

COURTSIDE

THE OFFICIAL MAGAZINE OF THE KOORYONG LAWN TENNIS CLUB INC.

ISSUE NUMBER 21
DECEMBER 2008

more
**PENNANT
SUCCESS**

NEW FACES
ARRIVE FOR
**AAMI
CLASSIC**

the tennis
LEGENDS' luncheon

*Clubhouse
development*
UPDATE



AAMI CLASSIC

KOOYONG

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Glenn Busby

WINS WORLD 50'S TITLE AGAIN

Kooyong's resident coach, Glenn Busby, has won the 50's title at the 28th ITF Seniors and Super Seniors World Championships in Managvat, Turkey.

In the quarter final he met the number seven seed, Joakim Berner from Finland, and this proved to be his first real test of the tournament.

Berner was able to get off to great start and won the first set 6/2 before Glenn was able to work himself into the match winning twelve of the next 15 games to move into the semi final.

Glenn played America's Mark Vines, who had easily disposed of his quarter final opponent, in the semi final and it was Vines who started the better as he raced through the first set.

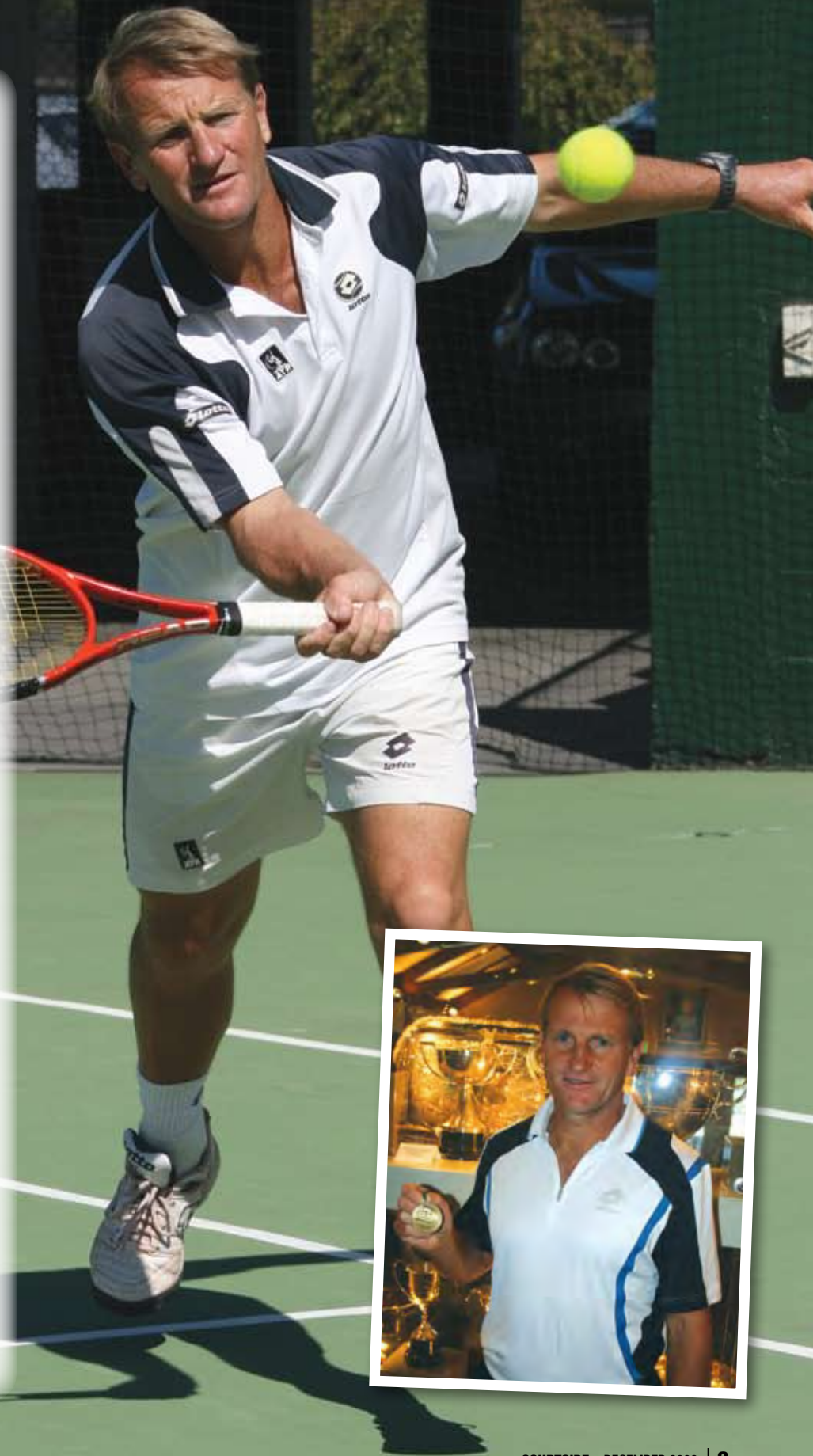
Again down one set to love, Glenn was able to extricate himself with another brilliant run as he won 12 of the next 16 games to move through to the final 2/6 6/3 6/1.

In the final Glenn faced the number three seed, Michael Galey from France, who had knocked out the top seed in a close semi final but it was all one way traffic as Glenn demolished his opponent to win another world championship 6/0 6/1.

Other Kooyong Members to perform well in Turkey included Hayden Rees, who lost to the number six seed in the second round of the 60's singles and made the semi final of the doubles.

Lou Griffith lost in the first round of the 60's singles and the second round of the doubles while Kerin Tulloch lost in the second round of the 60's singles to the number 5 seed and ran into the top seeds in the quarter finals of the doubles.

Congratulations to all of our Members on these wonderful performances at the World Championships.



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A MESSAGE FROM THE CEO

We close 2008 with much anticipation about the 2009 building program. An appointment of builder will be made soon and the project will commence late in January. This is an exciting project for the Club and sets us well on a path for the future.

Updates of construction schedules and arrangements for the Clubhouse throughout the building period will be posted on the Club website and Members are encouraged to refer to it for the latest information. Members having difficulty accessing the site should contact the Club for further details about login access.

It will include details of arrangements for traffic flow and parking. There will also be regular updates about Member services and facilities available. The site will include updates from our Project Manager and will provide images as we progress the development.

The year commences with the excitement of the AAMI Classic. The return of Roger Federer provides a headline act for what has become a marquee event on the annual tennis calendar.

Shortly after, our own Club champions will take the courts with the Club Championships scheduled to take place late in February. Will Sally Peers repeat her efforts of 2008 and can Jay Salter take a record eighth men's title?

On behalf of the Staff, I wish all Kooyong Members a safe and happy Christmas and look forward with great anticipation to a wonderful year in 2009.



Chris Brown
CEO - Kooyong Lawn Tennis Club

PRESIDENT'S REPORT



Membership & Building Project

Members may be interested to know a few statistics about their Club. Each year around 96% of our members elect to renew their membership for the following season.

As Club membership retentions go, Kooyong's average over many years is quite remarkable. Equally significant is the strength of our waiting list.

Very few tennis clubs around Australia can boast a waiting list. Our current waiting list for restricted membership is around two years and full membership is over seven years.

Kooyong's long-term membership trends and waiting list numbers are not greatly impacted by broader economic conditions.

In part, the loyalty of our membership and the strength of our waiting list provided the Committee with the confidence to move forward with the new building development.

Timed to commence straight after the 2009 AAMI Classic, with a finish during December 2009, the development will allow the Club to better serve Members and guests for many generations to come.

Unquestionably the economic conditions present when the building concept was first mooted, over three years ago, have now changed, however the financial modelling aspects of the project have moved in a positive direction with a recent lowering of interest rates and building costs.

With a relatively recession proof membership, and secured funding for the project, the Club looks forward to delivering on our promise to provide improved facilities and services to all of our Members.

Staff

The December Courtside provides me with the opportunity to recognise the efforts of our staff during the past calendar year.

Our Club has assembled a top quality team lead by our CEO, Chris Brown, a team that has provided the Committee with the opportunity to introduce a raft of new projects such as the water capture, storage, filter and distribution system, the rectification work on the stadium and the beautification of the grounds.

Head Chef Kevin Ley and his team, Patrice Renaudin and his Food and Beverage staff, Renee Reid and her active team in Functions, Stephen Lucas and the team in Finance, Membership and Sporting Services and Nick Rennison and all his team on Grounds are to be congratulated on another successful year serving the needs of Kooyong Members.

During the year the Club was recognised in Australia's Wine List of the Year competition, the grounds and courts have never looked better, our sporting teams are receiving unprecedented levels of administrative support, our bars and restaurants have enjoyed record patronage and our new Members now receive a proper welcome befitting the status of our Club.

AGM

A Special Resolution including several matters of "housekeeping" to amend the Club Rules and Purposes was considered at the Annual General Meeting. The majority of items designed to improve the drafting and other changes including procedural efficiencies in respect to Committee and communications were passed.

There was some debate regarding court surfaces. The Committee considered the genuine risk posed by the drought good reason to seek approval that would have enabled action to be taken, if water supply is restricted or terminated in the future and courts become unplayable.

The Club has attempted to drought proof the property with installation of water catchment, storage and reticulation equipment and remains committed to en tous cas as a preferred surface. However, the drought restrictions placed on the Club last year, the possibility of escalation and the reluctance by authorities to process our application for water storage systems previously made court closures a possibility.

The decision of the meeting to reject this item was a disappointing result. It is hoped that the consequence is not one that precludes necessary action being able to be taken in the future, to provide services and facilities.

AAMI Classic

Looking forward to next year, Wednesday January 14th marks the start of the 21st AAMI Kooyong Classic with the four-day international event enjoying record corporate support and strong pre event ticket sales.

Our boutique event maintains Kooyong's link to international tennis and offers all Members a chance to experience world-class tennis up close and in the comfort of our own surrounds.

I encourage Members to book soon so they don't miss out on the excitement of the AAMI Classic.

On behalf of my Committee I wish all our Members a safe, happy and prosperous Christmas.

Ian Hill
President - Kooyong Lawn Tennis Club

THE PRESIDENT'S MESSAGE

It is now a year since Members voted overwhelmingly in support of the Clubhouse development and the time since has been one of intense activity.

The Building Development Committee (BDC) scheduled weekly meetings throughout the year to fully develop the concept plan to ensure the Clubhouse design reflects the current and future interests of Members.

This BDC led by Des Hinsley includes the KLTC President, Vice Presidents and Councillors, two Club Members being experienced builders, Chris Brown our CEO, architect Bruce Henderson and our Project Manager, Chris Nash.

They carried out the painstaking process of reviewing needs to complete the detailed design and with the nominated consultants have thoroughly worked through the design development stage to enable preparation of documentation for a Clubhouse, which will be second to none. The BDC will now continue to function to control the construction project for the Club.... a very important role!

