

COURTSIDE

THE OFFICIAL MAGAZINE OF THE KOOYONG LAWN TENNIS CLUB INC.



ISSUE NUMBER 14 - AUGUST 2006

DAVIS CUP ACTION AT KOOYONG

The 2006 Club
Champions Dinner

State Grade Preview



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Father's Day

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Up-coming Events...



**The Tennis
Legends'
Luncheon**

The 2007 AAMI Classic



President's Report	04
Message update on freeway widening	05
DAVIS CUP AT KOOYONG	06-07
2006 Champions' Dinner	08-09
Stars shine in ITF Junior events	10
Court Maintenance	11
Fifty year members inducted & new Grounds Manager	12
Chef's Notes & Bayside Summer Competition	14
Archives and Research Centre	15
State Grade - Women	16
State Grade - Men	17
Junior Tennis Round-Up & Midweek Ladies	18
Pennant Profiles	19
Kooyong Dress Standards	20
Creche News & Kooyong International Tennis Academy	21
Club Round-Ups - Bridge & Social Committee	22
Squash Report & Snooker	23
The RCH Auxiliary & Wine and Food Society	24
Health Club News	25
Diary Dates	30



on the cover

AUGUST 2006

Australia continues Davis Cup dominance at Kooyong

... a word from the CEO

The excitement of Davis Cup again returned to Kooyong in April. The focus of the tennis world was again on our grand old stadium, the spiritual home of Australian Tennis.

It was an exciting time as for us to share our club with the teams lead by Lleyton Hewitt and Max Mirnyi and we congratulate the Australian team on its successful 5-0 win over Belarus.

The Champions' Dinner again profiled the successes of our own club championship winners and we congratulate them all on their well-earned successes.

This time of year our attention turns to the annual maintenance of our hallowed grass courts and with maintenance work well underway on the courts including re-turfing courts 19-22, we look forward to warmer weather ahead and the reopening for the summer season.

The introduction of our new electronic newsletter will improve communications and keep members informed about activities and opportunities to use the club. We encourage members to log-on to the new look website and register to be kept up to date.

The club is actively consulting parties and representing members' interests about the proposed expansion of the Monash Freeway. Due to the importance of this matter there will be updates posted on the website and notice boards as information becomes available.

Chris Brown
 CEO - Kooyong Lawn Tennis Club

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President's Report



DAVIS CUP SUCCESS

Great news for Kooyong with the staging of the first Davis Cup tie for 13 years.

The Australian team was delighted to be playing at Kooyong and they didn't disappoint with both Lleyton Hewitt and Chris Guccione leading the way against a gallant Belarussian team on the way to a five rubbers to nil result.

It was a nostalgic experience for all concerned as players and spectators celebrated the return of the game to its "spiritual home" in Australia.

We thank Tennis Australia and Tennis Victoria for their support of our bid to host this tie and we look forward to seeing more world-class tennis back at Kooyong in the near future.

CHAMPIONS' DINNER

It was good to see so many of the Club's sporting champions in attendance at the recent Champions' Dinner.

From five-time tennis Club Champion, Jay Salter, to former world champion and new squash Club Champion, Vicki Cardwell, it was a fantastic night for the Club to celebrate many great sporting achievements.

Marie Devereux and Caroline Hill were also deservedly awarded the Distinguished Member award for 2006 for their outstanding contributions to the Club over many years.

Both ladies have given selflessly to the Club and the many activities the Club has been involved with and are to be congratulated for their service and commitment to enhancing Kooyong.

Our guest speaker, Ann Quinn, was also extremely insightful and it was wonderful to hear of her many experiences with some of the world's greatest tennis players and athletes.

PROPOSED FREEWAY WIDENING

Members will have seen recent publicity regarding State Government proposals to widen the Monash Freeway.

Given the close proximity to the freeway of substantial buildings and improvements, it is of great concern to Kooyong and St. Kevins that widening on the south side has not been ruled out.

We are working hard to engage the Government and Transurban in discussion to enable us to properly put to them our concerns about the potentially devastating effect on our stadium and our courts and facilities. South side freeway widening would inevitably lead to major disruption of our courts and stadium activities. We are concerned about inconvenience to our members and the 25,000 people who attend the AAMI Classic and the many charities and community groups who use our facilities.

At the time of writing we are still trying very hard to ascertain details of the "process" of public consultation to be undertaken.

WORLD CHAMPION

Congratulations to our Club Coach, Glenn Busby, on recently winning the World Over 50's singles and doubles title in South Africa.

Glenn, the number two seed, defeated the top seed from France, Trevor Allan, in the final 7/6 6/3 in a wonderful effort.

JUNIOR TENNIS STARS

Congratulations to Sally Peers, Stephanie Wiltshire and Mark Verryth who have all performed particularly well on the international scene in the past few weeks.

Sally, in particular, has been in fantastic form winning both the singles and doubles titles at the Junior ITF in New Caledonia and then again in Fiji.

Stephanie Wiltshire paired with Sally to win the doubles title in both tournaments and Mark Verryth has begun his ITF tournament schedule well with a win in the boys singles in Fiji.

STATE GRADE TEAMS PERFORMING WELL

It is quite an achievement to have two teams playing at the highest level and even better to see that we are on target for both the Men's State Grade teams to make this year's finals series.

Lead by Lee Pearson, Jay Salter and in his absence Richard Fromberg, Kooyong's teams are currently sitting in first and second positions on the ladder at this stage of the season.

It's also good to see several of Kooyong's young stars getting the opportunity to play in the top grade with Yan Levinski, Alasdair Graetz, Jason Lee, John Peers and James Wong all making an impact in State Grade this season.

We hope both sides can continue their current good form and finish in the top four at season's end.

Peter Quinn
President - Kooyong Lawn Tennis Club

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- **Richard Smith**

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President's Report to Members:

SITUATION REPORT ON PROPOSED MONASH FREEWAY WIDENING

Following the recent announcement by the State Government that it plans to widen the Monash Freeway, the KLTC Council wants to let Members know how it sees these new plans could affect the club.

It seems likely that the project, a joint venture between CityLink and VicRoads, will take years rather than months to complete with an ongoing impact on Kooyong and our neighbouring communities.

It is proposed at this stage to add a lane to the existing freeway where it passes Kooyong. The critical early decision is whether construction should take place to the north or the south of the freeway.

Construction on the southern side would have a serious and adverse impact on Kooyong where Members have in recent years funded developments aimed at overcoming shadowing and noise disruption to our courts, clubhouse and stadium.

These major works, strongly supported by our Membership, will be undone at the stroke of a pen should the Government decide on a southern lane.

