid-year break, the crèche has never looked better!

Children and grandchildren of KLTC members 5 and under are welcome to use our wonderful crèche and take part in many fun activities including painting and other crafts, dress-ups, toys, storybooks and outside fun on the slides and in the sandpit!

The crèche is open from 9am to 12pm Monday to Thursday, and from 9am to 12:15pm on Fridays during the school term, and costs a very reasonable \$12 per session per child to use. There is also a family registration fee of \$40 per family for new families joining in the second half of the year.

If you have not yet registered for your family to use the crèche, please head in to the Proshop and ask for a registration form (session passes can also be purchased here). There are 20 places available per session, however a maximum of 4 of these places can be for children under the age of 18 months, so be sure to book a spot for your preferred day/s by calling the Proshop nice and early!

The Crèche will close for the third term holiday period from Friday 21 September 2018, reopening again on Monday 8th October 2018 for Term 4. ■



KITA Coaching

by Glenn Busby, Director

The coaching at KITA has continued to be a success

following on from a productive start of the year. Our squad pathway and programs are the cornerstone of our academy. They again have proven to be very popular amongst our juniors, giving them an opportunity to progress through our ranks from Hot Shots right through to our Elite Performance Squad.

Each of our squad programs has a two-tier system to ensure competitive training, therefore new players entering our squad system need to be assessed to best service their tennis needs. We encourage any junior who is playing any form of competition or on the verge of competition to participate in our squad, to learn and understand what the game of tennis entails on the match court arena. The overall theme of the squads is about "play" - what it means and how to best formulate a structured system for success. The squads encourage an all court game, ensuring the player develops to their full potential. As said in the last *Courtside* there are many players out there who hit the ball well but don't understand how to play the game. This is why the slams, they have the ability to read the match early and know "who is doing what to whom" down they can adapt if they need to or simply keep doing what they are doing if they are winning.

Many of our students couple a squad session with a private lesson to ensure they receive an even balance to

TOURNAMENT RESULTS

Results from some of our players in the last round of tournaments in July holidays were:

Laura Liptakova Winner Consol AMT Melb Park • Semi Final AMT Boroondara

Sofi Georgas Semi Final AMT Melb Park -R16 AMT Bendiao

Hannah Williams Runner up Consol AMT Melb Park Qwyn Quittner 3 x Runner ups U16 Dendy Gold •

U14 Glen Iris Gold • U14 Mornington Gold Aidan Vaughan Semi Final U16 Mornington Gold •

ITF Caledonia Quarter Final

Dylan Vaughan Quarter Final U16 Hume

Tom Patton Runner up Consol U16 Glen Iris •

R16 AMT Melb Park as a 14 year old

Isaac Law R16 AMT Melb Park

Well done to all involved!



halved her ranking this year-

well done Hannah!

their game. The private lesson looks at any technical issues the student may have with their stroke development. Our team makes sure we are covering both sides of the court - the actual hitting (private) along with playing (squad).

We have a number of adult programs that have proven to be popular amongst our members. From ladies' clinics to adult squads, boot camp and cardio, we are sure to have something for you. The team will be developing a competition squad program. This includes members who are involved in night tennis, Bayside and Waverley districts, Friday morning Ladies and also pennant. The structure will be set up much the same way as our junior squad programs centred around "play", increasing your chances of winning. Please contact our office on 982468690 to enquire about any of our programs.

Tour title.

Christine Nunn named Professional Squash Association Player of the Month

current World No.45 Christine Nunn has been named the PSA Player of the Month for May after having enjoyed a big title win. Chris earned the Women's Player of the Month accolade after securing two titles during May. She claimed the NT Open title after defeating top seed and former World No.1 Rachael Grinham 3-1 in the final, not dropping a game en route to the final. Christine then backed this up with victory at the Court Tech Women's PSA Classic a few weeks later when she put New Zealand's Kaitlyn Watts to the sword by an 11-9, 11-4, 11-7 margin to extend her purple patch of form and earn her fourth successive PSA World

fter a run of stellar form, Kooyong champion and

Her title wins also saw her rise from World No.53 to World No.45 in June's Women's World Rankings.