I am very happy with the final design and specifications and confident that these reflect the facilities, services and quality finishes that Members expect. I believe this fine development will ensure our Club's continued status as a top sporting and social club of international standing but always a comfortable happy place to enjoy with fellow members and visitors. Our Club will always remain true to core values and ensure Kooyong will continue to hold its place as the 'spiritual home of Australian of tennis'.

We are proceeding well with all plans now completed, tenders have been received and satisfactory bank facilities have been arranged. Your Council has now reviewed

current economic conditions and believes that we have been favoured by very competitive tenders resulting in a price for construction within our budget and furthermore decreasing interest rates will materially assist our planning.

The selected builder is of substance, well experienced over many years in constructing similar developments and plans to complete the job well within the required period in 2009. Your Council has reviewed all these factors and unanimously decided to proceed

It is anticipated that we will commence work late in January with a view to being completed before the end of 2009.

We will be providing Members with constant updates outlining all of these matters as construction proceeds and I encourage Members to keep abreast of the updates and future directions which will be detailed fully on the Club's website.

We have created a building development section on the website and it will be regularly updated during 2009 to provide Members with information regarding parking, traffic flow, construction zonings, member services and project updates.

While every endeavour will be made to accommodate the needs of Members, there will be a need for some patience and understanding during the year ahead as the work proceeds...the result will be worth a little inconvenience!!

This is a very exciting time for our Club and I look forward to the development, to updating you on the progress of construction and sharing with you our marvellous new Clubhouse.

Ian Hill - President

KOORYONG
BEYOND 2010



CLUBHOUSE DEVELOPMENT UPDATE

Further to our August 2008 Courtside report, we can now provide the following updated information;

- Design documentation for tender was completed to a satisfactory level and we have had a successful tender period with all Builders submitting competitive prices.
- The Builder tender prices have been assessed and we are in the negotiation phase of the project.
- We intend to have a Building Contract for the works signed by mid December 2008, which will see the project start on budget and on time.
- We will work closely with the Building Development Committee and Club Management as we move into the pre-commencement phase of the project.
- Prior to the Christmas break, we will firm up the Builders construction programme, the construction phasing plans and the interfacing with the Clubs ongoing operations whilst insuring that the construction programme is set to maximise the construction output but minimise the impact on the Clubs operating needs.
- We will co-ordinate the roles of the Clubs Management with the Builders team to ensure that there is a respect for each others roles during the 11 months of building works to be encountered from January to the completion of the project in December 2009.

From a construction perspective, we will essentially work on half of the Clubhouse at a time to ensure that the Members can still utilise as many of the Clubs services as possible as we progress the works.

The Building works will obviously lead to some interruptions of current Club operations due to the extent of the works and the areas in which the works are being undertaken. It is our full intention to minimise the interruptions during this time and provide Member services throughout. We will ensure that the communication between ourselves, the Club and the Builder is clear and proactive to ensure everyone is aware of the works being undertaken at the various times.

Further information and a detailed construction phasing plan will be displayed on the Clubs website and around the Clubhouse in early January 2009 and we will provide visual information about our proposed methodology for the construction works during the year. We will provide regular Member updates throughout the construction period.

Overall, we are very pleased with the tender results, the quality of the proposed Builders and are satisfied that we have the design and material selections adequately incorporated into the Builder documents to provide Kooyong with a fantastic upgraded facility for handover at the end of 2009.

Chris Nash, Projects Director
Nash Management Group



LEGEND

 EXTENSION

 ALTERATIONS

 EXTENDED TERRACE



BUILDING DEVELOPMENT UPDATE

Members wanting to know all the latest news on the building development at the Club should login to the Kooyong website.

A new page is now on the site for all the latest news including traffic, parking and member facilities updates. The address for the new page is www.kooyong.com.au/Members_beyond2010.asp but you will need to be a registered member to login to this page.

This will be the quickest way to find out how the project is progressing and how it will affect your use of the Club.

The Club will ensure it has all the latest information there as soon as it is available so members can still use the Club in the best possible way.

If you haven't registered for the website previously please go to the homepage at www.kooyong.com.au and click on the register button.

Once you have filled in all of your details press the register button and once your application has been approved you will be able to login to find out all the latest news from the Club.

For more details about logging in to the website contact the Club on 9822 3333.



KOORYONG

BEYOND 2010

RECIPROCAL CLUB *Roehampton Club*

The Roehampton Club is an exclusive, private members' sports club, set in 100 acres of parkland, close to Richmond Park in London.

Originally established in 1901 as an officers' polo club, it offers arguably the finest range of sporting and leisure facilities in the London area including; an 18-hole golf course, 29 tennis courts, 5 squash courts, 4 croquet lawns, indoor and outdoor swimming pools, a gym, fitness studio, health and beauty clinic and Bridge room.

The club has 29 tennis courts which offer a selection of playing surfaces to suit all abilities including: 13 grass, 5 tarmac, 4 acrylic, 4 artificial grass and 3 indoor.

The Roehampton Club also offers an 18-hole parkland course (par 71, 6065 yards) and its 74 strategically placed bunkers ensure that there is never room for complacency!

The Proshop itself is open to both members and non-members of the Club and offers a comprehensive range of quality golfing equipment, being particularly noted for its collection of ladies golfing attire.

They have 5 fully maintained, heated squash courts including 3 glass-back

courts (with recently re-laid flooring) and two high-ceiling courts with glass viewing galleries.

You can also take advantage of a wide range of health and fitness facilities including; a 25 metre indoor swimming pool, steam room, sauna and impressive gymnasium and fitness studio.

An outdoor pool provides a wonderful haven in which to bask in the sun during the Summer months.

To complement these facilities the Club offers the Tulloch Clinic, Skin Care and Beauty Studio to enhance your sense of well-being.

In keeping with the informal atmosphere of the Club, you can select from a range of options for eating or drinking.

The informal Club Café serves freshly prepared food from the grill bar and delicatessen, whilst the Garden Restaurant has a seasonal à la carte menu.

The Sports Bar and Members Bar provide a choice of environments in which to enjoy a relaxing drink, with the Bar Terrace overlooking the 18th green and formal gardens while the juice bar offers a range of freshly prepared juices, smoothies and light meals.



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 clubs 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 also provide you with an information sheet detailing the clubs facilities and services.



NEW FACES ARRIVE FOR AAMI CLA

They say a change is as good as a holiday and the AAMI Classic will have that feel to it as we see some fresh new faces at Kooyong in 2009.

After signing an extension with AAMI for the next three years the event is set to kick into top gear with some of the best talent from the ATP Tour heading to Kooyong in January.

Stanislas Wawrinka, Carlos Moya, Ernests Gulbis and Marin Cilic bring an exciting new edge to the event as they play here for the first time and together with returning stars Roger Federer, Marat Safin, Marcos Baghdatis and Fernando Gonzalez we will see another fabulous four days of fast paced action on the famous centre court at Kooyong.

This field will no doubt whet the appetite of Melbourne's tennis loving public in the lead up to the Australian Open and we are assured of some world class tennis.

Federer, despite losing the number one ranking after illness struck him down earlier in the year, has finished the year in impressive fashion as he won his fifth straight US Open title to take him to 13 grand slam titles and just one short of Pete Sampras' record of 14.

This was on the back of consistent results throughout the season despite losing his Wimbledon title to Rafael Nadal in what many will describe as the greatest match of all time.

Few will forget that match in a hurry but more importantly Federer bounced back to win the US Open and finish his season in style.

Three titles and runner up at Wimbledon, Roland Garros and the ATP Masters Series events in Monte Carlo and Hamburg and a gold medal in doubles at the Beijing Olympics with Wawrinka made for another successful season despite the high expectations we place on the 27-year-old champion.

More importantly this is Federer's fifth appearance at the AAMI Classic and it is the only chance each year Australian tennis fans get to see him in such a boutique setting.

His partner from the Beijing Olympics, Stanislas Wawrinka, who will debut at Kooyong in 2009, will join the Swiss maestro here.

Currently ranked just outside the top ten, Wawrinka has had a break out year

reaching the final at the ATP Masters Series Rome and in Doha as well as reaching the semi finals in Barcelona and Gstaad and will no doubt relish his opportunity to warm up against some quality opponents prior to the Australian Open.

Carlos Moya will be the second player to debut at the AAMI Classic in 2009 and his involvement is a huge bonus for the fans.

The former world number one is a popular player on the tour and in 2008 he reached the final of tournaments in Costa Do Sauipe and Bucharest and made the semi final at Chennai.

Fernando Gonzalez returns for his third appearance in the AAMI Classic and his two tournament victories in Vina del Mar and Munich were topped off with a silver medal at the Beijing Olympics.

The 28 year old from Chile continued on from his successful 2007 season and is currently ranked 15 in 2008 and his return to Kooyong is a welcome one.

Marat Safin, despite his current ranking of 29 in the world, is always a popular figure here in Melbourne and across the world due to his volatile nature and huge personality on and off the court.



SSIC

A fan favourite, Safin generally plays well in Australia having made the final of the Australian Open on three occasions and winning the title in 2005.

After making the final in Moscow and the semi final at Wimbledon he would love to get his year started well with another win in Melbourne and the AAMI Classic could prove to be the ideal preparation.

2007 Australian Open finalist Marcos Baghdatis returns to the AAMI Classic for the second consecutive year and the popular Cypriot will no doubt be hoping to get off to a flying start in 2009.

Baghdatis' season was interrupted by injury and caused him to miss most of the year, which will no doubt mean we will see the popular character determined to play well at the start of the year.

In keeping with the AAMI Classic's commitment to showcase stars of the future Tournament Director, Colin Stubs has signed young Latvian player Ernests Gulbis.

Gulbis has tested Rafael Nadal on several occasions this season and will be hoping to take the next step in his career in 2009.

He reached the quarterfinals at the French Open as well as at the Master Series Cincinnati and in Las Vegas.

The eighth place in the event has recently been announced and will be filled by the exciting, young Croatian Marin Cilic.

The twenty year old has reached a career high ranking of 22 this year and has the potential to be a top ten player according to Australian coach Bob Brett.

Cilic won the New Haven event defeating Mardy Fish in the final and was a semi finalist at Chennai and Nottingham.

With both Gulbis and Cilic in the field the fans are sure to get a snapshot of the future as both of these youngsters strive to make their mark on the tour in 2009.

The event continues to go from strength to strength and we look forward to more world-class tennis on centre stage here at Kooyong in January.

Tickets are available through Ticketmaster (13 6100).



*Tournament Director Colin Stubs announces the 2009 field.
Photo by David Bonsall*



Grass Court Clippings

Spring always encourages grass growth and significant amounts of grass clippings are removed after mowing. This has created problems in the past with the grass often rotting and become a health issue before being removed at considerable cost.