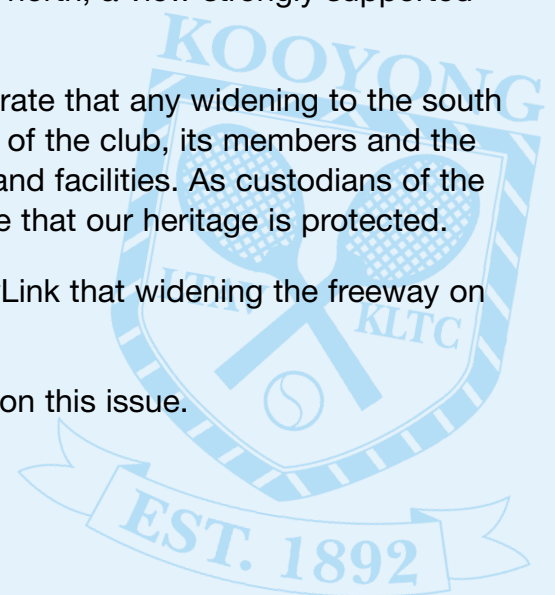
As a matter of urgency, we have asked for detailed information regarding the review with a view to making formal submissions. Specialist consultants already have been engaged. We believe logic and practicality support construction to the north, a view strongly supported by neighbouring St. Kevin's College.

Aerial photographs and maps clearly, and convincingly, illustrate that any widening to the south would be disruptive, intrusive, costly and not in the interests of the club, its members and the local community groups and charities that use our grounds and facilities. As custodians of the spiritual home of tennis in Australia, we are obliged to ensure that our heritage is protected.

Pending a more detailed response, Council has advised CityLink that widening the freeway on the south side is inappropriate.

Council will of course keep members up to date at all times on this issue.

Peter Quinn
KLTC President



Kooyong's centre court, scene of many Australian Davis Cup success stories, again greeted world class tennis action for the quarter finals of the BNP Paribas Davis Cup in April.

Hosting our first tie since 1993, Kooyong's centre court presented beautifully for what was expected to be an entertaining match up between two very determined teams.

With a fast rebound ace surface and a partisan home crowd on side, the Australian's held a slight edge going into the first day's play.

Melbourne's own Chris Guccione was drawn to play Max 'the Beast' Myrni in the opening rubber and it was always going to be an extremely important match in shaping the result of the tie.

In just his third Davis Cup tie and facing a very experienced campaigner, Guccione defied nerves and the pressure of playing in front of family and friends to get off to a solid start.

"The way he came out and started - he took it to me the first few games. I had to weather the storm out there more than anything. I felt like I played the condition as well as anyone could have today," said Hewitt.

In windy conditions the first set went on serve all the way to the tie breaker and Myrni skipped out to a handy 4-1 lead before Guccione responded with six straight points to steal the first set.

Myrni bounced back quickly in the second set with an immediate break of serve and broke again later in the set to level the match at a set all.

Guccione then did the same in the third set with a quick break of serve but when serving for the set Myrni was able to break and get himself back into the match.

The Melbournian held his nerve and broke yet again and then succeeded in serving out the set to take a handy 2 sets to 1 lead.

The fourth set was Myrni's turn to regain the ascendancy as he marched into a fifth set and many assumed his experience would show through.

AUSTRALIA c dominance

After several breaks of serve Myrni was serving to stay in the match at 4/5 and faltered with a double fault and then had to watch as Guccione set up a match point with a beautiful forehand down the line.

Myrni netted a forehand volley on the next point to give Guccione and Australia a wonderful victory 7/6 3/6 7/5 3/6 6/4 and a huge advantage going into the second match.

"It's definitely the biggest win of my career; I had a great win in Switzerland, a big win in Switzerland, but to do it in front of my family and friends it couldn't be any bigger," said Guccione.

Lleyton Hewitt was next on court and most expected a tough encounter against the experienced Vladimir Voltchkov but it took the gritty South Australian just 92 minutes to put Australia in the perfect position after the first day with a commanding 2 nil lead.

The wind became a major factor in this match and Hewitt was able to use his big game experience to weather the storm from the Belarussian and control the match from start to finish.

Hewitt was never under threat and committed just 6 unforced errors in three clinical sets to win 6/2 6/1 6/2.

"The way he came out and started - he took it to me the first few games. I had to weather the storm out there more than anything. I felt like I played the condition as well as anyone could have today," said Hewitt.

The doubles always looked to be a 50/50 encounter on paper and both sides were confident of taking a win out of the match.

Both teams boasted some of the best doubles players in the world and each knew this match would take something special and even a bit of luck to get the win.

In a four hour epic that didn't disappoint all who sat through the classic doubles encounter the Australians battled back from a 2 sets to 1 deficit to eventually wear down their Belarussian opponents.



Wayne Arthurs and Paul Hanley finally brought it home against Max Myrni and Vladimir Voltchkov after Hanley kept the pair in the match early.

Despite being nervous early Arthurs was able to turn it around in the final two sets to help Hanley get on top of their opposition in what proved to be a match that could have gone either way.

The 3/6 6/4 5/7 6/3 7/5 win was a gutsy effort against world class opposition and secured Australia's place in the semi finals of the Davis Cup.

In the dead rubbers played on the Sunday, Wayne Arthurs stepped in for Lleyton Hewitt and defeated Serguei Tarasevitch 7/6 6/2 and Chris Guccione topped off his weekend with a 6/1 6/3 win over Alexandr Zotov.

Australia's commanding performance continued a 60 year winning streak at Kooyong in Davis Cup ties and has it facing another tough road trip for the semi final where they will face Argentina in Argentina.

Kooyong continued its love affair with the Davis Cup and Australia moved one step closer to winning its 29th Davis Cup title.

continues DAVIS CUP at KOOYONG



The 2006 Champions' Dinner

There were many great highlights celebrated at the 2006 Champions' Dinner after some outstanding achievements by Kooyong's sporting stars.



From Jay Salter's fifth tennis Club Championship to Adriana Szili's first, our squash stars Mark Ikin and Vicki Cardwell taking out their respective open titles, and not to mention the deserving recipients of the Distinguished Member awards, Marie Devereux and Caroline Hill, there was plenty to enjoy about this wonderful evening on the Club's calendar.

The Distinguished Member Award was the first point of call for the night and it was a pleasant surprise for these two ladies as they came forward to receive recognition of their longstanding work within the Kooyong community.

Over many years both Marie and Caroline have served on various committees including the Royal Children's Hospital Auxiliary and the Kooyong Social Committee and have been extremely active around the Club.

It was fantastic to see both of these familiar faces around the Club recognised for their continued contribution to Kooyong and its members in all facets of Club life.

Our guest speaker, Dr Ann Quinn, shared her stories from many years on the professional tennis circuit helping stars such as Pat Cash and Pat Rafter reach their full potential.

Ann's experiences across the globe including at the Nick Bollettieri Tennis Academy in Florida were of great interest to the many sports stars at the Club as she shared her thoughts on elite athletes and their endeavors to make it to the top of their sport.

Her experiences across the globe provided everyone in attendance with an insight into the mindset of an elite athlete and what it takes to become the best at anything you hope to achieve.

It was also fantastic to see Vicki Cardwell, one of the world's greatest squash players, win the Women's Open squash title at Kooyong at her first attempt.