FRIDAY NIGHT SQUASH FUN - ANY INTEREST?

Tennis players, we know how you feel this time of year! The sun that you worship has gone elsewhere for a while and the grass courts that usually call your name each weekend have their nets tied up and black strips at the baseline while undergoing their annual spruce up.

As you pack away the factor 50 for another 4 months, you may feel a tinge of jealousy for those of us who sneak around indoors regardless of whether it's 4 or 40 degrees. Well we Squashies welcome you with open arms and extend to you the opportunity to join us indoors till things turn your way again Why not keep a bit of fitness up and ensure that the first time you rush the net in spring, you don't ping a hammie. You'll make new friends at KLTC and it's a great way to keep your eye in too.

We recently held an open night on a Friday evening and even swapped our usual tiny headed squash bats for racquetball equipment thinking it would make it easier for tennis players to cross over. It did but the numbers could've been better. We'd be happy to keep running these nights on Fridays from 5.30-8.00pm over Winter as long as there is sufficient demand. Let Squash President Mike Wilkinson know on mike@glooadvertising.com.au if you are interested and keep an eye out around the club for posters that will announce any nights that go ahead.

That said, there's nothing stopping you heading down for a hit at anytime and if you need any tips or help, feel free to give Club Squash Coach Malcolm a yell on 0419 276 608 or malcolmsquashcoach@gmail.com and tee up a lesson.



▲ Christine Nunn claimed both the NT Open and the Court Tech Women's PSA Classic during the month of May.

▼ Kooyong squash players are battling Grace Park Hawthorn in the inaugural Hashes Series.



...the Hashes gives a great workout to all levels with timed matches going for 30 minutes...

▼ The Hashes is providing players with a great opportunity to gain match practice in between seasons.



The Hashes 2018 launched at Kooyong

In an initiative to keep our pennant players sharp in between seasons, we have created an annual challenge between KLTC and Grace Park Hawthorn Club squash players.

The Hashes Series will be an annual event held in June/ July. It's the battle to decide the best squash playing club in the Hawthorn area: Kooyong Lawn Tennis Club or Grace Park Hawthorn Club.

The schedule for this year's Hashes is:

- Thursday 28-June KLTC
- Thursday 5-July GPHC
- Thursday 12-July KLTC
- Thursday 19-July GPHC
- Thursday 26-July KLTC

It is held on Thursday evenings from 6.30 pm over 5 weeks and comprised of 4 rounds plus a final. Entry is free and players are encouraged to stay for supper afterwards meaning fierce competition is followed by a nice social

As a handicap event, the Hashes gives a great workout to all levels with timed matches going for 30 minutes (a long time for the intensity of squash). In the first round played on 28 June, nine of the 15 matches were decided by five points or less and Kooyong holds a narrow lead on the initial table so fingers crossed we take out the title.

The Hashes will be determined by the club with the highest aggregate scores across all their teams through all 4 rounds and the finals.

The holder of the Hashes will officially brag for 1 year.

Annual Awards Event

The squash group holds an event at the conclusion of every season to recognise milestones and achievements of members and the club. This recent season, Kooyong had 12 sides competing in 10 Grand finals and picked up 6 winner's blue flags as a result which is a great effort. Our mid year event is also when we take the time to award two highly sought after annual awards that recognise the contributions of players across two seasons.

The first award is the John Piccolo Cup for the club's pennant playing best and fairest which was won by James Kerner. James played 23 competition matches in the last 12 months, winning 15 and increasing his Matrix score, the competition ranking system, from 206 to 236. A 5 % increase in a year would be deemed excellent so to raise it by 15% is a massive achievement. Not only that, James is an absolute gentleman on court and a club stalwart so he is a well deserved winner of the title.