Several alternatives have been investigated and a change has been introduced for the start of this grass court season.

After cutting, clippings are now emptied from the mowers into bins, which have placed around the courts. These units are subsequently taken away and the waste forms a base for excellent compost.

By comparison, this is both environmentally friendly and a more cost effective method of waste handling.



Stadium Maintenance



What a difference the programmed maintenance work has made to the condition and appearance of our iconic stadium.

The final stage of our 3-year program to protect the structure is currently being completed and favourable test results have confirmed the value of this work in providing protection for the structure.

Members have commented on the notable improvement in the look as the final stage of work completes the coating and painting of the undercroft.

This work has rejuvenated the look of the stadium and with new lighting fitted below there is a substantial improvement also in the function of the neighbouring areas.

Laser Line Marking



Each year at this time our grounds staff are challenge to recall the geometric teachings of Pythagoras to set the angles and mark out the courts for the opening of the grass court season.

Technology has leapt to the aid of our grounds staff and investment in a laser line marker will greatly assist staff to accurately and quickly mark out lines when preparing the courts.

The laser beam sets a line over great distances and automatically tracks and adjusts the set of the marker as the groundsman moves from one end of the court to the other.

With lines accurately and straightly set, the obvious challenge now is for all players to keep the ball in court, between the lines.



Car parking and Traffic

The Committee has become increasingly concerned by the behaviour of Members using the roadways and car parks within the Club grounds. Some serious accidents have occurred and as a consequence the Committee has reviewed and updated Regulations related to car parking and traffic.

Advised Regulations have confirmed that:

- Car parks are for Members only when using the Club's facilities
- Cars may only be parked in designated areas
- Drivers must observe all Kooyong road rules
- Contravention of any of Kooyong's traffic Regulations including parking, speeding and directional signage may result in penalties, which may include loss of access and privileges to the site

Members are urged to observe all Regulations and signage as a courtesy to others and for the safety of all using the site.

OPENING DAY



The highlight of any season is the opening of our grass courts and that took place on Saturday 15th November 2008 with the courts well advanced and ready for the riggers of the long summer ahead.

Completion of the water reticulation system from our storage tank provided the necessary water supply to assist grounds staff in preparing the courts through the recovery stages. After a

cold winter, the annual maintenance work delivered the courts back to play in excellent condition.

Necessary work was undertaken to scarify the courts and remove some grass that, left unattended, would have resulted in soft and spongy conditions later in the season. Warm weather in the days ahead will further encourage the couch growth and cover some markings resulting from the scarification.

The re-turfed section of courts 10-14 has shown excellent recovery. On Opening Day it was decided to hold that area back to allow some final development before presenting the section for the new season.

It was a great sight the courts back in play and with warm weather predicted it is anticipated that strong growth and good conditions will provide excellent tennis opportunities throughout the summer.

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Kooyong Archives

Judy Dalton has generously loaned the Club for future display an extensive collection of items relating to the 1965 Federation Cup at Kooyong. Bill and Joan Dooley have donated 8mm movie footage of Donald Budge, John Bromwich and Gottfried Von Cramm playing at Kooyong in 1938. Other donations include a an aerial photo of Glenferrie Road site of the Club circa 1920 (George Story), photo of 1953 Davis Cup (Joan Layet), early 1900s tennis postcards (John Dean), a 1969 Kooyong Klub Xmas Luncheon Menu (Bert Armstrong), three early Kooyong Newsletters (Caroline Hill), Australian Open Official Programs (V J Harty), and from anonymous donors two "Australian Tennis" magazines, Davis Cup Challenge Programs and photos from the early 1950s.

Photo of American and Australian Federation Cup 1965 teams (courtesy Judy Dalton)



L to R: Carole Graebner, Judy Tegar, Margaret Smith, Lesley Turner, Billie Jean Moffitt

Kooyong's Stefani Stojic Just Misses National Title

At only 13 years of age, Kooyong's Stefani Stojic is well placed to become one of Australia's stars of the future.

The young Victorian last week finished runner up in the National 14's singles event in Perth as well as making it into the semi final of the doubles and all this despite having another year of eligibility in the age group.

Stefani has had a huge year, which has included the World Team Cup finals in the Czech Republic alongside fellow Kooyong scholarship holders Viktorija Rajcic and Molly Polak and showed last week that she is a talent to keep an eye on.

She cruised through the early rounds of the tournament defeating Queenslander Athena Nathalia 6/2 6/4 and Chloe Costelloe from NSW 6/0 6/4.

In the third round Stefani easily won the first set before being challenged in the second set but found a way to win 6/0 7/6 against Naomi Tran from NSW.

In the quarter final she faced a Victorian, Isabella Beischer, who had earlier defeated Kooyong's Jessie Tamber in a tough three set match and it was Stefani who made the early running and never looked back as she won the match 6/0 6/2.

The semi final was a similar match as Stefani faced another Victorian, Georgiana Ruhrig, and this was another easy win as Stefani quickly outplayed her unseeded opponent to move through to the final 6/3 6/1.

Facing the number two seed, Cassandra Dunser, from the Northern Territory in the final, Stefani got off to a flying start and was able to grab the first set 6/3.

Unfortunately for the young Victorian, Dunser was able to regroup and took the ascendancy in the second set to even the match at a set all when she won 6/3 and eventually went on to win the title 6/2 in the third and final set.

This was Dunser's first ever National Singles Title after making the final of the 12's event earlier this year in Mildura.

Having won two National 12's Singles Titles earlier this year Stefani can be very proud of her efforts and we hope to hear about more of her successes in the near future.

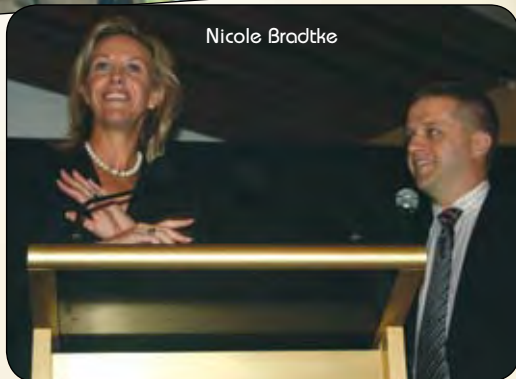
Kooyong's Jessie Tamber and Isabelle Wallace also performed well during the week with Jessie knocking out the number ten seed before losing to Isabella Beischer and Isabelle Wallace winning her first round match despite still being eligible for the 12's event.



the 2008 TENNIS LEGENDS' LUNCHEON



Wayne Arthurs



Nicole Bradtke

Wayne Arthurs and Nicole Bradtke were the special guest speakers at the recent Tennis Legends' Luncheon.

The lunch, was another great success as both of our guests provided their take on the state of Australian tennis as well as stories of their adventures on the road as touring professionals.

Nicole spoke of her career and its humble beginnings in Melbourne before she broke through on the WTA Tour in 1988 to finish the year ranked 33 in the world after making the semi final of the French Open.

She then went on to carve out a successful career over ten years, which included 3 WTA singles and 9 doubles titles.

Another highlight of her career was winning a bronze medal with Rachel McQuillan at the Barcelona Olympic Games in 1992 and eventually reached her career high ranking of 24 in 1993.

Wayne's career took a while to take off but when it did there was no stopping

it as he reached dizzying heights on the world stage due to his heroics in the Davis Cup for Australia.

2003 was a huge year and it included him reaching his highest ranking of 44 and helping Australia lift the Davis Cup after defeating Spain in the final.

Wayne's doubles wins with Todd Woodbridge proved to be pivotal in that campaign especially their win over Federer and Rosset in the semi final when they won after being down two sets to one 4/6 7/6 5/7 6/4 6/4.

Their win against Corretja and Lopez in the final was vital and paved the way for Mark Philippoussis to wrap up the Davis Cup in dramatic circumstances.

Wayne spoke about his time on the tour but also touched on the ingredients that helped make him the player he was and the things he felt were missing in player development in Australia.

His insights were extremely interesting and his experience will no doubt be used to develop some of the stars of the future especially considering he was seen as one of the best servers on the tour according to some of the sport's superstars including Andre Agassi.

Anyone interested in supporting The Kooyong Foundation should contact our CEO, Chris Brown, on 9822 3333.



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MEN'S STATE GRADE

KOORYONG BOYS GO DOWN FIGHTING

After another long pennant season Kooyong's two State Grade Men's teams went down fighting against one of the strongest teams in recent history.

Kooyong No 1 faced the undefeated Grace Park team in the semi final and it was always going to be a tough match to win.

Lee Pearson lost to the undefeated Kaden Hensel, Andrew Florent lost to Michael Staniak and Matthew Coghlan went down to Antony Hampson while Paul Arber lost a close first set to Adam Hubble but that was enough to end the match and the season for Kooyong's defending champions.

In the other semi final rain took hold of the match on the first weekend of the finals and Jay Salter's Kooyong No 2 team had to sit it out until the following Saturday in their match with MCC due to the final being scheduled for Sunday.

It wasn't looking good Saturday morning as the rain continued to roll in but eventually they got a start and it was Kooyong's Andrew Gregory who got the ball rolling with a 6/4 6/4 win over David Spierings.

Jay Salter went down in a tough three set match with Taso Vasiliadis while Richard Fromberg again pulled out a miracle to beat Ben Ellwood 4/6 6/4 6/2 after being down 4/1 in the second set.

Jason Lee battled valiantly in his singles to level at a set all when the rain stopped play for the remainder of the day and the match was to begin again at 11am on Sunday morning.



Top: Richard Fromberg warms up in this year's final series. Kooyong No 2 from left: Jason Lee, Andrew Gregory, Richard Fromberg, Michael Turlejski and Jay Salter.

Bryce Durham eventually defeated Jason 6/4 in the third set but the set he won was enough to help get Kooyong No 2 into the final as Fromberg and Gregory defeated the experienced pair of Ellwood and Vasiliadis in straight sets 6/4 6/2 in the first doubles to win the match and headed straight to Grace Park to play the final just hours after finishing the semi final.

The first two matches in the final saw our two youngsters up against two very strong and experienced players in Antony Hampson and Michael Staniak.

Jason Lee fought hard but was no match for Hampson eventually going down 6/0 6/2 and Andrew Gregory did everything he could against Staniak but lost his match 6/3 6/1.

Kooyong then needed Fromberg and Salter to both win to keep things alive

going into the doubles but the odds were stacked against them.

Salter got away to a great start and never looked like losing against Grace Park's number two, Adam Hubble, eventually winning in a canter 6/2 6/1.

Richard Fromberg, however, fought with every ounce of power he had left after a big weekend of tennis carrying his shoulder injury through valiantly but just couldn't quite get past Kaden Hensel who eventually won 6/3 7/5.