Vicki, who is now playing at Kooyong with her daughter Sarah, has been an invaluable addition to our young Women's State Grade team and it is fantastic to see her passing on her knowledge to some of Australia's rising stars.

Mark Ikin, who has been the star of Kooyong's A1 squash team for several seasons and is also the Club coach, collected his second Open squash title for the Club.

On the tennis side of things it was a fantastic occasion for five-time Open winner Jay Salter, who has now closed in on Max Senior's fantastic Club Championships record.

Despite missing last year's event due to traveling and tournament commitments, Jay returned to reclaim his title against some of the State's best tennis talent.

It was also a great occasion for the Club's newest tennis star as Adriana Szili tasted success at her first attempt in the Kooyong Club Championships.

Szili, at just 21 and who reached a career high singles ranking of 409, continues to be an important player in our Women's State Grade team in 2006.

With Bridge the Jim Borin Trophy Event was held over two nights and it is to commemorate Jim, a top bridge player for Australia and our original guiding Light and the Winners for 2006 were Paulina and Charles Baker and running close behind were Virginia Rugless and Marilyn Ohlson, George Lehrian and Wendy Johnson.

There were many great stories from the various Club Championships held at Kooyong in 2006 and we look forward to celebrating many more at the 2007 Champions' Dinner.



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Stars shine in ITF Junior events

Sally Peers, Stephanie Wiltshire and Mark Verryth are the new stars on the horizon at Kooyong as they make their mark on several recent ITF junior events in the region.

With recent events in New Caledonia and Fiji, Kooyong's newest batch of young stars have arrived to make an impact on the international scene and none more than Sally Peers.

At just 15 years of age, Sally has just won two consecutive ITF tournaments in both singles and doubles and will make a significant jump in the ITF junior world rankings.

Sally started the first tournament in New Caledonia shakily with a three set match with a girl from Papua New Guinea but then cruised through to the semi final where she met a French girl.

After dropping the first set Sally was able to gain the ascendancy and went on to win the semi final and then the final as she defeated Rachel Houppa 6/3 6/3 to win her first ITF title.

In the very same event Sally teamed with Stephanie Wiltshire in the doubles to continue her unbeaten run.

The fourth seeded pair didn't drop a set as they moved through the draw to reach the final against Abigail Guthrie and Toni Lind who they defeated 6/3 6/2 to take the trophy.

The girls continued their run in the next event in Fiji where Sally continued to dominate her opponents as she dropped no more than 2 games in any set on her way to a showdown with Kelly Blake in the final.

Sally again showed her immense talent with a 6/1 6/2 victory and her second consecutive ITF singles title.

Stephanie and Sally combined again in Fiji and are now on a similar run to that of Sally in the singles with the girls not dropping a set on their way to the final and won the event with a walkover against the Japanese girls in the final.

Kooyong's Mark Verryth has also produced some great results in Fiji reaching the semi final before dropping a tightly contested match against Brendan McKenzie 3/6 5/7.

The 15 year old fifth seed had to battle through several three set encounters

before eventually succumbing to McKenzie in a close battle.

The big serving teen has been in fine form over the past few months and won his debut match for Kooyong in State Grade earlier this season.

All of these kids will now feature in tournaments in New Zealand and Darwin over the next few weeks and we wish them luck.



Mark Verryth



Sally Peers

COURT MAINTENANCE

Kooyong's famous grass courts remain a priority and at this time of year, attention turns to the preparation of courts for the next summer season.

Our turf consultant John Neylan has undertaken a full review of the court conditions from last season and set down a detailed program of maintenance for grounds staff for the 2006 winter period.

Baseline replacements were carried out in time to see the new turf establish before the winter dormancy period. The resurfacing of courts 19-22 also was undertaken early and shows similar promising signs. John Neylan has confirmed that the turf is of excellent quality and establishment is well advanced.

Work is currently underway with weed eradication and staff will hollow-tine the court area to aerate the soil before further applications of fertilizer are applied. This work will encourage strong regrowth when the warmer weather returns at the end of winter.

Grounds staff will continue to undertake all necessary programs to prepare these courts to optimum condition for return to play in the grass court season.

The hard courts are, as always, extremely busy. The consequent wear and tear has required a series of works to be undertaken during the school holiday period. The completed work sees our courts returned to good playing condition and we will continue to maintain them throughout the busy times ahead.



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Hawaii Tennis Tour

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TOUR PRESENTATION
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Fifty year members inducted

Kooyong recently inducted another 11 members to the illustrious group of 50 year members at the Club.

With over 200 in attendance this night was an extremely memorable one for the new inductees and their guests as they celebrated 50 years as a member of Kooyong.

The new inductees for 2006 were Bruce McWilliams, William Grano, John Waters, Alicia Simonson, Brian McDonald, Jennifer Forgas, Graham Sellars-Jones, Russell Cole, William Earle, Prof. Derek Denton and William Allen.

Kooyong's Manager of Tennis and Sport, Cedric Mason, also a 50 year member of the Club, introduced all of the new inductees with a memory or two of their time at the Club.

Brian McDonald has played over 1000 games of squash for the Club and was a regular mid-week and Saturday player with a group of former pennant players.

Alicia Simonson was a regular mid-week player but now plays cards at the Club instead.

Her husband, Keith, is a former Vice President of Kooyong Lawn Tennis Club and her younger brother is former player and Davis Cup Captain, Neale Fraser.

Bruce McWilliams Played A Grade pennant for many years and is still playing regularly on a Thursday evening and Saturday afternoon.

Bill Grano was a regular mid-week and weekend player and Bill Allen is a former councillor on the LTAV.

President Peter Quinn congratulated each person and presented them with their 50 year tie or scarf, badge and new card.

There's no doubt our 50 year members have enjoyed their involvement with the Club and we hope to see them enjoy it for many more years to come.



Bruce McWilliams



Bill Grano



William Allen



Russell Cole

Joel Sandon appointed GROUNDS MANAGER



Joel Sandon has been appointed as the Grounds Manager of Kooyong Lawn Tennis Club.

Joel began work at Kooyong in 1994 and completed his apprenticeship working under several very experienced grounds keepers at Kooyong including former Grounds Manager Craig Berwick.

In 2003 he was appointed as Assistant Grounds Manager and has been cutting his teeth in the management area over the past three years.

He has overseen many major grounds developments around Kooyong in that time including the recent major court maintenance programs taking place on our grass and hard courts.

His experience and knowledge of the Club sees him well prepared and we wish him well in this key role.

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Davis Cup Room, Kooyong



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TOUR PRESENTATION
Davis Cup Room, Kooyong



Wednesday 6 September 4pm
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Chef's Notes

Executive Chef Kevin Ley has introduced a new Racquet Club Menu, which reflects the seasonal demands of the members.

'I wanted to have a traditional hot winter dish, so I decided to put the 'Braised ox-cheek pie with baby vegies' on the menu,' said Kevin.

'Unusually, I excluded a steak from the set menu, but don't worry there is a quality steak, whether it be a veal rib eye, a scotch fillet or a juicy rump always available on the daily specials.'