The second award is the John Link Cup. John has long been a supporter of junior squash at Kooyong and has personally supported a number of our scholarship holders. It is fitting that the award in his name recognises the scholarship player who, over the last 12 months, has achieved great results while also representing Kooyong's values of fair play and sportsmanship.

Tate Norris, who has been with us for 6 years was a worthy winner. He's dealt with some tough times over the last year including a frustrating illness that played havoc with his eyesight and even being mugged! Through all that, Tate never stopped playing and training hard and, while a fierce competitor, is known for his sportsmanship and support of Kooyong Squash's activities as well as those through the squash community in general. All going well, Tate will represent Victoria at the upcoming Australian Junior Championships of squash to be held in Darwin in September and October. ■



▲ James Kerner is presented the John Piccolo Cup by squash president. Mike Wilkinson.

◆ Tate Norris was a proud recipient of the John Link Cup.



Young Member's ONG UNCH

A TASTE OF THE MIDDLE EAST





Saturday, 25th August 2018 • 1pm - 4pm

RACV Club Wine Bar • Level 1, 501 Bourke Street, Melbourne

Cost: \$80 per person • Dress: Smart Casual

RACV Club and Kooyong Lawn Tennis Club Young Members groups have partnered to bring you our first inter-club social long lunch.

We will take over the Wine Bar for the afternoon and you will enjoy a shared-style lunch featuring flavours of the Middle East. Whether you come alone or with a guest, this is the perfect event to socialise and meet with other younger members of both clubs.

Cost: includes shared-style lunch and 3 hour beverage package. Bookings essential as numbers are limited. Bookings close Wednesday, 22nd August 2018. Please book directly with the RACV Club at: memberevents@racv.com.au or call 03 9944 8876.

Credit card payment required at time of booking. Please also advise any dietary requirements at time of booking. Non-refundable if cancelled within 48 hours of event. AROUND THE CLUB

Royal Children's Hospital Auxiliary

by Jean Burgess, President Royal Children's Hospital Auxiliary

It is with great pleasure that I can take this opportunity

to share with you our activities and fund raising since my last report in April. We have a dedicated and happy team working to raise funds for the Royal Children's Hospital. The generosity of these ladies and the enthusiasm shown has been overwhelming during the first half of our year.

On a Wednesday in early May we hosted the first of two annual Card Luncheons which attracted 37 tables, playing Bridge, Solo and Mahjong. We were especially delighted that members of the Kooyong Bridge Club were able to join us, enabled by a change of day. Previously, this function had been held on a Monday clashing with a Bridge Club Day. It was wonderful to also welcome several gentlemen. Hopefully, you will all put September 12 into your diary for our next Card Day.

Sunday, July 22 provided an appropriate Christmas in July Day for our celebratory luncheon in the Kooyong Room. As usual the catering staff festively decorated the tables and served a delicious Christmas Lunch with all of the trimmings. Many thanks go to Chris Goulding and his staff. As in the past three years, Kevin Bartlett, whose wife Denise is a member of our Committee, entertained us in his hilarious manner together with guest speaker John Rothfield (SEN radio's Dr Turf) who entertained us with many humorous stories from his lifetime obsession with racing. The Silent Auction and sale of raffle tickets helped raise approximately \$7,000.

2018 is a particularly special year for our Kooyong RCH Auxiliary. We are celebrating our 80th Anniversary. The first Committee was formed in 1938 just before the 2nd World War. Later in the year we will be hosting a small celebration to mark this special occasion. If you, or your family members have past memorabilia, we are hoping to make an appropriate historical display in the clubhouse. Please contact me or Denise Cosgriff through reception if you are able to help.

We are celebrating our 80th Anniversary. The first Committee was formed in 1938 just before the 2nd World War.