With just one set needed Grace Park went on to win their first Men's State Grade title in ten years in impressive fashion.

Congratulations to Grace Park on the win and well done to both Kooyong teams on making the finals yet again.

WOMEN'S STATE GRADE

KOORYONG WINS FIRST EVER STATE GRADE WOMEN'S PENNANT



From left: Lisa D'Amelio, Karolina Wlodarczak, Emily Arnott, Adriana Szili and Maddison Springall. Absent: Stephanie Wilthshire

Seven long years ago Kooyong put together its first ever Women's State Grade team and since that time the Club has seen several heartbreaking losses in finals but finally Kooyong has cleared the final hurdle.

The girls went into the final against Royal South Yarra as clear favourites after losing just one game for the season but they lived up to that tag with a memorable performance.

The team has been a close-knit group all season and they proved they deserved the title by defeating the defending champions MCC in the semi final and then winning three of the four singles and dominating the doubles before a result was reached in the final.

The day began with Lisa D'Amelio taking on Olivia Rogowska, who had been in amazing form, while Adriana Szili was sent out to play against Laura Harkness in a must win match for Kooyong.

The scores on each court nearly mirrored each other with one match going in Kooyong's favour and Royal South Yarra was dominating the other match.

Adriana was in complete control of her match as she got the girls off to a flying start with an easy win 6/1 6/1.

Lisa, however, had her hands full with Rogowska and the young star of the future played some amazing tennis to get Royal South Yarra back into the match with a 6/0 6/1 win.

The next two singles matches were going to be crucial to the match and Karolina Wlodarczak put Kooyong in front with a fantastic display of power tennis as she defeated Jessica Engels 6/2 6/0.

All of the pressure then rested on the shoulders of Kooyong's youngest team member, Maddison Springall, who was playing Royal South Yarra's most experienced player, Kerrie Douglas, and it was Maddison who got off to a flying

start as she broke several times in the first set to quickly go up 6/1.

Kerrie Douglas is a tough competitor and fought back in the second set to force it into a decider and the match rested on a knife's edge before Maddison turned the contest on its head again to get the all important break and win the final set 6/4.

This left Kooyong in a very commanding position just two sets short of the title but with plenty of work still to do.

In the first doubles match Adriana and Lisa were broken early against Olivia Rogowska and Jessica Engels but they broke back quickly and started to get on top of their opponents.

The girls went on to win the first set 6/2 and quickly jumped out to a 4/0 lead in the second set when the festivities began as inspirational captain Emily Arnott teamed with Karolina Wlodarczak against Lisa Newman and Laura Harkness and they got off to a quick start to lead early.

They never let the set or match slip as they won the first set 6/2 to secure the historic title for Kooyong, the first in the Club's history.

The win was well deserved and reward for a fantastic season by all the girls involved but especially for Emily Arnott who has been with the Club since those early days and had to overcome some huge obstacles just to be back on the court with the girls.

A special mention must also go to Stephanie Wilthshire who dominated for the team for most of the season before having to play tournaments in Thailand during the finals.

Congratulations to all involved on an amazing achievement for the Club and hopefully you return stronger than ever to defend your title next season.

MORE PENNANT SUCCESS

Kooyong capped a fantastic season on the women's side of the ledger with a win in the Grade 1 pennant final.

After winning the State Grade title for the first time, Kooyong's girls continued their strong performances this season with another pennant and a close miss in the Grade 2 women's final.

Lauren Byrnes' team was nearly faultless all season as they won the pennant fairly comfortably after knocking out Kooyong's other Grade 1 team, captained by Lucy Mercuri, in the Tier 2 semi final.

After losing their first round match the team never looked back as Catherine Louis, Johanna Morrison, Despina Konstantinidis, Lauren Byrnes, Viktorija Rajicic and Molly Polak all contributed to an outstanding season.

In the final it was a clean sweep in the singles with Catherine Louis defeating Essendon's Kate Redfern 6/4 6/4 while Jo Morrison was able to outlast Josie New 6/4 4/6 6/0.

Both were impressive performances and they went a long way to deciding the outcome of the final.

Despina Konstantinidis won comfortably against Helene Steward 6/2 6/1 and

Viktorija Rajicic again showed she would be a player of the future with an impressive win over Casey Fleming 6/2 6/2.

With only two sets to win in the doubles the Kooyong girls came out hoping to finish the match off in a hurry but Essendon put up a fight as Catherine and Jo lost their first doubles match 4/6 5/7 to Helene Steward and Josie New.

In the second doubles match Despina and Lauren Byrnes teamed up to finish the final by winning a tight encounter with Kate Redfern and Casey Fleming 6/4 6/4.

Congratulations to all the girls who played in this team during the season.

Unfortunately Breanna Little's Grade 2 team lost a close final with Royal South Yarra after going into the doubles down three rubbers to one.

RSY were able to get the two rubbers they required in the doubles despite the fighting spirit of the Kooyong girls who played extremely well to get to the final and nearly pulled off an unlikely victory.

In Grade 1 Men Luke Dixon's team nearly pulled off another spectacular pennant win but were unfortunately beaten by 5 games in the Tier 2 semi final against Royal Park.

Despite losing three of the four singles Luke's team made a monumental comeback in the doubles only to fall agonisingly short of the win.

In Grade 2 Ryan Wood's team bowed out in the first round of the Tier 2 finals despite the imposing form of the captain who had a brilliant season.

Leading from the front, Ryan was able to get his young team through to the second tier of the finals in impressive fashion.

In Seniors Grade 3 Kooyong made the final after finishing on top of the ladder but Don Heath's team was unfortunately beaten in the pennant decider by Dendy Park.

There was a similar story in Seniors Grade 7 where Doug Bell's team finished the season on top of the ladder but lost the final to Dingley.

Overall, Kooyong's teams had another very successful season and we look forward to 2009 with great anticipation.

Congratulations to all of our players on a wonderful year.



The Grade 2 Runners Up: Kate Haussegger, Breanna Little, Sophie Vickers, Liz Peers, Hannah Arnold and Kate Francis



The Grade 1 Champions: Jo Morrison, Despina Konstantinidis, Lauren Byrnes, Viktorija Rajicic and Catherine Louis. Absent: Molly Polak

GORDON MOFFATT AWARD

Stephanie Wiltshire



Kooyong's Stephanie Wiltshire was recently rewarded for her continued good form but also for her sportsmanship and demeanour on and off the court when she received Tennis Victoria's Gordon Moffatt Award.

Recipients of the Gordon Moffatt Award must have displayed good sportsmanship, attitude to coaches and officials, discipline, be well attired during play and have excellent match results over a twelve month period.

Having played a big part in this year's State Grade winning team before heading to Indonesia and Thailand to play several tournaments during the finals, Stephanie's attitude and exemplary behaviour while playing her tennis is a huge credit to her.

Stephanie received the award at the recent Tennis Victoria AGM and was extremely grateful to everyone who had helped her through her career so far.

Other Kooyong members to receive awards on the night were Michael Groves-Taylor and Doug Bell who were rewarded for excellent Tennis Victoria Pennant seasons with the Player of the Year awards for their particular sections.

Michael won the award for Seniors Grade 3 while Doug won the award in Seniors Grade 7.

From top: Doug Bell with Tennis Victoria President, David Stobart. Sebastian Bell, Nick Hinneberg and Stephanie Wiltshire. Michael Groves-Taylor with David Stobart.

CLUB CHAMPIONSHIPS

Will the record be broken?

Jay Salter stands on the precipice of becoming the most successful male player in the Club's history at the upcoming Club Championships.

In February Jay will shoot for his eighth Open Men's Singles title to take the record from Max Senior who won seven titles between 1982 and 1993.

After leading Kooyong No 2 into another appearance in the State Grade Pennant final, Jay continues to dominate on the tennis scene throughout Victoria and especially here at Kooyong where he has built a fantastic record.

There could be just one person standing in his way and that could be his own teammate from last season and former Davis Cup player Richard Fromberg,

who would be a huge threat if he decided to play.

Others who may pose a threat to Jay include last year's runner up Paul Arber, David Bidmeade, and a host of youngsters who may or may not play depending on their tournament schedules.

It's hard to see the big serving star fading in any shape or form again this year and with the record dangling in front of him, ever so close, we are sure to see him at his best yet again.

In the Women's Open Singles event a lot depends on the entry list as we probably won't see our champion, Sally Peers, return to defend her title now that she is training at the AIS.

With Kooyong winning both State Grade and Grade 1 in women's pennant in 2008 we should see a strong field for the Open Ladies Singles including last year's runner up Adriana Szili, and State Grade stars Lisa D'Amelio, Karolina Wlodarczak, Emily Arnott and Maddison Springall.

This event has thrown up some surprises over the past few years and this year may be no exception.

Another highlight of the tournament is the 100 and over doubles, which is proving to be one of the most popular events on the schedule.

Won last year in a gripping three set final by Brian Burrell and Ken Cooper, we are sure to see another entertaining event featuring some of the best players across the Club.

The Club Championships cater for all standards of tennis so make sure you're involved on the grass courts this February.

MID WEEK LADIES REPORT



The season has just finished for most of our mid week ladies teams and the majority of them had very successful seasons.

On Wednesday mornings in the Bayside Regional Tennis Association Kooyong fielded 4 teams and only one of those teams missed the finals.

Bridget Laird's Section 1 team finished in third spot on the ladder and lost in the preliminary final against Elwood Park while Gillian Ricketts' Section 1 team finished in eighth place.

In Section 3 Jill Kaminsky's team finished on top of the ladder and won the pennant in their first season in the competition while Priscilla Kiernan's Section 5 team finished 3rd and lost the semi final against Caulfield Recreation.

On Thursday mornings in the Bayside competition Kris Tulloch's Section A team finished in sixth place on the ladder while Anne Forbes' team finished first but unfortunately lost in the grand final.

Gill Gleeson's Section 3 team finished fifth, just one point outside the top four, while in Section 4 Andrea Evans' team finished second and lost the grand final.

Gena Feguson's team finished sixth in Section 4 after winning the pennant last season while in Section 5 Anne Fitzpatrick's team fifth just one point outside the finals.

In the Tuesday morning ladies competition we currently have four teams in the middle of their season with Sue Tyers' A1 team currently in fourth place on the ladder.

In Section A4 Jo Koffman's team is currently having a great season as they sit on top of the ladder while in Section A5 Margaret Smith's team is in fourth spot on the ladder and Jenny Murphy's team is in fifth spot.

Congratulations to all the ladies representing the Club in 2008 and we look forward to another successful year in 2009.

Junior Tennis News

Kooyong fielded 16 teams in the Bayside Regional Tennis Competition over the past six months with 6 teams playing on Saturday and 10 on Sunday.