'The specials combined with the set menu offer a range of choices to suit all tastes.'



tip of the day...

When cooking green vegies always put a little salt in the water, put the vegies in boiling water and never cover with a lid as it makes the vegies lose their colour.

Kooyong Chef reaches great heights

Kooyong's Demi Chef de Partie Leigh Robbins was last month selected to represent Holmesglen TAFE at the Victorian TAFE State Cooking competition.

This competition is held every year to give students a chance to compete against apprentices statewide.

His team did extremely well and took home the silver medal. As a result he has been invited to participate in the Daryl Cox Memorial Apprentice Culinary Competition.

This prestigious event sees apprentices from leading hotels and restaurants competing and will be held in September this year.

Congratulations Leigh and good luck in September.



Executive Chef Kevin Ley with Demi Chef Leigh Robbins

Bayside Summer Competition Tennis Round Up

The Club entered 6 teams in a mixture of grades during the last summer season from October 2005 to March 2006.

Out of the six teams, 3 of our teams played off in the grand final with only the one premiership winner, which was Ric Mitchell's Section 1 Men's rubbers team of Dennis Maddern, Sadeck Omarjee, Roger Forbes and Marc Benkemoun.

The other two teams to play off for a premiership were Sally Addison's Section 1

and Andrea Thompson's Section 4 teams both of whom had very creditable seasons to finish runners-up in their respective sections.

Two remaining teams did well to compete in the semi finals. Steve Avery's team in Section 1 Men's rubbers and Grant Harvey's team in the singles/doubles.

Andrew Hicks' team in Mixed rubbers finished just outside the four.

Applications for the next summer season close on the 31st of July with the season to commence on Saturday 7th October, 2006.



Kooyong News

Archives & Research Centre

Frank & Jean Sedgman have donated twenty one tennis books - a great boost to our library - and many other items including a 1997 photo of past American Singles Champions, a 2000 photo of Wimbledon champions, water colours of nineteenth century colonial tennis, and historic medallions.

We are also grateful for the following donations: Souvenir Program of the 1946 Davis Cup Challenge Round (Barbara Morrison); Dunlop Maxply & Emrik tennis racquets (Bruce Higgs); 1990 Wimbledon Program (Graeme & Joy Fair); Slazenger & Spalding racquets (Fred Murphy); photos of Guillermo Vilas in the 1978 Australian Open (Sam Bernardo); media posters & Slazengers Garrick racquet (Peter Coupe); photos of Nell Hopman from her Sydney school days (Janet Hemming); The A-Z of Mens and Womens Grand Slam Finalists 1877 - 2005

(Barry Tempest); Michael Dugan, Tennis, (Bert Armstrong); 1965 Davis Cup Challenge Round Program and 1957 photo (Pat Strugnell), Masterpiece & Regional Queen squash racquets (Elizabeth Williams)

In addition the Club has purchased David Neyland's history of the Hawthorn Tennis Club 1905 - 2005 and Peter Kettle's biography of Randolph Lycett, winner of the inaugural Australian doubles title in 1905 with T. Tatchell.

Clarke Hansen has contributed taped recordings of interviews with Ken Rosewall, Alan Trengove, and Joe Devereux & Colin Stubs. Kay Wills has donated a DVD copy of movie films of the Beauville Tennis Club, Kooyong championship tennis, and the 1952 Davis Cup (courtesy Cineclair Productions)

Norman Marshall, Club archivist



L to R: Joy Donoghue (Fair), Bob Vroland (LTAV President 1956 - 1964), Beth Ruffin (Woods), unknown, Mrs R N Vroland, John P Young (LTAV President 1974 - 1980), Thelma Court, Joan Moulton, Adrian Court, Dulcie Young, Pat Strugnell

Photo taken at Kooyong in January 1957 during the Australian Championships when the Courts' daughter Elizabeth reached the Girls Doubles Championship final with Eva Duldig.



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WOMEN'S STATE GRADE PREVIEW

Women's injuries take their toll

Kooyong's Women's State Grade team has been struck down by injuries and has struggled to overcome the huge losses of Adriana Szili and Bianca Acquistapace for large parts of the season.

The loss of Meryl Johnston for several weeks has also had a big impact on this side as her fantastic form from last season continued at the start of this year.

Having not yet fielded a full team at any point this year, the girls will be hoping to finish the season on a positive note as Szili, Acquistapace and Johnston return to the side.

After starting the season with several close losses and unfinished matches due to rain, the Kooyong girls ran into some bad luck with the wrist injury to Szili and the shoulder injury to Acquistapace.

Both girls have needed a long lay off to recover from their injuries and once fit this side will take on a whole new outlook.

Szili, Johnston and captain, Emily Arnott, started the season in great form and gave the side a solid look in both singles and doubles but the injuries brought an opportunity for several of the Club's younger girls to taste the higher grade.

Despina Konstantinidis, Jessica Collins and Karina Prajoga have all stepped up to State Grade at various stages this season and shown enough to suggest they will be valuable at this level with more experience.

Catherine Louis has returned to the State Grade side with success this season after suffering a debilitating back injury at the start of 2005.

Her contribution this season is a huge positive to this team after she helped the Kooyong girls reach the final in 2004.

There are several youngsters staking a claim for a spot in State Grade in 2007 including Sally Peers, Maddison Springall and Stephanie Wiltshire so the pressure is on the older girls to get some wins under their belts before the end of the season.

With just six matches remaining Emily and the girls will be hoping to get a few wins in a row to finish the season on a positive note and take some momentum into 2007.

Hopefully the girls can get their full team on the court towards the end of the season and can surprise a few of the higher profile teams on the run home.



Jessica Collins



Meryl Johnston



Emily Arnott

Men stake their claim on finals spots

Kooyong's two Men's State Grade teams have put themselves in the perfect position to make a run towards the upcoming finals series with just a few rounds remaining.

Kooyong No 1, featuring Lee Pearson, Nathan Byrnes, Paul Arber, Matthew Coghlan, David Bidmeade and Paul Aitken, are sitting on top of the table after eight rounds and know they will have to lift come finals time if they are to win that elusive flag.

With only one loss to their name at this stage of the year, when missing Lee Pearson and Nathan Byrnes due to injury and college commitments, this team has been on a good roll of late and will be keen to continue that over the final part of the season.

The entire team is in good form at the moment and they will be hoping to regain Paul Arber in the next few weeks after a short tour overseas with several promising juniors.

After several heartbreaking finals campaigns, these boys are ready to make the most of the opportunity ahead of them and they may yet have one or two tricks up their sleeve as the finals approach.

Kooyong No 2 is also looking in good shape after eight rounds despite struggling to get the results they needed at the beginning of the year due to inclement weather.

Jay Salter and Marinko Matosevic helped the team get off to a solid start before Richard Fromberg came in to fill the void while these two ventured overseas to try their luck on the professional circuit.

Fromberg has been a revelation for this team of youngsters as he leads from the front amongst rising stars such as Yan Levinski, Alasdair Graetz, John Peers and Jason Lee.