Our final fundraiser for the year will be a Trivia Night on Friday, 19th October. This occasion brings family and friends together for a very popular evening.

As we go to press, I would like to thank our CEO, Chris Brown, our Patron Lisa Carew and my Committee for their continued assistance together with the Staff of our wonderful Kooyong Tennis Club. ■

Bridge Club

by Lauren Sanford

This year we have continued to expand our educational program for all our members. Bill Jacobs conducts his tutorial at 9.15am each Thursday before the duplicate game. In addition the committee has planned for seven two-hour Intermediate lessons with Bill in 2018.

These monthly learning opportunities have been very successful with over 60 participants attending each session.

Laura Ginnan began teaching her six week interactive Beginner's course in May. Over forty new students attended and are now able to continue learning with Laura at weekly supervised sessions on Monday mornings.



KLTC Bridge Club entered 40 members in the Australiawide Novice Pairs event in May and the club will also compete in the Australia-wide Open pairs event in August.

Our Bridge Club was represented at the Kooyong Champions' Dinner on May 25.

Twenty members of KLTC Bridge hosted Royal South Yarra in our annual inter-club tournament, with the trophy having previously been awarded 8 times to each club. Our team played well, ably led by the top pair on the day Susan Douglas and Deb Fogarty. The match was followed by a delicious lunch put on by Kooyong. We now lead 9-8 and look forward to the rematch next year. Well done and congratulations to the whole team! ■



◆ From left to right Some members of the KLTC Winning Team: Lauren Sanford, Rosemary Nurse, Rob Nurse, Susan Everist, Fiona Trescowthick with **Director Terry Crawford**



Peter Carew.



GRADUATION CELEBRATION

Rob Nurse, President of KLTC Bridge Club,

teachers, Laura Ginnan and Pete Holland, Moira Righetti, committee member responsible for learning.



Billiards & Snooker

by Alistair Macindoe

Refurbishment of billiard tables

Kooyong's Billiard Room has never looked better since the recent refurbishment of the tables. All three tables are playing superbly at present. The new cloths allow players to generate tremendous action on the balls, making for a most enjoyable experience. Kooyong has one of the finest billiards rooms in the country. In Michelle Richter's photograph an Alcock, Thompson and Taylor Hopetoun model from the 1900's is seen in the foreground, while two Alcock Duke of Edinburgh models from the 1880's are at the sides. Comfortable and convenient couches for spectators were brought from the now defunct South Yarra Club about thirty years ago. These afford an excellent view of the tables. Members and Visitors are welcome to play whenever the Club is open, except on competition nights when the tables are not available. ■

CLUB CHAMPIONSHIPS

The Club billiards and snooker championships

will be held in the last few months of the year. In both games there will be an open competition, as well as a handicap competition. The handicap events suit players of all abilities, while in the open championships there is every chance that you'll have a former World Amateur Snooker Champion as your opponent. Please keep an eye on the noticeboard in the Billiard Room, as well as on your Inbox.

Wine & **Food Society**

by Ken Wheat, President Wine & Food Society

Our March Dinner Tastes of Mornington Peninsula

held in the Racquet Club was an enormous success as the menu and wine list attest. The Peninsula came up trumps!

Canapés Roasted fig with vincotto & Main Ridge dairy goat cheese; Hawkes Farm kipfler potato with pickled hand harvested scallops from the bay & soured cream.

► 2012 Yabby Lake Vineyard 'Cuvée Nina' Single Vineyard Chardonnay/Pinot Noir Sparkling, Tuerong

Entrée King George whiting with oyster & mussel

- ▶ 2017 Paringa Estate Pinot Gris, Red Hill South
- ▶ 2016 Crittenden Estate 'Peninsula' Chardonnay, Mornington Peninsula

Main Course Slow cooked Woolumbi Farm lamb abbacchio alla romana with pan fried truffle gnocchi, green olives, tomato, pecorino & toasted breadcrumbs.