The Club also had around 12 players playing in the Tennis Victoria Junior Pennant Competition representing the Bayside Association.

Congratulations to all of these kids selected to play in this tough competition.

On Saturday mornings Kooyong had three teams in Section 1 and the competition was fierce between the top two Kooyong teams but unfortunately Kipp Davenport's team just missed out on the grand final.

Jade Sheary's team, on the other hand, made it through to the grand final to play Port Melbourne after finishing on top of the ladder.

In Section 2 Meribel Brayshaw's team finished agonisingly close to a berth in the grand final but unfortunately finished in third spot on the ladder.

In Section 4 Nicholas Sutherland's team were in the same position as they made a great run towards the end of the year to fall just short in third place.

On Sunday morning Kooyong's teams were all close to making the finals but many just missed out.

In Section 1 Will James' team battled well all season despite missing all of our stronger players to the Junior Pennant competition and finished in seventh spot on the ladder.

In Section 2 and 3, Lucie Buchan and Patrick lafrate's teams finished just outside the top four.

In Section 5 Simon Hardham's team performed well all season to finish in second spot on the ladder but unfortunately lost their semi final against Dendy Park.

In Section 10 and 13 Kooyong had some fantastic performances from some of our youngest players including Januz Zecevic and Cindy Tamber but it wasn't quite enough to drag them into the finals with both finishing just outside the top four.

Despite only having a few sides in this season's finals series we have seen some many of our younger players make big improvements over the last twelve months and we are looking forward to having all of our stronger players back for the February to June season in 2009.

Year 8 Kooyong Disco

Without exception this year, the year 8 Disco proved to be a great success. About 200 year 8 students, comprising Kooyong junior members and their guests crowded into the Kooyong room and danced to the music of famous Melbourne DJ "Stick Morebo".

The disco committee comprising Cherhyll Cottee, Judy Dennis, Glenda Collins, Faye Fitt, and Barb Brayshaw worked hard behind the scene for months this year working the 2008 disco up to be even better than that of last year.

There were lots of give away prizes that were enjoyed by many and the only negative thing that many of the attendees had to say about it was that "It didn't go for long enough. It should have gone till midnight!"

Thanks are extended to one of our club members, Ros Lawson who, again this year donated her graphic design firms' time to provide the design for the Disco invitation.

Unfortunately because of the club renovations next year the Yr 8 disco will not take place in 2009 but will be on again for the yr 8 students of 2010.

The present committee is looking to parents of students in this age group to form a new Disco committee to organize the 2010 disco and should contact Cherhyll Cottee on 0412 445 654 if interested.



KOORYONG'S SQUASH pennant profiles

Selena Shaikh

Age: 16

Grade: State Ladies
Premier League, Club
Circuit B4, Junior A Grade

Play L/H or R/H: RH



Squash Achievements: 2007 - State ranking: 1 Victoria (under 15 girls), National Ranking 9. Nationally accredited squash coach (PSCAA). Kooyong Lawn Tennis Club - Champion Girl. Winner Senior Girls State School Championships. Australian Junior Doubles Championships finished 3rd. Selected in State Team to represent Victoria in Australian Junior Championships (2007, 2008). 2008 - State Ranking 2 Victoria (under 17 girls), National ranking 3 (as at 12/08/08). Won VSF Women's State 2 & Below Victorian Grand Prix Championship 2008. Competed in 2 junior international tournaments, (finishing quarterfinal of Special Plate and 11th). Registered with WISPA (Women's International Squash Players Association) in July, competed in 4 Women's Open events, finishing between 4th and 6th in each. WISPA International Rising Star Ranking 57, WISPA under 23 (years) International ranking 120, and WISPA World Tour Ranking 233. VIS Full Squash Scholarship holder 2007, 2008.

Most admired sportsperson/why? Sarah Fitz-Gerald because what she has achieved in squash is awesome.

Greatest influence on squash career/why?

My Mum for introducing me to the sport and my coaches for all their support and encouragement. I would also like to mention my sponsors: The Victorian Institute of Sport, Dunlop, and Tension 24. Their continued support has allowed me to further develop my squash and to fulfil my goals as an athlete.

Greatest sporting moment witnessed? Hawthorn beating Geelong against the odds. (But West Coast is coming back guys)

Reason for playing for Kooyong? The great facilities and support from everyone at Kooyong, especially from the squash fraternity. I really appreciate it and would like to thank Bert Armstrong in particular for his continued encouragement and belief in me.

What qualities do you admire in people? Honesty, integrity, loyalty, persistence, resilience and humility. I like people with a sense of humour; who can laugh at themselves, and not take themselves too seriously.

If you weren't a squash player what would you be? I'd definitely be playing some other sport...maybe tennis?

What do you do outside squash? Being in year 11, I'm mostly catching up on homework/study, and I occasionally meet up with friends.

How much time do you spend developing your squash each week? Around 15+ hours a week which includes on court training as well as a strength and conditioning program (gym and sprinting/cycling etc.)

Projected finish for your pennant team this season? Seeing as we're at or near the top of the ladder in all three, hopefully the flag in each!

Sacrifices required to play squash at a high level? I have less time to hang out with my friends and family as well as less time to study and do homework. Also as my career progresses I have to spend more time interstate and overseas. To help with the extra costs involved with that I've recently taken up a part time coaching position. But maybe the biggest sacrifice: no chocolate!

Adam Flett

Age: 16

Grade: C2

Play L/H or R/H:
Right Handed



Squash Achievements:

Played in Australian and Victorian Junior Championships. Awarded a Scholarship to Kooyong. Played in premierships winning E2 team. No.1 at school (Trinity Grammar School) for the last 2 years. Selected for the AGSV representative squad in the 2007-8 season

Most admired sportsperson/why?

Adam Ramanauskas because he continued to be hampered with cancer and other injuries but kept fighting through and returned to play.

Greatest influence on squash career/why?

Mark Ikin, because he's a genuine and upfront person. Very approachable, not dismissive and incredibly passionate about squash. Mark is always encouraging and very patient. I especially admire his support and understanding for my schoolwork.

Greatest sporting moment witnessed?

2000 Grand Final - Essendon vs. Melbourne. Essendon won by 10 goals and James Hird won the Norm Smith medal, couldn't have been better.

Reason for playing for Kooyong?

I couldn't ask for a better club to belong to. All the people are helpful and encouraging, as well as being very friendly. Also, the facilities are incredible and the gym is really well maintained.

What qualities do you admire in people?

In a sporting sense I really admire determination in people because it shows that they really care about what is going on around them. But the biggest general quality I admire is honesty.

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

Most likely I would have been a cricketer because I played for 5 years before I started squash.

What do you do outside squash?

I like to ride my mountain bike when I can. Also I like to go Snowboarding at Mt. Hotham and Wakeboard at the Gippsland lakes, where we have a house.

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

Roughly 4 hours a week. Generally with the Kooyong junior development squad once, a lesson with Mark and two sessions of school training. Then I have matches on top of that.

Projected finish for your pennant team this season?

We've done really well so far and with some luck we'll go on to win the flag.

Sacrifices required to play squash at a high level?

Squash has taken me away from riding my bike a little bit and also my study time has decreased slightly. Also it's taken a bit of time away from going out. My parents drive to training and matches and I'm really appreciative of their continued support of my squash.

KOOYONG INTERNATIONAL TENNIS ACADEMY

A big thank you to all those members who have been involved in our programs this year. We have been fortunate to have almost all classes full with waiting lists, that, we endeavour to get in as quick as possible.

We do progressively aim to meet all your requirements and provide as a high a quality and diverse program as possible. This year we have introduced some new programs, which are listed below, and looking to develop some new exciting programs in 2009.

HOLIDAY CLINICS

We are now getting set for our big December / January holiday and clinic program which have been a great success. Our clinics always seem to be full with great feedback from parents, our low coach to player ratio makes certain that our participants get great value, please book early as we do have limitations on numbers.

All enrolment forms are available from the coaching office or at the reception or can be faxed/emailed. We have two clinics in December and three in January which include the AAMI classic and two during the Australian Open, where, as part of the clinics the players are taken to the Australian Open for one day of the clinic.

ADULT PROGRAMS

Our ladies programs on a Monday and Wednesday mornings have gone really well with over 70 ladies participating in the programs. It is great to see them working as hard as they do and show the improvement that has taken place. We are also doing quite a few ladies groups for an hour during the day, so bring your friends along to improve your tennis skills or enjoy a social workout.

Any of the coaches can be booked, not just for lessons, but also in our program 'Come play with a coach' which may be, an individual hitting program, 3 people wanting to improve their doubles skills, people who have been playing together for years and would like to have a new face or someone to make them work a little harder on their game.

Maybe you just want to play with someone who is going to hit a lot of balls back to you and give you a cardio workout while working on your skills? Maybe you haven't played for a while and just want a refresher?

For business people we have EARLY MORNING 6am - 9am lesson/hitting times available as well as flexible lunch time work outs and night time groups/privates.

CARDIO TENNIS

We have just begun our new Cardio tennis program that is about giving players of all abilities a high-energy workout while still improving their tennis skills. The benefit of the program is that players get to workout with others in a fitness program that endeavours to constantly build up your aerobic and anaerobic fitness levels in a fun environment.

Each session has a warm up, cardio session and cool down component. We have sessions beginning February 2009, 7.30pm Thursday and 6.30pm Friday's.

KOOYONG HALF VOLLEYS 3-5 year old program

This program has gained momentum this year and is organised during the mornings and early afternoon based around kinda times. It is a tennis and motor skills program that incorporates a variety of hand eye co ordination, balance, agility and listening skills that are important in a child's development. It prepares your child for more tennis specific skills that will make it easier to progress to the next level of junior tennis.

JUNIOR CLUB MATCH PRACTICE

Our supervised competition on Mondays and Friday from 4:15 - 6:00pm have been extremely popular. This is for juniors who have either not yet started competition, just started, or don't get the chance to play on the weekend.

This is for all members whether being coached or not, the requirement is that you are up to serving the ball into the court and beginning to rally. It is a great way to learn about the basics of what to do in a game and the learning of court ethics.

If you are interested we will be taking expressions of interest from November onwards. The last 2 terms program have filled very quickly, so get in early if interested.

TWILIGHT TOURNAMENTS

Next year one of our biggest goals again is to develop a twilight tournament program for both juniors and adults and some more squad work on a weekend.

These will be for all members and hopefully provide the missing link between practice, lessons and getting more experience and confidence for tournaments and pennant as well as having more fun. We will keep you all informed of the progress.

I know I have said it before but it is appreciated and fantastic to hear many of our long standing members, who have been playing tennis for a long time say, "isn't it great to see so many young children playing tennis rather than them being home on the computers or on playstations". These players are the future of our great club.