With the return of Salter, Matosevic and co towards the end of the season this team will only get better and currently sitting in third position they will be hoping to finish in second or third to avoid a semi final with the other Kooyong team.

Kooyong will be hoping for the ideal finish to the season for both of these teams and with the personnel available in both sides we could see an all-Kooyong final in what could be a first for the competition.

We wish both of these teams the best of luck for the rest of the season and hopefully for the upcoming finals series.



Jay Salter



Yan Levinski



David Bidmeade

Junior tennis round up

Kooyong's junior tennis teams had an excellent season in the Bayside Regional Tennis Association competition from February to June with close to half of Kooyong's 24 teams making the finals and 5 teams making the grand final.

Fielding 8 teams on Saturday morning and 16 on Sunday morning, Kooyong had Lincoln Cottee's Section 1 team of Victor Chirkin, Lincoln, William Maginness and Cara Fitt in the grand final on Saturday and they came away with a great win against a tough side from Carmelite.

On Sunday mornings Kooyong had four teams make the grand final but only one team was able to come away with a win.

Charles Stephens' Section 2 team had a fantastic season and made the grand final only to go down to a strong Grace Park team but these kids will be looking forward to the challenge of Section 1 next season.

In Section 3 Damian Terbiler lead his team to the pennant with the team of Damian, Daniel Smorgon, Stephen Panayi and Edin Zecevic taking out their respective grand final after another great season for all of these boys.

In Section 5 Alistair Green's young team made a big impact by making the grand final with several young stars of the future showing some outstanding form throughout the season.

Justin Levin, Nicholas Hoare, Jessie Tamber and Lucas Stanboulgtis all impressed for their age at this level and will be looking forward to stepping up through the sections this season.

In Section 6 Kooyong's two teams faced off in the semi final and it was Will James' team that came out on top defeating Will Boyd's team to move through to the grand final.

Unfortunately Will's team were beaten in the grand final but they had a great finish to the season after being outside the top four for most of the year.

Congratulations to all of our teams on another great season for the Club.

Kooyong will this season field two teams in Section 1 on Sunday mornings for the first time in a couple of years, again highlighting the strength of the junior development program at the Club.

We will also have several players featuring in the Vic Junior Competition this season as they represent the Bayside Regional Tennis Association in this metropolitan representative competition.

Good luck to our players in both competitions this season.



Midweek Ladies

Kooyong's mid week ladies competitors have just completed or are in the midst of very successful seasons.

Most of Kooyong's teams on Tuesday, Wednesday and Thursday mornings either made the finals or are in a position to make the finals in their respective competitions.

On Wednesday mornings Judy Mullen's team finished in second place on the ladder but came through to win another pennant for the Club in Section 1.

Judy O'Connor's Section 3 team finished the season in sixth spot on the ladder.

On Thursday mornings in the Bayside competition Rosie Kovacs' Section 1 team finished in top spot and unfortunately lost the preliminary final but will find themselves in Section A next season.

Jan Hayes Section 1 team finished in sixth place on the ladder, while Angela Straford's Section 2 team finished in third place and lost their semi final.

In Section 5 Jan McLeod and Sarah Cudlipp's teams finished in first and third respectively but it was Jan McLeod's team that knocked out the other Kooyong team in the preliminary final and eventually won the pennant as well.

Jayne Piatrd's team finished in third spot and lost the preliminary final while Anne Fitzpatrick's team also finished in third place but lost their semi final.

On Tuesday in the MEMRLTA competition our teams are currently half way through the season and in A1 Kris Tulloch's team is currently in fifth spot on the ladder.

Moiria Righetti's A7 team is currently on top of the ladder while Fleur Cameron's team sits in second spot in A8.

Cathy Klemens' team currently sit in sixth spot on the ladder in B5.

Congratulations to all our teams on their performances over the past few months.



Thursday Section 5 winners from left to right: Andrea Evans, Lynne Williams, Sue Fergusson, Jan Macleod, Wendy Johnson, Nancy Bassett (absent Sally McIlraith)

KOORYONG'S Pennant Profiles



Paul Arber

AGE: 30

GRADE: State

PLAY: R/H

TENNIS ACHIEVEMENTS:

- ATP World Ranking in singles and doubles • Club Champion Dendy Park and Grace Park • Twice awarded State Grade Player of Year • Nominated Number 1 player in All-Australian University Games Team



Adriana Szili

AGE: 21

GRADE: State

PLAY: R/H

TENNIS ACHIEVEMENTS:

- Won Australian Open Junior Doubles
- Played Main Draw at the Australian Open
- Won a women's ITF tournament in New Zealand

Most admired sportsperson/why?

Roger Federer: Just pure all-round class; not only for the way he plays the game, but the way he conducts himself both on and off the court. His current win/loss record and Grand Slam record over the past few years are simply phenomenal.

Greatest influence on tennis career/why?

Peter Lumsden (tennis coach) I had basically quit tennis for 2 years when I was 17. Peter opened my eyes to professionalism and getting the most out of myself. My game improved immensely from crap to ok thanks to the work he put in to me.

Greatest sporting moment witnessed?

- Australia beating Uruguay to qualify for World Cup
- Ben Johnson's drugged up win against Carl Lewis in Seoul Olympics
- Better Loosen Up winning Japan Cup
- Oh yeah, how could I leave out Essendon's 84, 85 and 2000 Premierships!!!

Reason for playing for Kooyong?

I love the grass courts of course!! Do I really need to give a reason? I mean if I was dating Angelina Jolie would you really ask my reason for it???

What qualities do you admire in people?

Honesty, Generosity and Humour. Honesty is the biggest one for me. I also admire people who give to the less fortunate and I admire people who know how to take their work seriously but not themselves seriously.

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

Trying to play pennant golf

What do you do outside tennis?

I tend to meet up for lots of coffees

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

Not as much time as I spend sipping lattes! But I'm happy if I can manage to hit 3 times a week.

Projected finish for your pennant team this season?

"We are just taking it one week at a time"

Sacrifices required to play tennis at a high level?

To be the best you can be you must make many sacrifices to your lifestyle such as diet, night-life, training, etc. However, for longevity in the game and better performance, I think it's important to maintain a balance in your life and not only just tennis, tennis and more tennis.

Most admired sportsperson/why?

Ian Thorpe because he stays afloat in water and I can't.

Greatest influence on tennis career/why?

The Cowan family and of course my own family because of their unwavering support and encouragement.

Greatest sporting moment witnessed?

Richard C becoming teary over Makybe Diva's Melbourne Cup win.

Reason for playing for Kooyong?

The fantastic facilities and the prestige.

What qualities do you admire in people?

Humility and integrity.

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

An archaeologist.

What do you do outside tennis?

Knitting and op-shopping

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

Next question...

Projected finish for your pennant team this season?

Hoping to make the top four.

Sacrifices required to play tennis at a high level?

Giving up time with friends and family to travel.