- ▶ 2016 Dexter Wines Pinot Noir, Tuerong
- ► 2013 Moorooduc Estate 'McIntyre' Whole Bunch Shiraz, Moorooduc

Dessert Mille-feuilles with fruits from Red Hill, basil & Flinders' white chocolate mousse.





2016 Foxeys Hangout Late Harvest Pinot Gris, Red Hill

In May about 40 intrepid Wine and Food Society diners ventured to Oakleigh South to break bread at Commonwealth Golf Club. CGC's Chief Chef, Michael Flouch, presented a superlative dinner, and he entertained the group with excellent culinary commentary. Commonwealth and the WFS committee assembled an array of wines that harmonised beautifully with Michael's first-rate repast.

The 2018 Winemaker's Dinner was moved to early August when we featured Moorooduc Estate wines and were enthralled by Kate McIntyre, whose wines were perfectly matched to the winter themed menu for the evening conceived and executed by Kooyong's excellent kitchen team, led by Chris Goulding.

In October we will be dining at Ocha, the recently renovated Japanese restaurant in Church Street, Hawthorn. Places will be very limited for this unique dining experience. Be on the lookout for the notification of this event.

Indeed, our End-of Year Dinner in December will be an extraordinary affair with our guest speaker being the highly renowned chef and cookbook author, Stephanie Alexander. No doubt Patrice will conjure up a spectacular wine list. We expect to fill the Kooyong Room, so also be alert for the function notice for details of this outstanding event.

Health Club

by Michael Kull, Health Club Manager

Success Story: Suman Bellur

There are lots of misconceptions when it comes to women training with weights. Suman Bellur is a shining example of how one can transform their life through strength training.

How long have you been training with weights and why did you start?

I have been training with weights for approximately 18 months. I started with the aim of improving my fitness and weight loss. Following the demands of specialist training, I put on weight as I did not prioritize my health. Over the last 18 months, I have lost approximately 20kg.

You are a periodontist, how did you manage to fit in training with a demanding professional career?

This has been a very challenging aspect, however, I believe that no matter how busy we are, we can always fit in time to exercise by prioritizing our health. It meant that I had to start waking up earlier and attempting to leave work on time to get to gym sessions.

What was the driving motivating factor to compete in your first iCompete Natural competition, and what is your message to women who think they are going to get bulky doing strength training?

Approximately four months prior to the fitness competition I made the commitment to compete. It helped increase my drive and really kept me accountable for my training and diet. It has been one of the most fulfilling challenges that I have undertaken.

Women have the misnomer that weight training will create a bulky appearance. This is not true. It instead aids fat loss, builds a more athletic and attractive frame. There are several proven health benefits for women to weight train including increased strength and flexibility, increased bone density to minimize osteoporosis risks. In addition, the increased muscle mass will improve the overall thermogenic effect (metabolism) to increase the number of calories burned post-training. It can also assist with sports performance such as for running or even tennis. We simply do not have the gender capacity to bulk up.

How would you rate the importance of diet to achieve your goal?

I would say that diet became the primary factor to aid in fat loss, muscle gain and muscle recovery post-training. It has been imperative to get my daily macro percentage correct for my body type, avoid preservatives and refined sugars and minimize alcohol.



You are a recently new Kooyong member, how would you describe your experience at Kooyong Health Club?

The team at Kooyong, along with the members have been incredibly supportive through my journey and I feel so fortunate to be a part of this great club. The facility has been so comfortable and motivating to train in. Michael Kull has been invaluable in helping me train and guiding me through the competition process.

What is your message to women who are thinking of starting a strength training program?

Strength training is a crucial part of any fitness regime. It should be combined with aerobic training to assist our cardiovascular health. However, solely undertaking steady state cardio training will leave us depleted and is unlikely to help women achieve their health and fitness goals. Getting professional advice through an experienced personal trainer is also important to have a suitable program drawn up, along with supervising those new to strength training. I cannot stress the importance of strength training in achieving weight loss and improved fitness which will also help our daily activities.