For those of you who haven't visited the coaching office, it is situated in the PRO SHOP. We can now assist you with anything to do with your tennis; from lessons, clinics, to the correct racquet, clothing, on site restringing, gift vouchers for lessons and Christmas presents.

We look forward to assisting you with any of your needs and on behalf of all of us at the Kooyong International tennis Academy we wish you all a safe Christmas and holiday break.



CRECHE REPORT

I would like to thank club management and the crèche staff for providing us with the KLTC Crèche.

Our wonderful and dedicated crèche staff Sue, Gill, Chelsea and Marie, provide a caring, happy and fun environment for our children in the crèche, enabling crèche mums to play tennis, go to the gym, participate in an aerobics or pilates class as well as have a coffee, enjoy a chat and read the newspaper in the bistro. Each morning during term time, there are 20 places available for non-school age children, with a maximum of 5 children under the age of 18 months.

Everyday, the children can participate in painting, drawing and play-dough as well as in various other art and craft activities. Also popular is playing with the dolls, with the cars, trucks and trains or with the puzzles. There is always lots of singing, dancing and reading of stories. On Fridays, face painting results in lots of pretty little butterflies, brave superheroes and scary tigers emerging from the crèche at home time. In the outside area, the children play in the sand pit, run around on the climbing equipment and slides, ride around on small tricycles and cars as well as play in the cubby house. All the children enjoy eating morning tea together at 10.15 am.

The annual family registration fee for 2008 and 2009 is \$60, with a session fee of \$10 per child. During school terms, the creche operates from 9.15 am to 12.00 pm on Mondays to Thursdays and from 9.15 am to 12.15 pm on Fridays. Bookings can be made up to a week in advance. During school holidays, the crèche usually operates for one week, with bookings and repayments required during the previous term. *Please see the pro-shop for more details and for 2009 registration forms.*

Recent Social Fundraising Functions: Ladies and Mixed Tennis Nights

We held a ladies tennis night on Friday, August 29th 2008. Those playing participated in a round robin style doubles tournament which was followed by dinner in the bistro. A fun night was had by all.

A mixed tennis night was held on Friday, October 17th 2008. Thirteen couples played in a round robin style tournament, with the winning pair of Annie and Lloyd Saville enjoying their prize of playing Wayne and Caroline Arthurs in a play-off. Once again, this was followed by

dinner in the bistro. Thank you to Wayne and Caroline for their participation in the event.

Thanks to Patrice for offering us an excellent food and wine package on both occasions.

Recent AGM

The AGM was held on Tuesday October 21st 2008.

I would like to thank all of the 2008 committee for their efforts over the course of the year.

In particular, I would like to thank the outgoing president, Caroline Redman, who stood down at the AGM, for her commitment to the crèche over the last five years, a period in which the committee worked to achieve an increase of six extra positions per day, the introduction of holiday programmes and prepayment block

bookings, limited staff turnover, minimal family membership and session fee price increases, an excellent reputation amongst members and exceptional attendance at social fundraising functions.

Additionally, I would like to thank the outgoing secretary, Sam Hoelter, and committee member, Linda White, both of whom also stood down at the AGM, for their contributions to the crèche during their years of involvement.

I would also like to thank the vice-president, Caroline Hunt-Smith, and treasurer, Jane Hume, for their continued support of the crèche and would like to welcome our new committee member, Caroline Arthurs. I look forward to working with you all, as well as with club management and the crèche staff, to ensure a successful crèche operation during 2009.

I hope everyone has a very Merry Christmas and a Happy New Year.

Samantha Wood
President, KLTC Creche Committee



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MEMBER'S BAR & DINING

Inter Club Wine Challenge

On Thursday October 9th the second City Club's Wine Challenge was held at the Athenaeum Club. This lighthearted competition gathered members from 7 Clubs, organised into 14 teams.

After being runner up in the inaugural event last year and narrowly losing the trophy by 2 points, KLTC wanted to clinch the trophy and fielded 2 teams of wine enthusiasts.

TEAM 1: Steven Jelbart, James Kewley, Bert Armstrong, Bruce Wilson, William Derham, Patrice Renaudin (Capt.)

TEAM 2: John Hart, Pamela Middleton, Sarah Patterson, Tony Miach, Margaret Bristow, Iain MacFarlane (Capt.)

To maximise our chances the team members had the opportunity to attend 2 training sessions designed to recognise the main characteristics of the most popular grape varieties.

On the big day the team members gathered in one of the highly ornate rooms of the Athenaeum Club for some delicious finger food and a glass of Tasmanian sparkling.

Once seated in the main dining room we were greeted by 8 pre-poured wines, 4 whites and 4 reds, to be tasted, discussed and hopefully identified.

The 4 masked white wines were a blend of very recognisable varieties and a couple of more intriguing ones. We quickly recognised the Sauvignon Blanc from NZ and the Yarra Valley Chardonnay but stumbled on the frail, sweet, Germanic style wine, which produced some discussion about its origin and grape variety.

Another wine proved to be just as argued. Was it German again? Pinot Gris?

Needless to say that no one had guessed the Gruner Veltliner from Austria. These 2 wines confused the palates so we didn't score well in the white wine bracket.

The 4 red wines also proved quite tricky with 3 easily identifiable, the Pinot Noir, Cabernet Sauvignon and Shiraz and a Rutherglen Durif, which proved a tough one to guess for most of the clubs.

KLTC was the top scorer in this bracket, but alas, it was not enough to claim victory and KLTC 's Team 1 finished runner up again this time by 5 points behind the RACV Club, who will be hosting next year's event. Team 2 finished a proud 8th.

Overall the night was once again an outstanding event with excellent wines, food and competitiveness, with some clubs rather anxious to win this event.

If you want to join the Inter Club Wine Challenge and have a great night with like-minded members, start practicing because next September the Club will be recruiting again to capture this elusive trophy.

Patrice Renaudin
Food & Beverage Manager

Wine & Food Society Dinner

The Club hosted another very successful Wine and Food Society Dinner recently.

The chefs at Kooyong thrive on the opportunity to produce some food that is a bit different to the norm and this event was no exception as the chefs attempted to create a menu using ingredients they wouldn't normally use in the hope of producing food that many in attendance had never tasted before.

The 'foi gras' was imported from France and had such a delicate and silky texture. The bright and vivid colour of the spring pea and lettuce soup and the 'melt in your mouth' Hopkins River beef made it a wonderful night.

The high standard definitely puts pressure on the kitchen to come up with ideas to top it next year but well done to Helen and the boys in the kitchen on a job well done.

Bookings over the Christmas period

With the silly season now upon us, the Club will be extremely busy over the next few weeks leading up to Christmas.

To enhance your dining experience here at the Club we'd encourage you to book early to avoid disappointment.

This also allows us time to plan for your arrival to ensure we can give you the best possible service from both the kitchen and floor staff.

Remember we also have the ability to cater for larger groups in the private function rooms so ask at reception if you have any interest in tailoring a lunch or dinner for a group of people.

Also I'd like to wish everyone a safe and prosperous Christmas period. Take care and we look forward to seeing you all back in the New Year when we unveil our new Bistro and Racquet Club menus.

Kevin Ley, Executive Chef



Joan Layet (left) seen polishing the Davis Cup.

THE DAVIS CUP & KOOYONG

Kooyong has always had a long association with the Davis Cup so it is understandable that many of our members also share an affinity with the famous old cup.

50-year member Joan Layet is one of those people and she was seen earlier this year in Chile following the fortunes of the Australian team.

Travelling with fellow Kooyong member Frieda Werner, the pair watched the tie at the Estadio Militar at Antofagasta, which was situated on the outskirts of a desolate copper mining town in the shadow of the barren Andes.

Dressed in their Australian gold shirts and green and gold metallic wigs, Joan and Frieda became mini celebrities as they cheered on the Australian team to a narrow 2-3 loss to Chile.

Joan's association with the Davis Cup goes back more than 55 years as she can be seen in the photo giving the Davis Cup a polish before the Challenge Round tie at Kooyong in 1953 when Australia defeated the USA 3-2.



Frieda Werner and Joan at the Davis Cup in Chile.

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SQUASH REPORT

The Club Circuit spring Squash season has been a success for Kooyong, with 7 out of 14 teams in the competition making their way into the finals. In fact, 5 Kooyong teams have finished on top of the ladder in their respective grades.

Another has won their semi final to advance to the final. As has been the way for the past few seasons, the Kooyong teams have ranged from grades A1 to E1, with most teams comprised of a good balance of experienced and youthful players.

Notably, a number of Kooyong players have had very good individual performances, Richard Bowman, in E1 had a record of 11wins and only 1 loss while Mike Daglish 10/0, Hedy Mameghhan 10/0, Aidan Nania 8/0 also performed well.

In a recent pennant match at Grace Park, KLTC had only 3 players, which meant our number 4 Bert Armstrong had to play twice at 3 & 4. Sixty-eight years

Kooyong Ladies Premier League number one player, Sarah Cardwell won the Girls 17 year age individual title.

Sarah teamed up with her Kooyong Premier League teammate, Selena Shaikh, to win the girls 17-year age team event. Sarah was particularly impressive in both events, winning the 10 matches she played without the loss of a single game. Kooyong club circuit player, Nikhil Raniga also represented Victoria in the Australian Junior Squash Championships.

Sarah will return from the Squash Australia Talent Squad camp in Brisbane to compete in the preliminary final against Westerfolds at Westerfolds on 26 November and hopes to help secure a place in the grand final against minor premiers Kooyong 1.

Kooyong is hoping for an all Kooyong final for more than the obvious reasons as 3 Kooyong players will be overseas

Olympic Committee to have squash included in the 2016 Olympic Games.

Sarah is in Melbourne briefly before departing with Sarah Cardwell to compete in a 4-day event in New Caledonia in early December.

Sarah Cardwell will return from New Caledonia for 48 hours before departing Melbourne for Europe with her mother, Vicki (4 times British Open winner and Kooyong member).

Sarah, hoping to improve her career high world ranking of 126 and secure a top 16 seeding for the 2009 World Open Junior Championships, will be competing in the Netherlands, Scotland and England.

She will compete in the British Junior Championship, which has traditionally been regarded as the premier junior squash event in the world.

The squash fraternity of Kooyong is always looking for players of all standards and ages to join a team, playing Club Circuit Squash. Most matches are played on Monday, Tuesday or Wednesday nights.

Playing a Club Circuit squash match is always a great workout, which is followed by refreshments, supper and an enjoyable social atmosphere. To register your interest in playing squash in a team for Kooyong please email bertarm@bigpond.net.au

The Kooyong Junior Squash Competition for term 1 2009 will start on Saturday 31st January and run every Saturday 9.30-11.00am. The Development Squad takes place every 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 mandaikin@optusnet.com.au

Squash legend and Kooyong club circuit player, Sarah Fitz-Gerald, has recently returned from Europe where, as a World Squash Federation delegate, she attended meetings with the International Olympic Committee to have squash included in the 2016 Olympic Games.