DRESS STANDARDS

Members are reminded that the club's dress standards will be enforced on the courts and in the clubhouse. To avoid embarrassment members and their guests must adhere to dress codes at all times.



TENNIS COURTS

Members and their guests playing tennis at the club must wear appropriate tennis apparel.

PERMITTED CLOTHING

• Men: Tennis shorts and shirts as approved. Shirts must have a collar. • Women: Tennis dresses, shorts, skirts, and tops as approved. • Shoes must be designed for tennis.

NOT PERMITTED

• Football, running, jogging, cycling, board, Bermuda, boxer or walk shorts or leotards.
• Black socks. • Black shoes, ripple soles, running or cricket shoes or raised heels or studs.
• No advertising larger than 5cm x 5cm



CLUBHOUSE

THE RACQUET CLUB

• Smart casual. Men's shirts must have a collar. • No sporting or gymnasium attire permitted.

THE HOPMAN BISTRO, BBQ TERRACE AND MEMBER'S BAR

• Neat casual clothing or correct tennis attire. • Men's shirts must have a collar.

THE KOOYONG ROOM AND SEMINAR ROOMS

• Smart casual. Men's shirts must have a collar.

NOT PERMITTED

• Caps or men's hats, men's sandals.

KOOYONG PRO SHOP

**BEAT THE WINTER CHILLS
ON AND OFF THE COURT WITH:**

- Club heritage jumpers and vests - 100% washable wool
- Club tracksuits
- Quilted ladies jackets and vests
- Mens polar fleece zip jackets and vests
- Warm track pants

Visit the shop soon to see the wide selection of merchandise available

ENQUIRIES: Phone - 9822 3333 Fax - 9822 5248
Email - proshop@kooyonglta.asn.au

HOURS OF BUSINESS: Monday to Thursday 9.00 am to 7.00 pm • Friday 9.00 am to 5.00 pm • Saturday 10.00 am to 2.00 pm



CRECHE NEWS



Kooyong Creche provides a happy, safe, nurturing environment for your child whilst you enjoy the facilities of the club.

Enquire at the Pro Shop for further details and to arrange an inspection time to view this facility.

NOTES FOR THE DIARY:

"VARIETY TOYS" SHOPPING SPREE NIGHT

Tuesday 10th October 2006.

Fantastic Value - Genuine Wholesale Prices on all popular brands of toys!!!!

Don't miss this fabulous opportunity to shop for Christmas and save!!!!

Open to ALL Club Members, family and friends.

\$5.00 a ticket - available from the Kooyong Pro Shop - BOOK EARLY!!

KOOYONG LAWN TENNIS CLUB

CHILDRENS CHRISTMAS PARTY

Sunday 3rd December 10.00 To 12 Noon

Now a wonderful tradition for our Kooyong Kids

All members MUST make note of this special date and bring your children, grandchildren, nieces, nephews and guests to this very special joyous annual event.

For children 6 years and under.

Bookings and enquiries at the Pro Shop
PRO SHOP:

Telephone: (03) 9822 3333

Email: proshop@kooyongltc.asn.au

Kooyong International Tennis Academy

Well done to our ladies Section 1 Wednesday team of Judy Mullen, Lauren Dennis, Marg Knapp, Cassandra Barnett, Carolyn Hassan and Judy Garnsworthy for finally winning their first flag having been defeated 1 think the last 2 or 3 seasons in the grand final.

Persistence does finally pay off. This is a good part of coaching where you see players work hard, which they have in our ladies program, look at trying to change and add to their game and get the results, its very rewarding to see the efforts of the ladies.

Well done also to Andrew Whittington who has won the U12 singles titles in Glen Iris, Canberra and Eastern Region junior tournaments and reached the semi final of the under 18's in Darwin.

He is, because of his accumulated points, now ranked number 1 in Australia in the 12 year olds and 4 in Australia in the 13 year olds.

Our Friday night competition (in house) began last week and it is a great opportunity for young players who are just starting competition or are ready to get some added experience.

This begins at 4.15pm and finishes at 6.00pm there are only a couple of places left so ring early if interested as we only have limited

courts. We have John McInnes looking after this program and who is extremely experienced in working with children in developing their court craft skills.

It is good to see so many new adult/mature members looking to improve their skills and taking up lessons. There have been many in their 60's, and even 70's which is fantastic that they still want to improve their skills or either keep the standard that they are at or finally beat the players they have been playing with for years!

The pennant season is also going strong with most of the teams in the running for the finals. We have some very talented juniors coming through the sections and some good results in the Veterans teams as well.

If there is anything we can assist you with at the Kooyong International Tennis Academy please call the office on 98246860 and either Glenn or Kurstie will look after your needs.



Winning team: L to R, Cassandra Barnett, Carolyn Hassan, Marg Knapp, Judy Garnsworthy, Lauren Dennis and Judy Mullen (Absent: Bridget Laird)

MEMBER SUSPENDED

Club rules protect the rights of members and ensure the enjoyment for all using the Club. Members must comply with the rules at all times and are responsible for the conduct of their guests when using the club.

During May a disciplinary committee was convened by Council to hear charges of rule breaches by a member. The member was charged with breaching rules in relation to visitors and also of acting in a manner unbecoming of a member in that he was rude and aggressive toward staff.

The committee found the charges sustained and the Council moved to suspend the member for a period of six months on the recommendation of the committee.

Club staff are required to enforce the rules and will always help clarify matters for members at any time. Copies of rules are available on the website and by request through Reception.

Club Round-Up

Bridge Bits

The Kooyong Bridge Club continues to grow and has a very happy vibrant atmosphere.

The Tuesday evening Duplicate at 7.30 p.m. and the monthly Thursday afternoon Social Games are marvellous.

We have been busy pitting our skills against Royal South Yarra Tennis Club and Victoria Golf Club.

The winning Kooyong Team v Victoria Golf Club was Carrie Righetti, Angela Walker, Barbara Collins and Emma Oprey.

100 players from across Victoria attended a very successful Sunday Congress in May.

Compliments were flying after the Congress and next year it will be difficult to contain the numbers of bridge players wanting to join in.

The top pair from Kooyong in this Event was Elizabeth Neal and Shirley Bowman.

The Jim Borin Trophy Event was held over two nights and it is to commemorate Jim, a top bridge player for Australia and our original guiding Light and the Winners for 2006 were Paulina and Charles Baker and running close behind were Virginia Rugless and Marilyn Ohlson, George Lehrian and Wendy Johnson.

UPCOMING EVENTS:

September 19th - RSYA visit Kooyong

October 10th - ANNUAL DINNER AND DUPLICATE

November 14th - Visitors Night/Supper

December 5th - Christmas Party

Watch the website for news and results. Come and join in.

Leeron Branicki, Convenor - Bridge Club

Photo 1: Jim Borin Trophy Winners - Pauline and Charles Baker with our Director and Runners up. Photo 2: Best Kooyong Pair at Congress: Elizabeth Neal and Shirley Bowman. Photo 3: Winning Teams KLTC v Victoria Golf Club.