Members interested in weight loss, strength and conditioning, injury rehabilitation, general fitness, massage or personal training please contact Health Club Manager Michael Kull on 0419 003 762 / 9038 7145. ■

Social Committee

by Jenny Silvers, Social Committee President

The Social Committee has had a very busy couple of months organising events for both Members and their guests. The aim of the Social Committee is to hold enjoyable and fun events for all members of Kooyong Lawn Tennis Club. What have we been doing?

Royal South Yarra LTC versus Kooyong LTC Annual Cup

On a beautiful sunny Sunday April 29th, 24 members from both clubs played in the annual Koots Cup that this year was held at Royal South Yarra Lawn Tennis Club. The event is organised by the Social Committee and RSYLTC Sports Director, Jarrad Wright. It was a fun day of good camaraderie with a high standard of tennis played. Kooyong LTC came out the victors in the round robin format winning 161-127 games. After the tennis we celebrated in style with drinks and canapes in the clubrooms of Royal South Yarra LTC. Next year Kooyong LTC will hold the event.



HAPPY HOUR

The Social Committee holds regular Happy Hours.

These continue to be popular events especially as Mike Daglish plays his music which sets the tone for dancing, socialising and merriment. Our most recent Happy Hour, held in the Sir Norman Brookes Room, was on Friday 4th May with over 100 people attending. There were quite a few new friendships made as well as old friends becoming reacquainted. We even had a few brave people venturing onto the balcony in the cold and dark to unwind after their week at work. Our next Happy Hour is on Friday 10th August-come along and bring your friends.



The Fire and Ice Dinner Dance

The Fire and Ice Dinner Dance saw members and guests ditch the tennis clothes for glamourous evening wear. A fabulous night of good food, good wine, dancing and music was held on Saturday 16th June with the Fire and Ice Dinner Dance featuring the band The Crawdaddys. It was an overwhelmingly entertaining event starring the "Firebirds" dancing troupe who set the tone of the event with their rendition of "Hot, Hot, Hot", the Latin version. The Crawdaddys played good old fashion rock and roll with our guests dancing the night away. At times there wasn't much room left on the dance floor! The 3-course dinner was beautifully prepared by Chris Goulding and his team with wines from our sponsor Scotchman Hills Winery, Bellarine Peninsula. Keep your eye out for next year's dinner dance.



Social Committee Mixed Doubles Round Robin

On Sunday 27th May the Mixed Doubles Round Robin was played on the only sunny weekend in May after a very wet month. We had a good number of players with both social and competition levels of tennis, played on the last remaining days of the grass season. After some hard-fought games of tennis, we enjoyed canapes and drinks in the Sir Norman Brookes Room. Congratulations to the tennis partnership of Michael Kirwan and Liz Shellard who were the overall winners of the event.

SAVE THE DATE

The Social Committee have a few more events to see out 2018.

- ► Happy Hour on Friday 10th August from 6.30 -7.30pm with music by Mike Daglish.
- ► The annual JJ Mixed Doubles Round Robin on Sunday October 14th
- ► Christmas function on Sunday 2nd December

Any suggestions of ideas and themes for our events is much appreciated so please pass them on to the Social Committee Members.

There is lots happening at the Club in the next few months, get involved and come along!

August 2018

3rd	Wine & Food Society Mid-Year Dinner
6th	New Members Night
10th	Social Committee Happy Hour

September 2018

2nd	Father's Day Buffet Lunch
10th	Bridge Club vs MCC
12th	RCH Card Day
24th	Bridge Club AGM

October 2018

14th	Social Committee JJ Mixed Doubles Round Robin	
19th	RCH Trivia Night	
31st	KLTC AGM	

November 2018

18th	Bridge Club Congress
25th	Crèche Christmas Party Disco
25th	President's Day



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