Sarah is in Melbourne briefly before departing with Sarah Cardwell to compete in a 4-day event in New Caledonia in early December.

young, Bert fixed up both the Grace Park players 3/0, conceding 9 points and 48 years at number 3, and 15 points and 45 years at number 4.

Josh Cardwell, Kooyong A1, is in Malaysia for 4 world tour events between 10 November and 20 December. He is hoping to improve his career high world ranking of 211 (as at November 1).

During the September school holidays the Australian Junior Squash Championships were held in Perth.

on grand final day. Team 1 will be without their number 1 and 4 players and team 2 will be without their number 1 player.

Melody Francis will be competing in a world tour event in Malaysia to improve her world ranking of 106. Sarah Cardwell will be competing in New Caledonia.

Squash legend and Kooyong club circuit player, Sarah Fitz-Gerald, has recently returned from Europe where, as a World Squash Federation delegate, she attended meetings with the International

Kooyong's National Squash Champion



Sarah Cardwell is following in the famous shoes of her mother, former world number one Vicki Cardwell, by winning the Australian National Under 17 Squash Championships in Perth recently.

Destroying her opponents throughout the five-day event, Sarah lost just 21 points in total across her four matches to win the title.

After having the bye in the first round Sarah, the number one seed, played two Northern Territory girls in the next two rounds and got off to the perfect start in the tournament with two comfortable victories.

In the fourth round of the tournament Sarah faced the fifth seed, Mikayla Maricic of Western Australia, and left no doubt she intended to win the title with another imposing victory 9/2 9/3 9/1.

This win placed her in the final against the second seeded girl from the ACT, Christine Nunn, who had also won through to the final without losing a game.

The final, however, was a one-sided affair as Kooyong's Sarah Cardwell went on to win the match, and the title, with ease as she outplayed her opponent 9/2 9/2 9/3.

This is another great step in the development of this young star of the future and no doubt she will impress on the world stage in the coming years.

Kooyong's Selena Shaikh also performed well in the under 17 event, eventually taking out seventh place after a marathon five game playoff for seventh spot.

Playing Shermaine Mills from the Northern Territory, Selena was able to come from two games to one down to win a thriller 8/10 9/6 8/10 9/5 9/2.

Congratulations to both girls from everyone here at Kooyong Lawn Tennis Club and we look forward to hearing more about their progress in the future.

BILLIARDS & SNOOKER REPORT

by Alistair Macindoe

Since the last edition of Courtside, the snooker season has ended and the billiards has started. Regrettably Kooyong finished last (by a measly one frame) in the A-Grade competition. The picture is brighter in the billiards with our A-Grade team lying in fourth position half way through the season.

Kooyong retains the Sandringham-Kooyong Cup

In early July the Sandringham Club hosted a team of eight from Kooyong in the annual match. After a very pleasant evening of social snooker, where most of the Kooyong players had to give their opponents starts, Kooyong triumphed on the final black 7-5. In fact four of the frames were decided on the black, with Kooyong winning them all. Lucky? Brilliant under pressure? More experienced? One is left to ponder the workings of Fate.

Don Richter wins Club Billiards Championship

Don Richter played brilliantly to defeat Ian Dale 162 to 102 in the final of the Club Billiards Championship. In the semi-finals Ian proved too strong for Harry Andrews, while in what proved to be an upset, Don triumphed 153-142 over defending champion David Cosgriff in a very close match. David made the best break of the tournament, a run of 60.

After the match Don said that he was delighted to recapture the title that he won six times between 1985 and 1993.



In the photo Don pauses for the camera during a substantial break made at the Top of the Table.

Shot of the Month

BACK TO BASICS - THE BRIDGE

This month we start a survey of the billiards and snooker technique with a look at the bridge. The bridge refers to the configuration of the hand that is placed on the table to support the cue. The photo shows the usual bridge of a top player; this sort of bridge will suffice in the vast bulk of shots in billiards and snooker. Unlike with the loop bridge (popular in America), the whole length of the cue can be seen to assist aiming. The thumb must be placed hard up against the proximal phalanx of the index finger for smooth cueing. This configuration of the hand is actually painful until you get used to it. Note how the fingers are spread evenly. Most important is what you don't see: the bridge remains perfectly still during the shot. Any movement is a grave mistake and should be avoided like the plague.



Quote of the Month

"HIT 'EM SOFT - LIKE THEY WERE EGGS"

So now you're ready to run some balls. But first a final warning about two dangers. Watch how you hit the balls. Don't whack 'em like you're trying to put them in orbit. Hit them real gentle, like they were babies. I'd say that 99 out of 100 shots can be pulled off with a soft, gentle stroke, like a surgeon's touch. Never wham-bam the balls. Hit 'em sure and soft, like your were handling eggs.

The second danger is English¹. Remember I said that eight out of ten shots in pocket billiards can be made without using English. So, as a rule of thumb for beginners, I suggest staying away from English altogether until your game and your confidence warrant it." - Minnesota Fats (Rudolph Wanderone Jnr.) in *The Bank Shot and Other Great Robberies* 1966

¹ English is the American term for side-spin applied to the cue ball

AROUND THE CLUB



Royal Children's Hospital Auxiliary

A Card Day was held at Kooyong on the 25th of August raising over \$4000 with Phyllis George again contributing goods on a stall, which raised approximately \$1000.

On the 13th of October a fashion parade was held with clothes by Musani Couture imported from Milan, Kim Fletcher Hats and Vintage Rose fascinators and accessories, all provided for the RCH function.

We all enjoyed a beautiful luncheon whilst David Eldridge, one of our long-time supporters, played the grand piano and models paraded around the room.

I would like to thank Musani Couture, Kim Fletcher Hats and Vintage Rose Accessories for the donations of gift vouchers and goods for the silent auction.

A member of the Club also kindly donated an ergonomic chair and another member donated a Jill Stuart watch. In total we raised \$7100 for the Royal Children's Hospital.

Our final function this year is a twilight mixed tennis evening and dinner on Friday 14th of November.

I wish to take this opportunity of thanking all members of Committee, staff and our CEO, Chris Brown, who are so greatly supportive in raising money for the RCH wish list, which gives them the opportunity to purchase equipment desperately wanted for sick children.

We will again be selling luncheon and tennis tickets for the AAMI Classic in January. Any enquiries should go through the office at Kooyong.

Sandra Williams
President



BRIDGE BITS

We continue to be the friendliest Bridge Club in Melbourne and our expertise and standard are steadily rising.

Our October Annual Dinner and Duplicate was a resounding success once again and our visitors were very complimentary of our stunning menu and challenging bridge competition.

The amazing learning curve experienced by all who attended the very successful Sunday Defence Clinic with Jeff Fust will surely lift our bridge games to greater heights.

Our Club competed in The Bridge for Brain Research Challenge Australia wide and congratulations go to Eileen Ragg and Sue Read who placed themselves in the top five pairs in Victoria.

December 9th will be our final game for 2008 combined with our Christmas Party (for Bridge Club Members only).

We will be facing a few challenges in 2009 as our Tuesday evening bridge games will be held at the Pavilion at St. Kevin's College.

Details will be posted regularly on our website and Noticeboard.

For 2009 we will commence on 17th February and there will be no bridge during School Holidays.

Term Dates: Term 1 ends on April 3rd. Term 2: April 20th - June 26th. Term 3: July 20th to September 18th. Term 4: October 5th to December 9th.

Our Committee have worked extremely hard and efficiently this year and we are all very grateful for their efforts on our behalf.

Special mention should be made of Charles Baker who very obligingly organises our advertising material, flyers etc. and Jenny Biggin who quietly in the background is our "Sunshine Girl" keeping in touch with any Members who need support. We must also thank Cathie Lachman, our happy efficient Director.

Our success is also due to the wonderful staff that provide us with such wonderful service and dining experiences again and again, we would be lost without them. Thankyou all.

So now, relax, enjoy the Holiday Season, keep safe and well and see you all back at the Bridge Tables in February 2009.

Leeron Branicki
President



SOCIAL COMMITTEE

The *Wine Tasting Masterclass* was held in July. Tom Gyoffrey, Winemaker, gave us an enjoyable and interesting insight into French, Victorian regional and interstate cabernet sauvignon wines. We had over 90 in attendance and thanks to Simonette Cunningham and Committee for all their organisation. An entertaining quiz was held on the evening and much fun was had by all.

Another successful day was held for the third 'J.J.' John Jeffries Tennis Round Robin in October. A buffet dinner in the President's Room set an intimate and enjoyable atmosphere. We had 3 tennis groups and congratulations to the winners:

Peter Gard & Geraldine Gard
Sue Ferguson and Andrew Briggs
John McCully & Trudy Madsen

I would like to thank Miles Cunningham, Natalie Postma and Simonette Cunningham for their excellent work as Court Captains and to the committee and special thanks to Natalie Postma and Pam Fuller for all their organization in running a great day.

NEW COMMITTEE FOR 2009

Our Annual General Meeting was held on 13th November and I retired from the Presidency. I have thoroughly enjoyed my two years in this role concentrating on marketing, increasing Committee, introducing the inaugural 'J.J.' John Jeffries tennis day and holding some new functions – Disco Night and Wine Masterclass as well as retaining our tennis days and annual xmas parties.

I have also made contact with other social committees and working with the Royal Childrens Hospital group.

Without all the hard work from the Committee this wouldn't have been possible and I thank each one of you for your commitment, enthusiasm, support and fun. Also thank you to the KLTC staff for all your wonderful support, organisational skills and encouragement and to our great kitchen crew.

You have all contributed to the successful running of our events. I have appreciated everything! It has been both an honour and privilege to run the Social Committee at Kooyong – an outstanding Club and to work with such a great

committee and staff and I thank you all for giving me this opportunity.

I am delighted to announce our new Committee for 2009. We also have some new recruits who will bring valuable skills and new ideas.

President: Jessica Jasper
Vice-President: Simonette Cunningham
Treasurer: Pam Fuller
Secretary: Natalie Postma

General Members: Glenda Collins
 Jackie Cunningham
 David Hadley
 Rowan Harris
 Mary Stevens
 Rosie Waite-Garrison
 John Wrigley

Congratulations to you all and I particularly welcome Jessica to the Presidency. I look forward to working with the new team and building on our solid foundations.

Last but not least I thank all the members and friends who have attended our functions. Thank you for all your support and encouragement and we look forward to seeing you at our Xmas party and in 2009.

I wish the new Committee all the very best for 2009 and the whole Kooyong community a very happy, peaceful Christmas and New Year.