Malcolm Stopp (Presenter) with our WINNER - Rosalyn Matear



Our 4 Finalists

Social committee

All at our 'Wine Tasting & Buffet Dinner' held on Friday, 26th May had a very enjoyable evening.

Malcolm Stopp, National Public Relations Manager from Peter Lehmann Wines, presented us with 12 fine wines to taste and provided us with a wealth of knowledge.

A fun wine quiz was included and the finalists – our wine connoisseurs are pictured below:

Members and guests were able to order wine at reduced prices. We look forward to running this successful event next year.

We are holding our Christmas Party on Saturday, 9th December and the 'Retro Bandits' will be returning for another great night of musical entertainment.

As we had over 175 in attendance last year we urge you to book early!!

We are so sorry with the passing of our dear Committee Member, John Jeffries (JJ) and next year we are planning a Disco Night in his memory. Will keep you posted.

NOTICE OF EVENTS

In order to receive our notices via email you must register on-line:

Go to www.kooyongtgc.com.au
Click on register
Complete all details

Also look at noticeboards - upstairs foyer and gym.

SOCIAL CALENDAR

AGM - 16th August at 8pm

Tennis Day - October - TBA

Christmas Party - 9th December

Look forward to seeing you all and your friends at our functions. If you have any suggestions re: events please inform the Club.

Thank you for all your support.

Rosie Waite-Garrison, Vice-President

SQUASH REPORT

In the recently concluded autumn season we entered 14 teams in Club Circuit, and one ladies team in State 2.

In club Circuit, 8 teams finished in finals, the C4 & E1 winning the Pennant. The State 2 Ladies, having been promoted from State 3 were runner up to MSAC, in the final; Vicki Cardwell was absolutely dominant conceding only two points in her match.

The A1 semi produced one of the memorable squash matches ever played at Kooyong; our club coach Mark Ikin winning a marathon 5 setter that lasted over 2 hours, an amazing game of shots produced, speed and fighting spirit.

PRESENTATIONS AT THE CHAMPIONS DINNER

Open Champion: Mark Ikin

Ladies Champion: Vicki Cardwell

A Grade: Chris Harris

B Grade: Robert Templeton

C Grade: Nick Corrigan

D Grade: Hedy Mameghan

Handicap Tournament: Nick Alves

Ian Carson MVP Trophy: Sarah Cardwell

Neale Fraser MVP Trophy: Peter Goodin

Merv Weston Trophy: Robert Templeton

J.P. Young Trophy: Sarah Cardwell

Best Final performances: Meryl Johnston, Nick Spiliotos

Milestones: John Piccolo 300 games, Bruce Peck 400 games



PLANETS LINE UP FOR FATHER AND SON

Bryan Derrick, aged 56, and his son Paul, aged 26, both shared in a rare event in the year 2006.

Not only did they play together for the first time in the same C4 squash team, a feat in itself but they also won the Grand Final.

"Paul was the key to our unlikely victory," said Bryan.

Only 6 weeks ago he was soundly beaten by his grand final opponent, yet in the final he reversed that result. Not bad, playing first cab off the rank in his first ever final for the club.

"I'm a very proud dad," he added.



Bryan and Paul Derrick

SQUASH CLUB REUNION

Friday 25th August
7.30pm - 10pm

Sir Norman Brookes
and Davis Cup Rooms

\$50 per person

Finger Food, Beer, Wine
and Soft Drinks

Contact reception on
9822 3333 for booking forms

Tammy continues great results

Kooyong's Tammy Cantoni has continued her run of great results at a National level with a second placing in the Australian Women's Snooker Championship.

After losing her best of three round robin match to rival Kathy Parashis 2 nil, Tammy was able to win her next four matches to progress to the quarter final.

Facing Jayde Martin in the quarter final, Tammy was too good for her opponent as she won three straight frames to win the best of five final.

In the semi final Tammy had to play the only opponent who had beaten her in the opening rounds, Kathy Parashis, in the best of seven frames.

Tammy got away to a flying start and apart from the second frame was never headed as she took a commanding four frames to one win into the final.

The final was a best of nine frame match against Linda Lucas and both players got away to a solid start with the match locked at two frames apiece.

The next two frames were dominated by Lucas who then held the ascendancy in the match with just three frames remaining.

Tammy forced the match into the eighth frame with another win but it was Lucas who eventually sealed the win and the National Championship 5 frames to 3.

Congratulations to Tammy on another wonderful result and also on being runner up in the Australian 9-Ball Championship earlier in the year.



Club Round-Up



The Royal Children's Hospital Auxiliary

First let me apologise for the cancellation of our Wimbledon Dinner, as publicized in the April edition of Courtside.

Unfortunately, our Committee was unable to proceed with this event due to lack of support but come next year we could include this evening on our calendar again.

The year is fast slipping away and my committee is working very hard to successfully organize functions for the second half of 2006.

First up will be the Card Day on Monday 21st August. The invitations are out so make sure you book early to avoid disappointment.

The May Card Day was booked out and was a huge success.

The September function will follow a new format this year being a chicken and champagne brunch/fashion parade on Monday 4th September featuring gowns and hats from two local fashion salons on Glenferrie Road close to Kooyong.

So come along and bring your friends to organize your outfits for the Spring Racing Carnival.

Dalene, a new member to join our Committee, has this function well in hand and is planning a great day full of surprises for us all.

Our final function for this year to note in your diaries will be our Christmas Night featuring the Rathdown Street Big Band on Friday 1st December 2006, so do keep this night free.

Before concluding, I am happy to report that last week two members of our Committee, Caroline and Joan, were privileged to attend a Thank You Dinner and Presentation Night at the Hospital for all the Auxiliaries when all the monies raised for the Good Friday Appeal were presented to the Hospital Auxiliary.

Caroline and Joan found it a very inspirational night being seated with the President of

Auxiliaries, Carole Lowan, and two fifty year members of the Hospital's Auxiliary Committee, Dame Patricia and Grace Owen.

As a result of our fundraising efforts for 2005 we presented a cheque to the hospital for \$19,500 thanks to your great generosity and support of our functions.

Looking forward to meeting you all at these forthcoming events at our great Club, Kooyong.

Marie Devereux,
President



Helen Jowett, Caroline Hill, Dudley Hoyle, Yvonne Dunstan, Ian Jowett and Pam Hoyle.



Geoff Dunstan, Ian Holmes, Joe Devereux, Gordon Way, Dudley Hoyle and Bob Williams.

Wine and Food Society



Our visit to Maris started with some trepidation as we negotiated our way past the signature carved wooden doll into what is probably the smallest restaurant space in Melbourne.

However, a glance at the menu will show that we were treated to a serve of interesting food combinations and flavours, which provided a welcome challenge to our palates.

The wines were well matched with the food and included an interesting Vic/SA Shiraz comparison with the 2004 Pepperjack from the Barossa being voted the wine of the night.

Pamela Middleton, Bacchus

MARIS, MALVERN

Menu

Entrée

Crisp fried calamari with chickpeas, chorizo, black grapes and saffron rice yoghurt

Hungerford Hill Fishcage Chardonnay Viognier 2004

Mount Pleasant Elizabeth Hunter Valley Semillon 2001

Main

Roasted duck breast, leg meat hand rolled tortellini, celery hearts, walnuts, corella pear and quince flavoured roasting juices

Plunkett Blackwood Ridge Central Victoria Shiraz 2005

Pepperjack W. Salter Barossa Shiraz 2004

Dessert

Banana Pavlova with mascarpone, passion fruit and chestnut flavoured honey

Foodmaster: Fleur Cameron
Winemaster: Pamela Middleton

Health Club News

- Success Story - James White

James White lost 60kg in 18 months, through the will to live well and feel great. His achievements are commendable and are an inspiration to us all. Here is James's story.



James at 137kg.



Shane Adams, James White & Michael Kull carrying the 60kg James lost.

How long had you been overweight?

When I was young I was very active in the swimming arena, even winning a gold medal in the state championships. Except after year 6 I gave it up and neglected to replace it with an exercise, from then on the weight piled on.

How did you feel carrying the extra weight?

Constantly lethargic and also self conscious, yet at the same time I think I tried to ignore it... kind of block it out of my mind hoping the problem would go away.

What was the maximum amount of exercise you could perform at one time when you were 137kg?

After 1 lap of a run/walk around the soccer oval, I was ready to collapse.

Was there a trigger point that made you take action?

From the moment I gave up swimming my dad was encouraging me to keep a healthy lifestyle and stay fit. Regrettably, I ignored his pleas. It was only at the end of year 10 when we went to Queensland for a holiday that I took notice of the opposite sex and knew something had to be done. I do have to thank my parents and brother Rob for their great support in the early days because family support makes a huge difference.

Would you describe yourself as a natural athlete, what was your attitude to the gym?

Yeah I suppose so, having my swimming record, yes. When I started going to the gym I felt very intimidated as it looked like everyone knew what they were doing and that I was unwelcome. My fears were allayed when I first saw (trainer) Shane's smiling face at my first training session, he was very encouraging and showed me that you could have a good laugh while you were training.

How would you describe the KLTC health club environment, facilities and staff?

I love it here, it's a very encouraging and friendly environment especially when you become a regular. It's a joy seeing the other regulars and they're always willing to have a chat, this aspect of the health club I believe is one of the most important... it makes for such a constructive environment.

What were the main constituents cut out of your eating plan?

My family eats an early dinner and I often found that I would get hungry later at night and have a 'second dinner'. This was probably the worst thing I could have done. Recognising this, I stopped the later dinner. I also planned that I would eat junk food only on Friday night - I kept to this and about 6 months later gave up junk food completely.

Was it easy to stick to a healthy eating plan and exercise?

I found that when I would think about eating something that wasn't healthy I would recall all the effort I put in at the gym. Sticking to exercise is a different matter; I believe there is a period that differs for each person (6 months for me) where they experience little or no aesthetical change and in this period, it is hard to keep going because not much benefit can be seen, however if you get past this point and you start seeing changes then you are kept going by the positive results.

How do you feel now that you have lost 60 kg?

I feel far more confident and at ease with myself, I love being out in public now. I remember that I would always dread and try to avoid the annual school cross country run but last year I couldn't wait to run that course and when I did I felt ecstatic. Now I regularly go for 12km runs.

What do you think of professional guidance and the benefits whilst losing weight

Very important when you are starting out and also re-appraisals certainly help, if you don't get the technique right then you risk injury and waste your time, not to mention the clear motivational benefit of having a trainer

Did you think you would ever lose the weight?

At the rate that the weight piled on I was certain that I would never lose it but that was destructive because my weight problem just got worse and worse. After I started training I couldn't believe when I broke my 110kg goal and then when I was there I thought 'why not see how much further I can go?' and then I hit 75kg.

How long has it taken you to lose the weight?

All up, it probably took 18 months, it wasn't regular though, I wouldn't lose any for a few weeks then I would lose 2 or so kilos a week for a couple of months.

Did you find it difficult in a social atmosphere whilst being on a healthy eating plan?

I found my decision on health was not only supported by my friends but it also helped inspire some of them to adopt similar views.

What is your message to people who are trying to lose weight and get fit?

It cannot be a half-hearted effort, you need to recognise the problem, set a realistic goal and then keep striving for it until you reach it and most importantly don't make excuses, it's so easy to avoid training but just try and keep up to a solid routine and soon enough you won't be able to live without exercising.

Diary Dates

August 2006

Social Committee AGM, at 8pm	16th
Royal Children's Hospital Auxiliary Card Day	21st
Squash Club Reunion	25th

September 2006

Father's Day	3rd
Royal Children's Hospital Auxiliary Brunch/Fashion Parade	4th
Bridge RSYA visit Kooyong	19th

October 2006

Social Committee Tennis Day	TBA
Bridge Annual Dinner and Duplicate	10th
Crèche "Variety Toys" Shopping Spree Night	10th
Kooyong Lawn Tennis Club Annual General Meeting	26th

November 2006

Tennis Legend's Luncheon	T.B.A
Bridge Visitors Night/Supper	14th
Opening Day	18th

December 2006

Royal Children's Hospital Auxiliary Christmas Night	1st
The Kooyong Lawn Tennis Club Childrens Christmas Party	3rd
Bridge Christmas Party	5th
Social Committee Christmas Party	9th

Our latest World CHAMPION



Kooyong's Head Coach, Glenn Busby, has become the world champion in both singles and doubles in the Men's 50 years age group at the recent World Championships in South Africa.

Seeded 2 in singles and 3 in doubles Glenn produced some fantastic tennis to win both events.

Glenn cruised through the early rounds in the singles event before defeating his doubles partner in straight sets in the semi final.

In the final Glenn faced the top seed, Trevor Allan from France, who provided a fantastic contest but it was the Kooyong coach who came out on top after a tight encounter eventually winning 7/6 6/3.

The doubles was a tougher event for the number 3 seeds as they faced a strong pairing from Germany in the semi final but they prevailed in a challenging match 6/4 7/5.

In the final Glenn and his partner, Stephen Packham, faced off against the number 2 seeds from France, Trevor Allan and Marc Renoult, and it was to be an extremely close match.

In the end Glenn and Stephen were able to extract a win to take the title 6/3 3/6 6/4.

Congratulations Glenn on a wonderful achievement.

Get in early for your end of year functions!

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for all of your function needs at Kooyong

Contact our friendly functions staff for
more information on (03) 9822 3333



enjoy lunch in the **Racquet Club**



Menu changes are providing even more reason to select the Racquet Club for your next lunch at Kooyong.

Members can now choose from our light lunch menu in addition to our Chef's selections of entrées, main courses and daily specials.

As a result, members can enjoy the comfort of the award winning Racquet Club with greater variety from our wonderful menu selections.



Bookings are recommended, so phone **9822 3333** to confirm your next Racquet Club lunch.