Rosie Waite-Garrison

FROM THE NEW PRESIDENT

I was recently elected President of the Social Committee and would firstly like to thank Rosie Waite-Garrison for the wonderful job she has done over the last two years for the Social Committee.

We are now in a strong position to carry on with providing social activities at the Club. Next year, due to the renovations we will be unable to hold large functions in the Clubhouse, however we will pursue other options and plan to go ahead with the Tennis Round Robin days.

The first tennis day will be in March and if you are interested, please make sure that you have registered your email address with the Club.

As we go to print we are organising a big Christmas Party "Bringing Down The House" on 6th December and looking forward to being entertained by the Plastique group. I'm sure by the numbers to date it will be a great night!

Wishing everyone a happy Christmas and New Year and see you in 2009!

Jessica Jasper
 President – Social Committee



**Wednesday 14th
to Friday 16th January 2009**

\$70 per person


Buffet lunch, afternoon tea, car
park pass (opposite main stadium)
Drinks at bar prices

Saturday 17th January 2009


\$90 per person

Three course lunch, guest speaker,
beer, wine & soft drinks, afternoon
tea, car park pass
(opposite main stadium)

**CONTACT THE CLUB FOR BOOKING
FORMS OR DOWNLOAD THEM FROM
www.kooyong.com.au**



PRESIDENTIAL LUNCHES



AROUND THE CLUB

Young Members

NEW & EXCITING HAVE YOU REGISTERED?

In the past there has been two main social groups at KLTC for those under 40(ish). One was the Koots and the other being the Young Members.

Now a group has formed to bring the two together and re-launch as one... KLTC YOUNG MEMBERS.

Throughout the year Young Members will get together both at and away from the club through different events. A casual 'Friday Night Drink' (the first Friday of every month) is a great opportunity for young members to meet and mingle over a drink or two, through to the annual black tie ball, which is always a sell out event.

We will also be introducing some events combined with Royal South Yarra, our 'rival club', where many of us are friends.

There are 2 very important steps you must do...

1/ Make sure you register on the KLTC website so you are always kept up to date... www.kooyong.com.au

2/ Being as though we are the Young Members, and we move and groove with the times...make sure you join us on Facebook – 'KLTC Young Members Official Group'...your guaranteed way to be notified FIRST on ALL the happenings including function dates, happy snaps from around the club, and sneak previews of all the exciting stuff happening with the renovations.

On behalf of the Young Members Committee, I would like to thank all of the staff and the unwavering support at the club, bringing Young Members to fruition. Together we make Kooyong Lawn Tennis Club the place to be and the club to be most proud of.

Looking forward to seeing all you 18-40 (ish) registered on the KLTC

website, Facebook and at the club to kick off 2009 with our first Friday Night Drinks - Happy Hour at the bar - 6th February 6.30pm.

Don't be afraid to come by yourself, the club is yours to enjoy!

Angela Aiken-Murphy
YM President

COMING UP

FRIDAY NIGHT DRINKS

at the bar the first Friday of every month – 6.30pm happy hour & some platters

WINE TASTING NIGHT

learn about some of the best wines & champagne in a relaxed & fun way – always a sold out event

AFL GRAND FINAL PARTY (new)

watch the grand final on the big screen with a drink in hand, bbq and spectacular surrounds

'FRIENDLY' TENNIS DAY AGAINST ROYAL SOUTH YARRA

play against our 'rival' club, followed by a great BBQ & drinks

ANNUAL THEMED BALL

this years theme is the 'Wig Party Set in the 80's' - always a sold out event



Wine and Food Society

There was a spontaneous burst of applause when Kooyong's Executive Chef, Kevin Ley, joined us in the Racquet Club at the conclusion of another wonderful Winemaker's Dinner.

This function has become the highlight of our society's year and even though we necessarily limited numbers to one guest there was still a waiting list after bookings had closed.

The menu, as always, showed great imagination and style. Who could resist the yabbies with foie gras mousse or the tiny spring pea soup with truffle cream which followed before the Hopkin's River fillet of beef.

The dessert which integrated the Hollick's Sparkling Merlot with the chocolate marquise and pistachio nougat showed a true marriage of the wine with the food.

We were delighted to welcome KLTC President, Ian Hill, with his wife, Amy, as special guests on this occasion.

Others in attendance included KLTC CEO, Chris Brown, Winemaker Ian Hollick, Terry and Bev Fraser, Joe and Marie Devereux and Mary and Alan Galvin.

We look forward to functions in our exciting, new Clubhouse and wish Wine and Food Society Members a wonderful festive season and all good wishes for the New Year.

My thanks to the Management and staff who have given our Society so much support during 2008.

The compliments of the season to all – we look forward with great anticipation to 2009 and beyond.

Pamela Middleton - Bacchus
Winemaker's Dinner

Menu

ON ARRIVAL

House made duck prosciutto with pear & mustard chutney
N.V. Bennetts Lane Sparkling, S.A.

ENTRÉE

Freshwater yabbies with foie gras mousse, shaved beetroot and vincotto
2008 Hollick Sauvignon Blanc/Semillon – Coonawarra / 2006 Hollick 'Reserve' Chardonnay - Coonawarra
Spring pea soup and truffle cream

MAIN

Hopkins River fillet of beef with oxtail tortellini celeriac remoulade
2004 Hollick -Wrattonbully- Shiraz
2005 Hollick -Coonawarra- Cabernet Sauvignon

DESSERT

Chocolate Marquise, Hollick's sparkling Merlot jelly, white chocolate ice cream and pistachio nougat
2006 Hollick Sparkling Merlot - Coonawarra

HEALTH CLUB NEWS

SUCCESS STORY

Winning and success are topics that everyone likes to hear about, particularly when it involves quality of life and health and fitness. I remember receiving Louise's call in June about commencing personal training, something in her tone made me realize that Louise meant business. So the task was to assign a Personal Trainer who couldn't wait for the challenge, Sarah Costi.

Let's begin the journey of someone who is winning the war on weight loss.

What made you take the first step to improve your health and fitness?

I had battled with my weight for years, but it was not until the start of this year that I started to feel more and more unhealthy and unhappy with myself. A check up with my GP in May was the wakeup call I needed to start making changes to my lifestyle. My GP told me my blood pressure was extremely high and gave me 4 weeks to lose a bit of weight by exercising regularly. It was either exercising or taking medication for my blood pressure.

How quickly did your health start to improve once you had started eating healthy and exercising on a regular basis?

The hardest part for me was making the initial call to the gym. I was extremely nervous and embarrassed about my weight and lack of fitness. Looking back now, making that first call has been the best thing I could have ever done for myself. When I returned to my GP 4 weeks later, I had lost 4 kilos and my blood pressure had dropped back to normal.

How much weight have you lost?

I have lost 16kg in 5 ½ months. I have good weeks and not so good weeks on the scales, but the most important thing for me is to balance it out by following up a bad week with a good one.

What changes did you make to your diet and what did you do outside of your personal training sessions to achieve these amazing results?

I love food and I love to cook, so I decided that if I was to maintain my new

weight loss/fitness regime that I could not deny myself the foods I loved. My motto through the process has been, Moderation. If I have a bad food day, the next must be a good day. I have reduced, not eliminated, my intake of fat and alcohol and I make sure I eat 3 meals a day. I also watch my portion sizes.

In addition to my dietary changes and training sessions with Sarah, I also try to go to the gym on my own 2-3 times a week. These extra sessions are strictly cardio based; I leave all the weights training side to Sarah. When I first started with Sarah, she would get me to come to the gym by myself twice a week to do 20 min on the treadmill. As my fitness level increased and my confidence grew within, Sarah started to design more challenging and interesting programs. The best part about my homework programs was that they were designed to wear me out in just half an hour. Perfect!

What does your daily eating plan consist of now?

I make sure I eat 3 meals a day, I limit my intake of fatty foods and I try not to overdo my intake of carbohydrates and alcohol.

What made you get professional help from a Personal Trainer? What was it you were doing previously that stopped you from achieving these results by yourself?

My previous attempts at weight loss had been very unorganized. I would lose weight but could never get myself to where I needed to be. I would then become disheartened and end up putting all the weight back on, plus some more. I decided that I needed a plan and someone to encourage me to keep me motivated. I need to be accountable to someone. I finally recognized my limitations.

Has making these positive changes in your life had a positive impact on your family?

Most definitely. We are all eating a healthier diet and we are all exercising much more. My daughters often come down to the gym with me. Not to be outdone, but my husband Murray has lost 10kg and is looking great.



Personal Trainer Sarah Costi training Louise Hill.



Physically you look very different. How different do you feel in every other aspect of your life?

I feel fantastic now. I have much more energy, feel less stressed and feel really happy about myself.

What is your message to people who were thinking of undertaking professional guidance but weren't too sure?

Just do it. We are fortunate to have a team of professionals here at Kooyong, ready and able to help. Make use of them, that is what they're here for. Getting started is the hardest part.

Kooyong has a team of lifestyle and sport specific fitness professionals. Strength training, Injury rehabilitation (in conjunction with physiotherapist), Sports specific training, General healthy eating plans, Cardiovascular fitness and Weight loss are areas that our Personal Trainers cater for.

Any member interested personal training can contact Health Club Manager, Michael Kull, directly on 0419003762.

DIARY DATES

DECEMBER 2008

- 6** Social Committee Christmas Party
- 8** Wine & Food Society Annual General Meeting
- 25** Christmas Lunch at Kooyong LTC
– See ad below
- 31** New Year's Eve Party
– Specially designed four-course dinner
in the Racquet Club \$90 per person

JANUARY 2008

- 14-17** AAMI Classic President's Lunches
– See ad on page 31
- 14,15, 21 & 22** Club Championships
See entry form sent out with Courtside

MARCH 2008

- 2** Royal Children's Hospital Ladies Doubles
Tournament
– Contact reception for details

FRIDAY NIGHT TENNIS

With fields at capacity for our social tennis competitions on Monday and Tuesday nights, the Club is exploring the option of introducing an additional night of competition on Fridays.

Members have indicated a desire for more opportunities and there are sufficient courts available Friday nights to allow members to enjoy further privileges on that night each week.

We are seeking expressions of interest on the following formats: Men's Doubles, Men's Singles/ Doubles, Women's Doubles and Mixed Doubles competitions.

Members can download the expression of interest form from the website by logging into www.kooyong.com.au or contacting Cedric Mason or Cory Thorsen at the Club.



CHRISTMAS DAY LUNCHEON

Thursday 25th December
The Kooyong Room
12.00pm - 3.00pm

Delicious buffet lunch includes fresh seafood and hot baked ham with traditional Christmas trimmings

Drinks at bar prices
Adults \$95 Children (Aged 5-10) \$55



CORPORATE TENNIS DAYS AT *Kooyong*

GET YOUR TEAM ON COURT WITH A
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